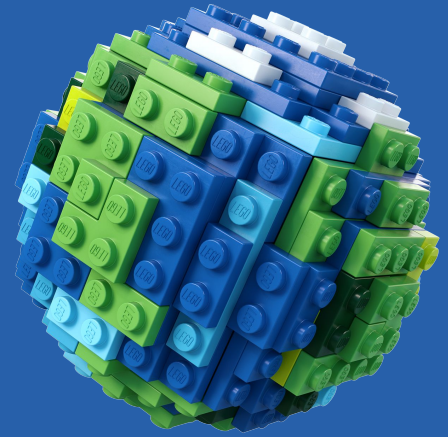


Build
THE Change

Planet Play Resource Pack



Build THE Change

Contents

Planet Play assembly and video - pages 2 - 19

Planet Play podcast (20 mins) - page 20

Planet Play online workshop (one hour) - page 21

Planet Play activity sheet - pages 22 - 25



THE DAY
FIND YOUR VOICE



THE DAY
FIND YOUR VOICE

**Build
THE Change**



Build the Change

Planet Play Assembly



What might connect these 6 images?



Sir David Attenborough
© John Cairns/The Bodleian Libraries/CC BY 4.0



Liz Bonnin,
Nature and Science presenter
© Getty Images



© Freepik

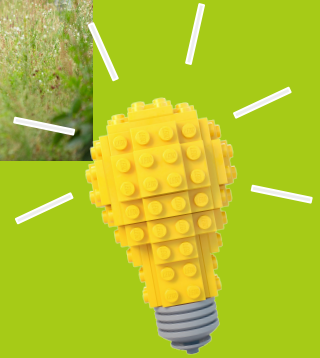


Ranger Hamza Yassin,
Wildlife Photographer & TV personality
© Getty Images



© Master1305/ Freepik

Build
THE Change



THE DAY
FIND YOUR VOICE



What might connect these 6 images?



Build
THE **Change**

FACT

Children who play outside and connect with nature grow up to care more about the planet and the environment.

THE DAY
FIND YOUR VOICE



“ If you give
children a chance
to fall in love with
mother nature,
they will make
this world a
better place. ”



Ranger Hamza Yassin,
Wildlife Photographer & TV personality
© Getty Images



Build
THE **Change**

What's *your* favourite
way to play outside?



© Freepik



THE DAY
FIND YOUR VOICE



Did you know?

Playing outside is great because it gets us moving our bodies. Science tells us that playing outside (whenever and wherever we can) makes us healthier and more physically fit.

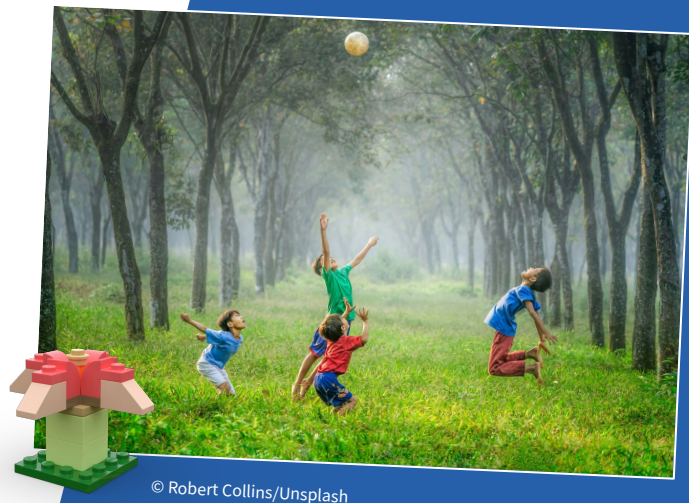
Let's warm up our bodies and learn more about the importance of playing outside with our PHYSI-QUIZ.

Answer these true or false questions, using your bodies.

If you think it is TRUE - stand up 

If you think it is FALSE - sit down 

Build
THE **Change**



THE DAY
FIND YOUR VOICE



Q1. True or False?

Build
THE **Change**

Children have a fundamental right to play.

If you think it is
TRUE - stand up



If you think it is
FALSE - sit down



THE DAY
FIND YOUR VOICE

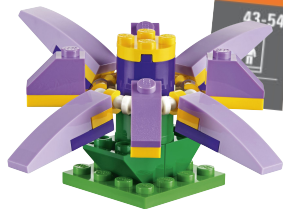


Q1. True!

Children DO have a fundamental right to play. It's the law!

If you are standing up,
you're right!

If you are sitting down,
better luck next time!



