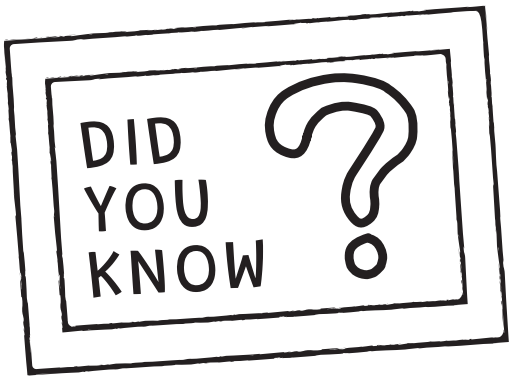
Passport to Play

Let's explore play around the world!





Every child has the right to play.

Play is important because it makes us happy, healthy and we learn so many new things!

This passport will take you on play adventures from different countries around the world.

Are you ready? Let's get started!

www.InternationalDayofPlay.org



Welcome to your Passport to Play!

My name is

.....

I was born on

.....

I live in

.....

My signature

.....

Game name

Country:

.....

Draw the country flag:



Draw a picture of the game

Colour in the stars to show how much you enjoyed this game.

5 stars is the best!

Game name

Country:

.....



Draw the country flag:

Draw a picture of the game

Colour in the stars to show how much you enjoyed this game.

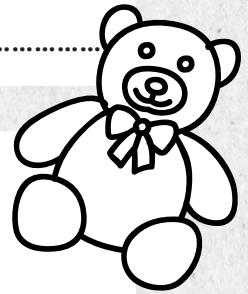
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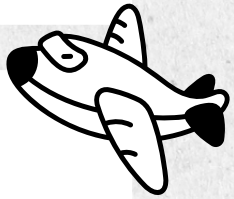
5 stars is the best!

Game name

Country:

.....

Draw the country flag:



Draw a picture of the game

Colour in the stars to show how much you enjoyed this game.

5 stars is the best!

What's your **favourite game** where you live?

My favourite game:

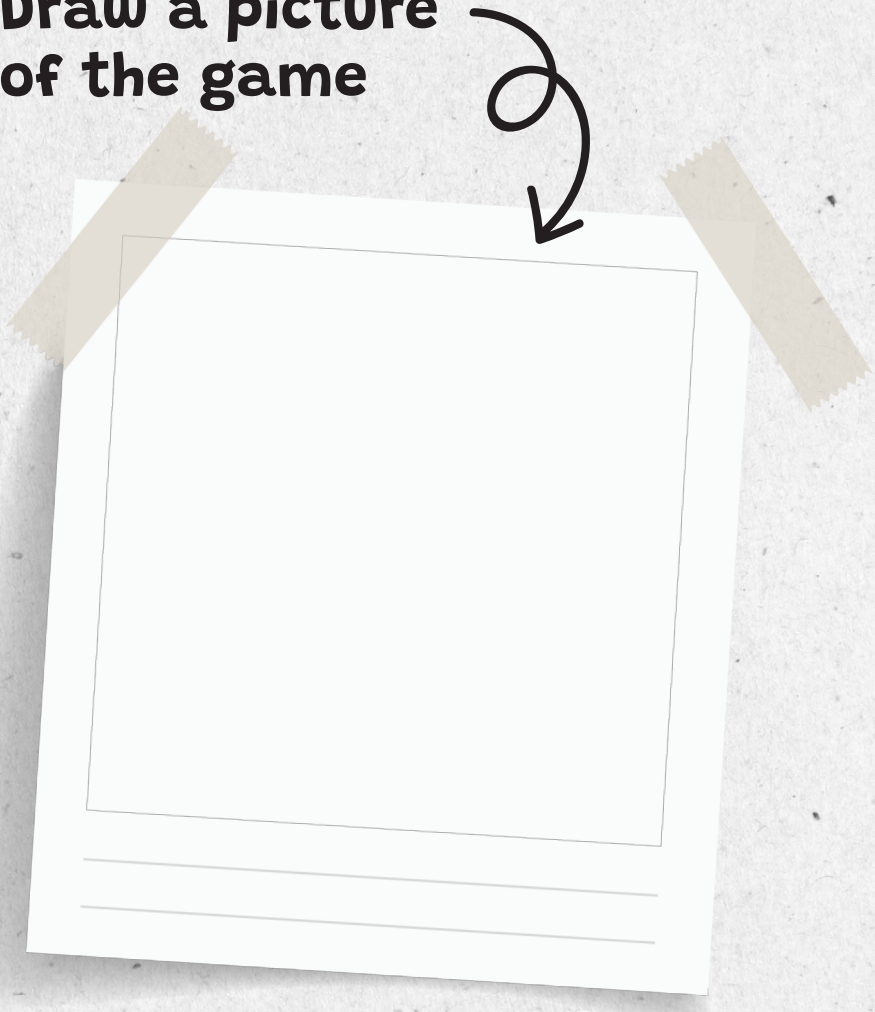
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My country:

.....

