

Practitioner's Guide

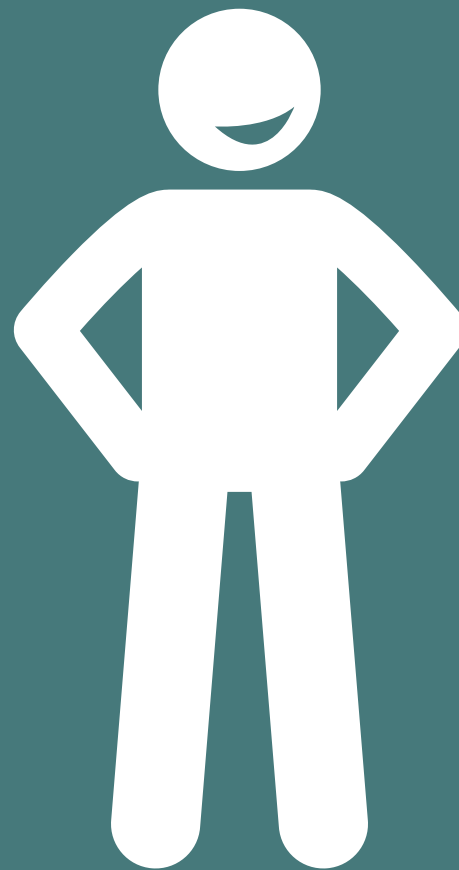
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TIPS



Play in the dark

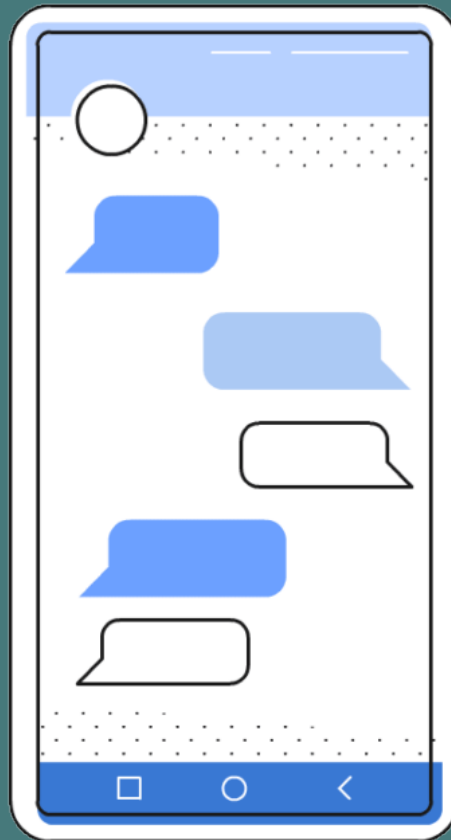
1. Start small and build confidence, children can tell if you're not confident in the dark. Build up your confidence and theirs by starting your #playinthedark with short activities outside.



2. Plan ahead, try preparing activities like identifying leaves or use an app to identify constellations in the night sky.



3. Feel safe, let others know where you're going and when to expect you home if your out when it's dark.



4. Include the children in planning, before you go outdoors find out what children are interested in and let them lead the activities to keep them engaged.



5. Be prepared, know your route and bring a torch!



Guest Contributor : Simon Cawthorne, Senior Play Ranger – Smart Play Network



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