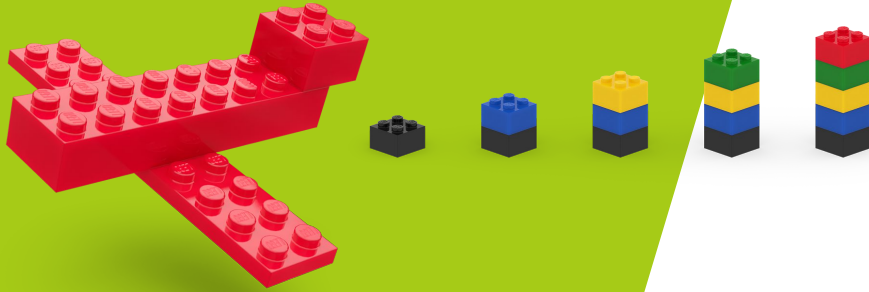
Build THE Change



THE DAY
FIND YOUR VOICE



Q2. True or False?



Build
THE **Change**

Science shows us that playing outside won't make you any happier and it can't improve your mood.

If you think it is
TRUE - stand up



If you think it is
FALSE - sit down



THE DAY
FIND YOUR VOICE

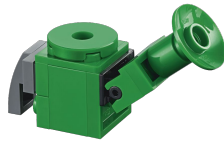


Q2. False!

It has been scientifically proven that playing outside and connecting to nature can boost your mood and make you happier.

If you are standing up,
better luck next time!

If you are sitting down,
You're right!



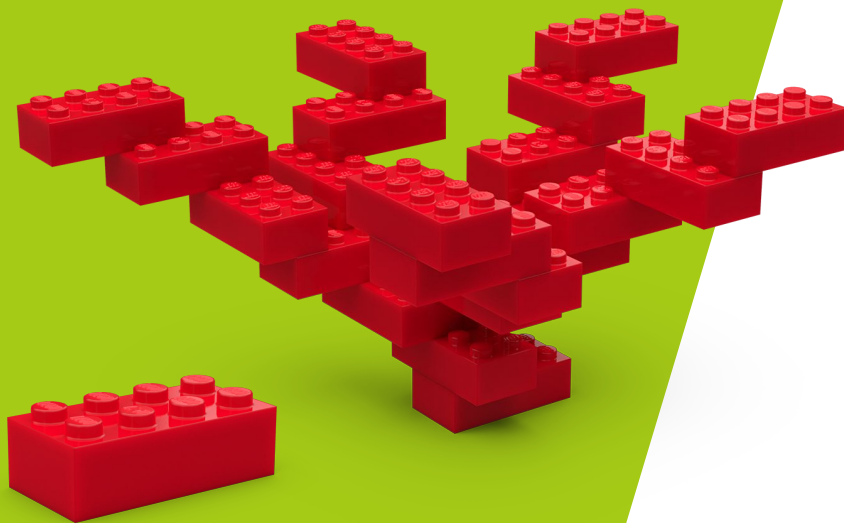
© Artem Kniaz/Unsplash

Build
THE Change

THE DAY
FIND YOUR VOICE



Q3. True or False?



Build
THE **Change**

Science shows us that playing outside can even improve our brains and our thinking skills.

If you think it is
TRUE - stand up



If you think it is
FALSE - sit down



THE DAY
FIND YOUR VOICE



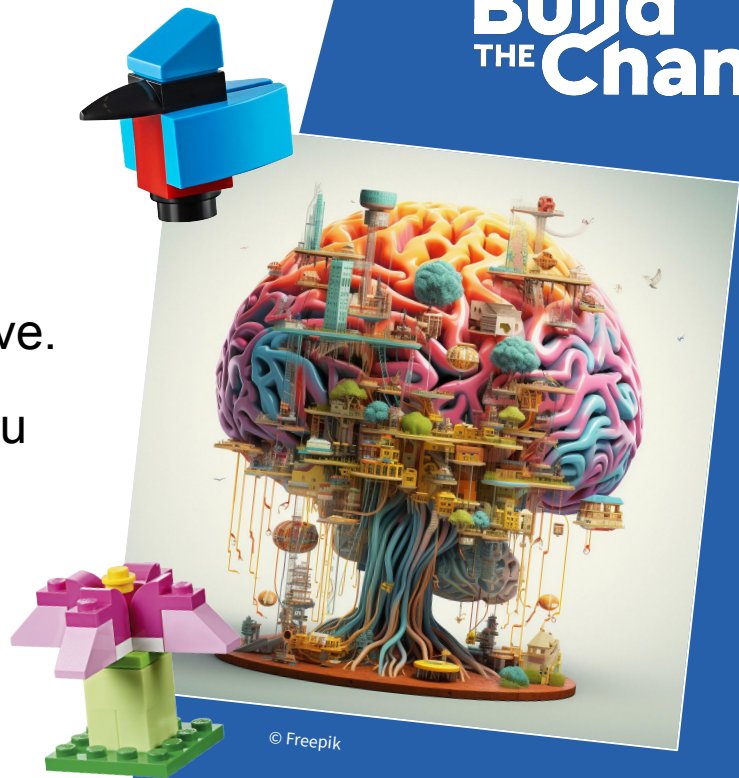
Q3. True!