My country's flag:

Draw a picture of the game



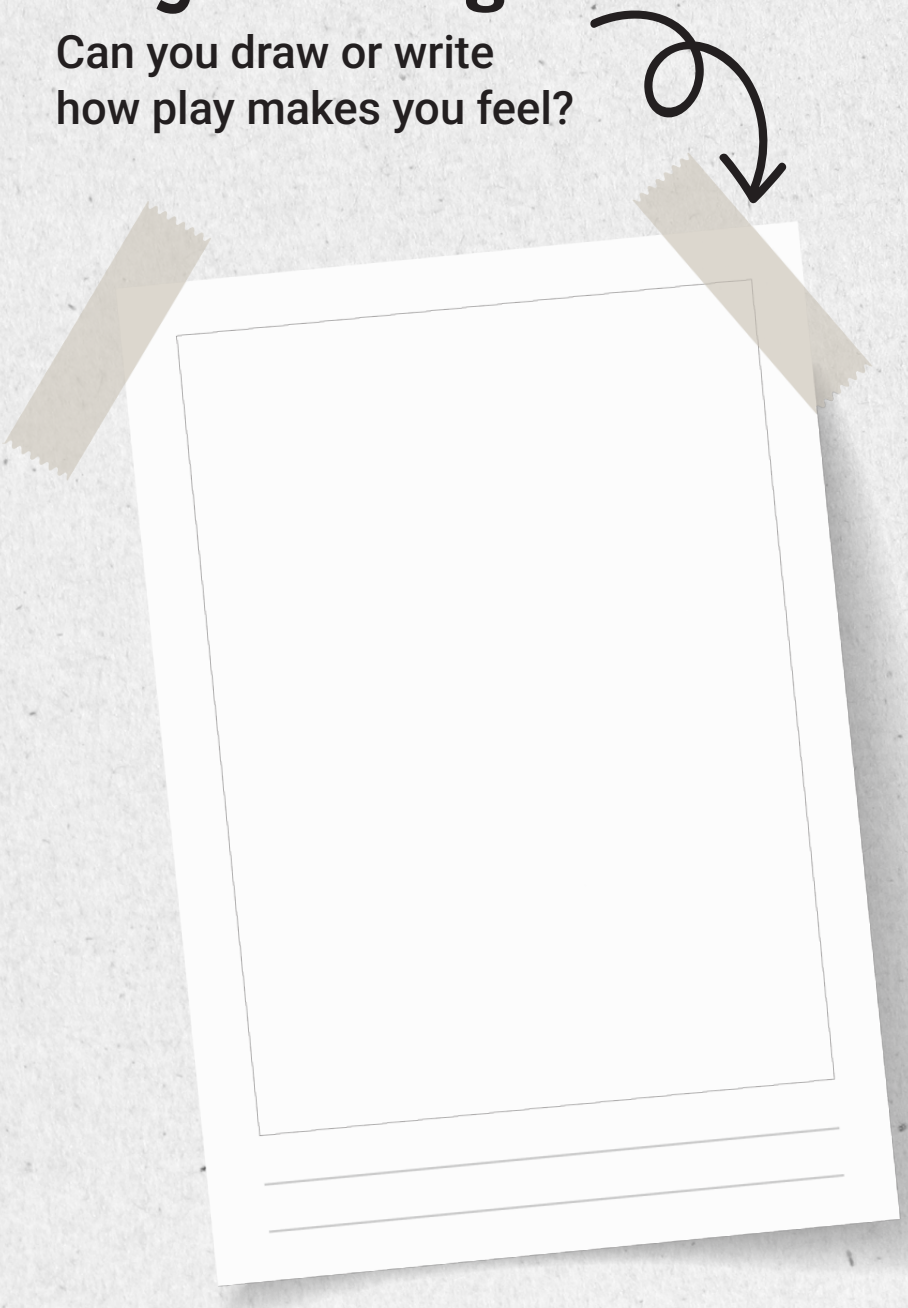
Colour in the stars to show how much you enjoyed this game.

5 stars is the best!



Play challenge

Can you draw or write how play makes you feel?



Play checklist

Add in the country names and tick them off when you've played.

- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....
- ☐ .....

Congratulations, you're a play expert!

Passport to Play

INSTRUCTIONS



Passport to play

Hi there, parents and caregivers!
Welcome to Passport to Play! You and your family are about to embark on a fun-filled learning adventure that will drop you right in the middle of playtime around the world!

