



Design Day Workbook
Kids' Portion





Hi Friends!!

Congratulations! We are building a brand new playspace in your community! KABOOM! is partnering with a local community organization to create a great space to play for your kids, but we need your help to figure out what it should look and feel like.

This workbook is a guide for parents, guardians, teachers, and caregivers to get kids moving and facilitate a brainstorming session about the playspace that will be built in your community in a few months' time. Each playspace is custom designed to fit the needs and desires of the kids in the community, and this workbook is how we collect that information. If you have any questions as you do the exercises, please reach out to your Play Chair or Community Leader.

In this workbook, you will find:

- Why play is so important
- Worksheets (return Worksheets 2 & 3 to KABOOM!)
- Play ideas for kids



Materials needed:

- A writing utensil (pencil, pen, marker, crayon, etc.)
- Imagination & Creativity!

Please take some time to go over the “When I Play” worksheets with your kids to get them thinking about how they feel when they play, their favorite ways to play, and start thinking about the kinds of feelings and actions they want to do in their new playspace. Following those worksheets is a “Draw Your Dream Playspace” worksheet. This is an exercise where the sky is the limit for how creative kids can get! If they’re feeling stuck, go back to the “When I Play” sheets and put your heads together on how you can create ways to get that feeling or activity in a playspace.

It is very important that the worksheets are submitted back to KABOOM! by email, text, dropbox in your community, or another form of communication established with your Project Manager and/or Community Leader. We must have the worksheet information back to inform the design of your custom playspace, and we appreciate your

willingness and flexibility to work with us to tailor the design to the needs and desires of your community.

All deadlines will be communicated by the Project Manager and Community Leader.

Thanks in advance for your participation! We look forward to seeing your great ideas!

In Play,

KABOOM!

About KABOOM!

KABOOM! is a national nonprofit that works to end playspace inequity. For good.

KABOOM! works with communities to build incredible, kid-designed playspaces. Kids who don't have access to a place to play miss out on childhood and are denied critical opportunities to build physical, social and emotional health. We envision a world where every kid can get the play they need to thrive, regardless of race, zip code and family income.

For more than two decades, we've teamed up with bold, inspiring partners and community members, starting with the kids themselves, to understand each neighborhood's unique aspirations. Then we build incredible places to play, inspired by their design, courage and leadership.

We amplify the power of communities to build inspiring playspaces that spark unlimited opportunities for every kid, everywhere.

Why is PLAY so important?

Childhood is an important phase of life when essential physical, cognitive, emotional and social skills are developed. Play can provide the opportunity for kids and youth to realize and challenge their strength and agility, practice negotiation, learn empathy, make friends, and be themselves. Play can promote executive functioning and help kids hone their fine motor skills. It can also help kids cope with the stressors of life that are out of their control—environmental disasters, loss of a home or loved ones, and other traumatic events.

When children don't have access to play or play spaces, toxic stress can build up, and the lack of physical, social, and emotional exercise can impact a child's relationships and general wellbeing. We believe play is important because ALL kids deserve the benefits of play—to reach their full potential, to thrive, and to just be kids.





KABOOM!

When I play...

I feel:

I like to play with:

My favorite way to play is:

My favorite place to play is:

Play Ideas for Kids:



Partner Play:

- Mirror, Mirror: Stand face to face with your child, about a foot apart, and have them attempt to copy all your movements. Reach up and stretch to the sky. Do 10 jumping jacks. Run in place. Act like a monkey. Make it fun and you'll both be working up a sweat in no time. Then switch roles and copy your child – they won't be able to hold back the laughter (and neither will you!). (1)
- Red-Light, Green-Light (Purple Light?!): This is just like the classic game, Red Light Green Light, except a few different colors are added for a bit of variety. Each color stands for a different movement. A game leader yells out the color of the light and the players must do the movement associated with that color. (1)
 - o Examples:
 - Yellow Light: Crawl slowly on the ground
 - Green Light: Jump forward like a frog
 - Blue Light: Jump high and try to touch the sky
 - Purple Light: Do a silly dance
- Hopscotch: Make a hopscotch “board”, using tape or chalk. This can be done inside or outside. To make the game more active, try to make it a race! (1)
- Don't Let the Balloon Touch the Ground: Blow up a balloon or use a lightweight ball for this game. Hit the ball or balloon up in the air and the players must keep the object up in the air, so it doesn't touch the ground. To increase the challenge, use more than one object or have your kid only use one hand. Another way to increase challenge is by timing the players to see how long they can keep the object in the air or have them count how many times they hit it back and forth. Have them try to beat their time or increase their count each round! (1)
- Ping Pong Ball Catch: For this game you'll need plastic cups and a few ping pong balls, or any small, lightweight ball or object that will fit inside your cup. Have your kids toss the ball to a partner who will try to catch it in the cup. Start out close together and increase difficulty by taking a step back in between each turn. Single-players can play by throwing the ball in the air and trying to catch it on their own. (1)





Small Group Play (3+ people):

- Follow the Leader: Choose a leader. The Leader begins moving around with motions that the rest of the players must copy. Anything (including waving their hands in the air, clapping, or hopping on one foot) the leader does, the others must follow. Players who don't follow the leader, or lag behind the leader's movements are out for the round. The last player standing becomes the new Leader. Repeat. (this game is great because kids can show adults how they like to move and play)
- Hide-and-Seek: Try to make this as active as possible, by encouraging kids to hide in unique places each round. Another way to make the game more active is to have each player do a "penalty" task when they're found (e.g. burpees, pushups, jumping jacks, etc.) (1)
- Twister: Stretch and build strength by playing twister! Don't have the game? No worries! Make your own. Tape construction paper circles on the floor. Tape four rows of 6 circles to the floor. Each row should be another color. Choose a move master who tells players where they should move their hands and feet on each turn. (1)
- "Potato Sack" Race: You won't need a potato sack for this game! Use a pillow case for this indoor race. Mark a start line and finish line however you like. Players step into the pillowcase and hold them up around their waist at the start, then race as they hop to the finish. (1)



Play Idea Sources:

(1) <https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

Other Resources:

Save the Children: <https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/resources>

Playworks: https://www.youtube.com/watch?v=FljuNtVc_g&feature=youtu.be&mkt_tok=eyJpIjoiWmpReU5qRXhNMkV5TWpsbClsluQiOiJnUk5Kb0ZITXVxZStoM3B6Q3QramtUc0VBa1RHXC85bHBmM3d3TVwvZEKzbjdDMjlGNFg4N2pKTnpBT0tuTUI5eVpUVERUU2lqa2hhclN4ODNMWmY4WVdySlIzTVlva1VsMnhjY1AzT2ZubHFXOTVhT2hvbXFDRzJZVIZQY1hUVURRln0%3D

The American Association for the Child's Right to Play:
<http://www.ipausa.org/pdf/Children%20in%20Crisis%20Play%20Activities%20and%20Recommendations%202019.pdf>