Playing outside improve our brain's ability to think, pay attention and stay focused. It makes us more curious and more creative.

In fact, playing outside could even help you do better at school!

**If you are standing up,
you're right!**

**If you are sitting down,
better luck next time!**



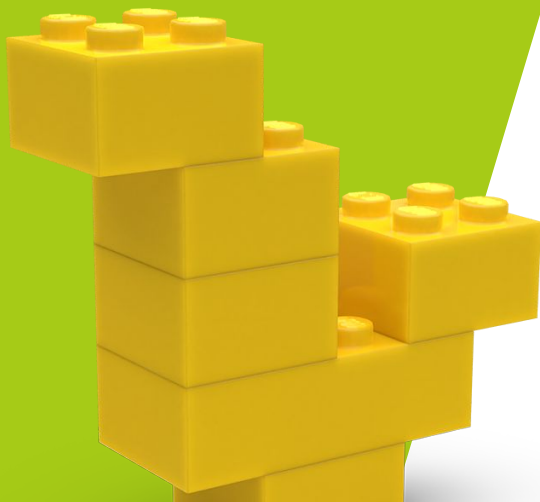
© Freepik

**Build
THE Change**

THE DAY
FIND YOUR VOICE



Q4. What percentage
% of children (aged 4-11 years)
play outside, on their
own street?



Build
THE **Change**

If you think the answer is
more than half, 50% or more -
STAND UP



If you think the answer is
Less than half, 49% or more,-
SIT DOWN



THE DAY
FIND YOUR VOICE



Q4. The answer is less than half!

Only 40% of children play out on their own street.

If you are standing up,
better luck next time!

If you are sitting down,
You're right!



Build
THE **Change**

THE DAY
FIND YOUR VOICE



Build
THE Change

60% of children aged 4-11 years old,
NEVER play outside on
their own street.



THE DAY
FIND YOUR VOICE





PRESS PLAY: Planet Play video

Let's tackle this problem together!

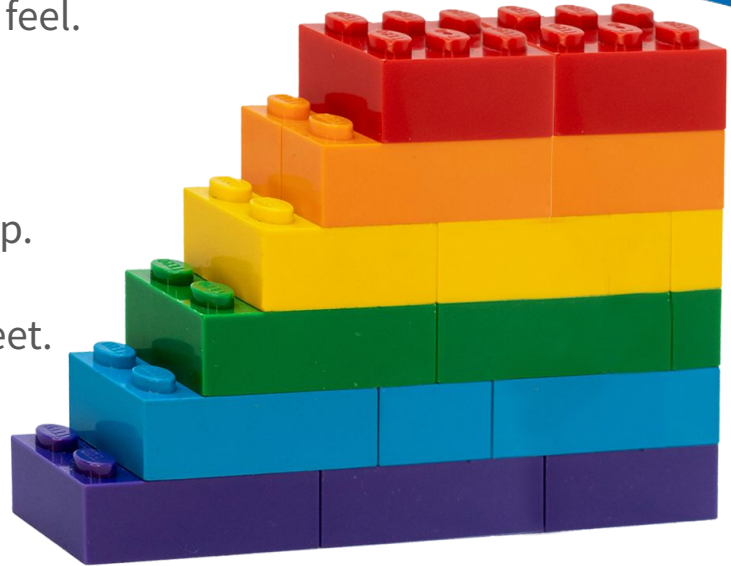
We want you to:

- **Design a playful street** that's perfect for your friends, your community and the wildlife on your street.
- **Create a 3D model** of your design using whatever you can find - LEGO, spare craft supplies, bits of nature or recycled materials.
- **Take a photo** of your model.
- **Write a letter** persuading the adults around you to set up a wild play street in your community to help local people, wildlife, and our planet.
- **Upload photos and a 200 character description of your children's amazing ideas to our gallery on [LEGO.com](https://www.lego.com)** for the whole world to see and have a chance to become our 'Builder of the Week' in our News Detectives resource!



Next steps

1. **Go outside and play!**
Notice nature and how playing outside makes you feel.
2. **Start coming up with ideas for your build!**
 - Pick a street to reimagine.
What would it be like without cars?
 - Take time to look at the nature on your doorstep.
How could you help them?
 - Think about all the people that live on your street.
How could a play street be good for everyone?
 - Think about the games you'd want to play.
What could you build?