Dive into a collection of games from different countries to try together. We'll explain how to play, what you'll need (nothing you can't find in your home or outside!) and how to get your younger adventurers involved.

Included in the play pack is a passport for your children to fill out after you've played each game together. Once you've played around the world, they'll have this as a fun souvenir to remember their adventures.

Sounds like fun? Ready, set, play!

Please note: Age suggestions are provided as a guideline for each activity. You know your child best, so please adapt to your child's needs and abilities.

How to use this activity kit

1. Print out the Passport to Play.

2. Choose which game you'll play first. If you have younger children or children with disabilities, we've included some additional ways for them to join in on the fun!

3. Once you've played a game, it's time to look up information with your little explorer about the country the game is from. Where is the country on the map? What does the flag look like?

4. Have your child fill out a page in their passport for the game you just played. They can write in the name of the game, the country it is from, draw the country's flag, make a picture of you all playing the game and rate how much they enjoyed it. We've also included the country flags at the end if your child prefers to cut them out and stick them in the passport.

5. We made space for you to record a game from your country as well, so think together which one to include!

***Hint: If any of the country games aren't suitable, use it as an opportunity to look up games from around the world to find one you'd like to try out together. We made Passport to Play so it can be used for other games as well.**



Come play in... Chile!

The game	Corre, Corre la Guaraca (Run, run la Guaraca*)
Ages	5+
Players	4+
Materials	A scarf, handkerchief or cloth

How to play:

1. Everyone sits in a circle except for a runner, who jogs around the outside of the circle with the handkerchief.

2. While the runner moves, everyone sings: “Run, run, la Guaraca whoever looks back gets a tap on the head!” The chant speeds up with each repetition, building excitement.

3. At any moment, the runner quietly drops the handkerchief on the back of one of the seated players and keeps running!

4. If the seated player doesn’t notice and the runner completes a full lap and returns to their spot, the seated player becomes the huevo duro (hard-boiled egg) and must sit in the centre of the circle for the next round.

5. But if the seated player notices the handkerchief in time, they must jump up and try to tag the runner before the runner takes the other player’s seat back in the circle.

6. If the runner is caught, they continue as the runner. If not, the seated player becomes the new runner, and the game continues.

*La Guaraca doesn’t have a meaning outside the game or folklore. However, in other Latin American countries, “Guaraca” can refer to a type of sling or musical instrument.

Have younger children?

Involve your little one in the fun by playing a game of chase while they hold the handkerchief or have them run around the circle as many times as they can.

More games to try with little ones

0-9 months: Play a game of peek-a-boo! All you need to play this game are your hands and voice. Sit with your baby, raise your hands to cover your face, then remove them and say “peek-a-boo!” Your little one will delight at watching you disappear and reappear. This will help teach your little one understand that objects or people still exist even when you can’t see or hear them.

1-2 years: Find an empty box and place your child in it safely with some soft blankets. Then, pull the box around while making car noises: “vroom vroom!” They will have fun zipping around! If space is limited, you can still have the same effect by moving the box from side to side and making noises together. This helps your child to explore pretend play and think creatively while having fun bonding time with you.

Playful activity for children with disabilities

Place some toys and objects (like sponges and plastic cups) on a tray or flat surface to stimulate your child. Or make a tray of water or sand for your child to play with the different textures.



Come play in... Indonesia!

The game	Petak Jongkok (The Squatting Game)
Ages	3+
Players	3+
Materials	None

How to play:

1. One player is designated as “it”. The other players run around, trying to avoid being tagged by “it”.
2. Players can protect themselves by squatting or crouching (“jongkok”). While in a squatting position, they cannot be tagged, but they must remain in this position until they are freed by another player.
3. A player who is not squatting can help a squatting player by tagging them, which allows the squatting player to stand up and run again.
4. However, if there is only one player left who is not “it”, they cannot squat. If they do, they risk being tagged and losing the game.
5. If a player is tagged while not squatting, they become the new “it”.

Have younger children?

Get them involved by having them squat and jump up!

More games to try with little ones

0-9 months: Teach your child about their body with a fun game! Name your baby’s body parts and point to them to help teach them the names. “Where is baby’s nose? There it is!” You can point to your own nose as well to help them make the connection. “Where is my nose? Here it is!” This helps to build your child’s visual and language skills.

1-2 years: Turn over safe bowls, pots and pans to make a set of drums straight from your kitchen. For drumsticks, grab some wooden spoons. Your little rock star will have a great time exploring all the different sounds they can make! This game is great for helping to develop finger and hand skills.

Playful activity for children with disabilities

Make up games with movement and a ball – you can even prepare a soft one together made from a cloth. Decide the best way to play depending on your child’s mobility.



Come play in... South Africa!

