



# NEWS DETECTIVES

## TODAY'S NEWS STORY

### Play is good for the planet too, say experts

#### KEYWORDS

- ☐ **Safaris:** Trips to see wildlife
- ☐ **Preserve:** Protect, keep the same
- ☐ **Enhances:** Improves
- ☐ **Immunity:** Ability to fight disease



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#### BUILD YOUR KNOWLEDGE

Today's the day to play for the planet! Our Planet Play competition is open, and we're holding a [live inspiration workshop at 13:45](#). The BBC's Chantelle Lindsay, The LEGO Group's David Pallasch and The Day's Natalie Rodden will help you find ideas to get everyone playing.

Experts say that playing outdoors is the best way to learn how to love the living world.

#### Playing at home

Sir David Attenborough didn't learn to love nature on **safaris** in far away countries. As a boy he cycled out into the fields and played in nature all around him.

His love inspired Chantelle Lindsay, the CBeebies wildlife presenter, who grew up watching his documentaries in London. She then worked

to help people in the city appreciate and **preserve** its wild places.

#### Playing away

Ranger Hamza also fell in love with nature. The CBeebies and Strictly star even moved to the Scottish highlands aged 21 and lived in his car to be out in the wild.

Their early love of nature has made all of them campaigners for the natural world.

#### Play your part

To ensure that we have

this love, children need a chance to play outdoors.

Scientists have found that playing in nature **enhances** learning, helps with stress and even boosts **immunity** to disease. But it's not just good for you. It's good for the planet.

According to a study from 2017, seeing the cycles of the seasons, and the connections between living things, helps us learn what we have to protect.

By playing in nature we see that we are part of it.





# INVESTIGATION OF THE DAY

COULD HAVING FUN HELP THE EARTH?

**WHAT**  
does playing  
outdoors teach  
you about the  
planet?

**WHO**  
used to cycle  
out in the  
fields to play?

**WHERE**  
did Chantelle  
work to promote  
nature?

**WHEN**  
did Chantelle  
acquire her  
love of nature?

**WHY**  
is playing  
outdoors good  
for you?

**HOW**  
old was Hamza  
when he moved to  
the Scottish  
highlands?

## 1 TAKE ACTION

Start connecting with nature right now by taking part in the Wildlife Trust's 30 Days Wild Challenge all throughout June.

Visit [www.wildlifetrusts.org/30dayswild](http://www.wildlifetrusts.org/30dayswild) for tons of really wild ideas! Don't forget to use all your new nature knowledge by entering our planet play competition!



## 2 SHARE YOUR IDEAS

What have you found out in your investigation? Write, present or even record a piece that shows off some ideas for being wild? Share what you've learned with your family and friends. What do they think? We want to hear your ideas too! Your teacher can share your reports with us too by sending them to [editorial@theday.co.uk](mailto:editorial@theday.co.uk).

3

## Build THE Change



### COMPETITION TIME!

Because of traffic and poor town planning, 60% of 4 to 11 year olds never play outside on their own street. But research tells us that playing outside and connecting with nature is good for people and the planet. One brilliant solution is to set up your own Play Street that's designed for people and nature to thrive! Visit [www.playingout.net](http://www.playingout.net) then enter our design competition!

#### STEP 1:

Reimagine a street near you as a wild and playful street, one where young people can safely play outside and interact with nature.

**STEP 2:** Share your vision with us by creating a drawing or a 3D model made from LEGO, craft bits, natural materials or recycled rubbish. Don't forget to explain your awesome ideas and take a photo of your build.

**STEP 3:** Write a letter persuading the adults around you to set up a wild play street in your community so that local people, wildlife, and our amazing planet can all thrive. Read to them and then send it to us, along with your designs or photos to be in with a shot of winning!



Enter the  
competition  
to win prizes!

Visit [www.theday.co.uk/build-the-change-planet-play/](http://www.theday.co.uk/build-the-change-planet-play/) to find out how to enter the competition.

This worksheet is available every weekday at 6:30am London time from <https://theday.co.uk/resources/news-detectives>.  
For any feedback or help please contact [buildthechange@theday.co.uk](mailto:buildthechange@theday.co.uk). Thank you.

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