Planet Play Podcast

Welcome to the first episode of the Build the Change Planet People Podcast! Join hosts Natalie and Priya as they embark on a creative journey to inspire listeners to reimagine their streets as wild play spaces perfect for children and nature.

They also speak to environmentalist Dominique Palmer. This episode is designed as a build-along, so grab your LEGO® bricks, art supplies, or building materials and let's get ready to play and learn.

PLEASE NOTE: The competition has now ended.

The Planet People Podcast is also available wherever you get your podcasts, including [Apple Podcasts](#), [Spotify](#), and [Amazon Music](#)!

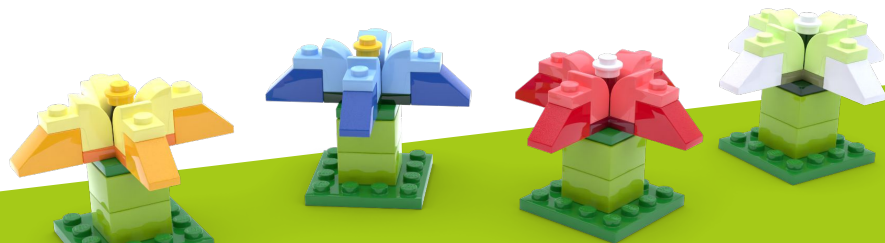




Planet Play online workshop

Watch our Planet Play online workshop to gain ideas for your designs and be inspired by our rewilding expert – Chantelle Lindsay, presenter of the CBeebies show, Teeny Tiny Creatures.

PLEASE NOTE: The competition has now ended.



Planet Play Activity Sheet

from The Day and the LEGO Group

Play, Innovate, and Transform: Your Street, Your Future!

WHAT TO DO:

We are challenging **YOU** (all 7-14-year-olds) to design a playful street in your community to help local people, wildlife, and our planet. Plus, we want you to write a letter persuading the adults around you to set up a wild play street in your community!

STEP 1: Look around your street or local outdoor space, and notice how the area is set up for outdoor play and supporting wildlife.

STEP 2: Use learning through play to come up with new ways you could make this space safer for outdoor play, think about how this space would be used if there were no cars! (use the preparation worksheet on page 3 to help).

STEP 3: Build the Change! Decide how you want to change and improve this space. Design your solutions on paper first (make sure you label your design to show us what it is and why you've designed it this way), then create a 3D model out of LEGO® bricks or anything else you can find like recycled materials, leftover craft supplies or nature bits collected from outside.

STEP 4: Take a photo of your drawing and 3D design and (if you want to) write a short description of your building's features (maximum 250 words).

STEP 5: Write a letter persuading the adults around you to set up a wild play street in your community to help local people, wildlife, and our planet.

STEP 6: Upload photos and a 200 character description of your children's amazing ideas to our gallery on [LEGO.com](https://www.lego.com) for the whole world to see and have a chance to become our 'Builder of the Week' in our News Detectives resource!



HOW TO BE SUCCESSFUL

We want you to help design an outdoor space that encourages play! Here's some things to consider in your design:

1. **Build for your local area.** Spend some time noticing how your outdoor space is currently used. What is stopping young people from playing outside? Are cars always driving up and down this street? What dangers or challenges do children face spending time in this space? How can this space also support local wildlife? Use this information to design features that really make your street stand out!
2. **Make something that works for people and nature.** Can you create something that works for the wildlife, nature, and the people that share this space? What do children and nature need from an outdoor space and can you make them both work together?
3. **Create something that is good for the planet.** Could you help the planet in other ways in your design? For example could you use sustainable or recycled materials? Could you make a design that could protect wildlife from extreme weather like storms, droughts or floods?

Here are some ways you could build for wildlife:

1. Let the plants grow wild. This will create a habitat for birds and attract bugs for food
2. Put up small shelters for wildlife to rest, shelter and nest in
3. Put out water for wildlife to drink. Ponds also attract amphibians which birds eat
4. Many creatures love eating insects, so building a bug hotel is a great idea!



Planet Play Inspiration



Planet Play Activity Sheet

Preparation worksheet

Design a playful street in their community to help local people, wildlife, and our planet.

Plan your design by answering these questions.

What could you include for people and communities?
Think about all the different people who share your space.

What could you build for nature and the environment?
What local wildlife could you support and what
eco-friendly materials could you use?



Practice drawing your design here.

Bring all your ideas together. Label your features. How will it provide a playful space for children and a safer space for nature?