The game	Drie Stokkies (Three Sticks)
Ages	5+
Players	2+
Materials	Three sticks

How to play:

1. There are two teams with the same number of players on each team. This can be played with just two people or with larger teams.

2. Three sticks are placed laying down one meter from each other on the ground. The distance can be adjusted depending on the age of the children playing.

3. Teams stand on opposite sides of the line of sticks. Players try to jump three times between the sticks: Get a running start to jump once in between the stick closest to them and the middle stick, and then jump as far as possible past the last stick.

4. Players cannot touch a stick with any part of their body or take more than one step between the sticks. If they do, they're out!

5. When the player on the first team has gone, the last stick is moved to where they landed.

6. When the player from the other team goes, they repeat the process from the other side.

7. After this player has gone, the stick closest to them is moved to where they landed. The middle stick always remains in the same position, while the outer sticks continue to move further outward.

8. If a player cannot clear the last stick when jumping, they are out. The person or team who jumps the farthest wins!

Have younger children?

Involve them by describing what's going on during the game. This will help them to develop their language skills and help them to be in on the fun!

More games to try with little ones

0-9 months: Try some "see and say." Point to different things around the house while naming and describing them. "See the cat? That's an orange cat." This will help to build their language skills while strengthening your bond.

1-2 years: Grab a soft ball and roll it back and forth with your toddler. This type of play is great for confidence building and teaches them that you respond to their actions.

Playful activity for children with disabilities

Make little toys from things you have around the home. For example, put stones or beads in a bottle and shake it, or tie together a collection of different coloured ribbons to wave in front of your child's eyes.



Come play in... Syria!

The game	Hajla (Hopscotch)
Ages	3+
Players	2+
Materials	Stone, chalk (optional)

How to play:

1. Draw a grid of alternating single and double squares on the ground with chalk. You can also trace the outline of squares in the dirt.

2. Toss a stone into the first square.

3. The player hops on one leg through the squares in order, skipping the square with the stone. For example, if the stone is on square one, the player hops over it and lands on square two, then continues along the path (single squares on one leg, double squares with one foot on each).

4. When reaching the end, the player turns around and hops back in the same way. When they reach the square before the one with the stone, they stop, lean down (without touching the ground with their hands), pick up the stone, then hop over that square and exit the course.

5. A player loses their turn if they:
   - Step on a line between the squares.
   - Step into the square with the stone.
   - Lose balance and touch the ground with their hand or fall.
   - Throw the stone outside the correct square or it lands on a line.
   - Use the wrong foot placement (for example, not hopping on one leg when required).
   - Fail to pick up the stone properly on the return trip.

6. When a mistake happens, the turn ends immediately, and the next player begins their turn.

Have younger children?

Have them toss the stone in the squares to start.

More games to try with little ones

0-9 months: Place your baby on their back and sing them a song. As you sing, tap the bottom of their feet in time with the song. This game is great for developing listening skills. Your little one will love hearing your voice and the tapping adds a new way to experience songs together.

1-2 years: Use blocks or other safely stackable objects to build a tower together and let your toddler knock it down! Not only will your little one have fun watching their creation fall down, but they'll also be working on developing their fine motor skills by using two hands together.

Playful activity for children with disabilities

Sing, dance and make noise with your child. Think how you can use homemade instruments like cooking pots to add to the fun!

The power of play

DID YOU KNOW?

Play helps to build confidence

Solving problems and coming up with creative solutions during a game or while working on a puzzle gives children a sense of accomplishment and competence. When you take time to play with your child, your little one is learning that they are valued and fun to be around. Give your full attention during playtime and invest in the game you are playing together. Sharing in the experience together lets your child know that they are loved and important – so smile, get involved and enjoy every moment!

DID YOU KNOW?

Play helps to strengthen the bond between you and your child

Sharing in joyful moments of fun and learning helps bring children and their caregivers closer together. By providing your child with love, comfort and attention, you are laying the foundation for the development of emotional and social skills that support their mental health and future well-being.

DID YOU KNOW?

Play helps lay the foundation for good mental health

Research has shown that children who play regularly with their parents are less likely to develop anxiety, depression, aggression and sleep problems.

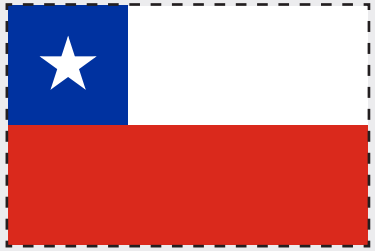
DID YOU KNOW?

Play helps reduce stress levels

Research has shown that making time for play protects children from the negative impacts of prolonged exposure to stress. Long periods of stressful situations can affect a child's physical and mental health. Play and positive, supportive relationships with adults help buffer these effects.

Country flags

Chile



Indonesia



South Africa



Syria

