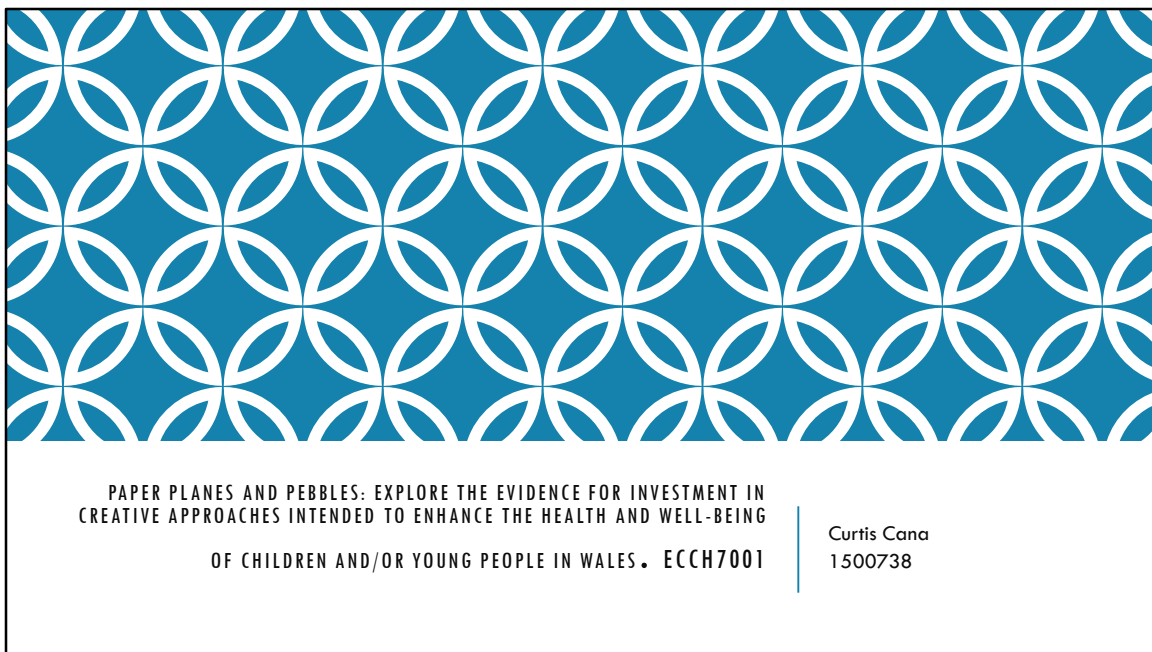




PAPER PLANES AND PEBBLES: EXPLORE THE EVIDENCE FOR INVESTMENT IN
CREATIVE APPROACHES INTENDED TO ENHANCE THE HEALTH AND WELL-BEING
OF CHILDREN AND/OR YOUNG PEOPLE IN WALES. ECCH7001

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THE IMPORTANCE OF PLAY

The notion of 'play' and the idea of children and young people playing games can, in a modern day image be viewed as a idea of the past. Technology is vastly taking over children and young peoples lives. Children and Young People request the latest technology from smartphones to tablets. Young People involve themselves on all sorts of social media platforms and online gaming virtual worlds. Boyd (2014, pg. 20) states that " The social media tools that teens use are direct descendants of the hangouts and other public places in which teens have been congregating for decades".

Even though there are these new technological advancements that children

And young people are becoming more hooked on, there is still

Evidence to support the importance of play.



The idea of play and children and young people playing games in this modern day and age may sometimes be seen as an idea of the past. With technology playing a huge part in their lives. Children and young people request the latest technology ranging from smartphones to tablets. Young people also involve themselves in all sorts of social media platforms. Boyd in his book about children and teenagers social media usage says that "The social media tools that teens use are direct descendants of the hangouts and other public places in which teens have been congregating for decades". Even though there are new technologies that children and young people are interested in there is still increasing evidence to support the importance of play. This can be through participation and engagement workers or facilities that are still available to young people which encourage outdoor physical adventure and activity.

WHAT TOOLS CAN BE USED TO SUPPORT DEVELOPMENT IN PLAY?

Several tools/ methods can be used to engage children and young people. These tools can range from toys to dolls.

Burrell (2005, pg. 89) discusses some of these tools and says " The baskets of shells, stones and other props that can furnish all these games of make believe will be enjoyed by the younger nursery children". This can also be supported by Lancy (2015) who uses a theory from Piaget as an example by saying

"Piaget can also be credited with calling the attention of developmental psychology to the young

child's fascination with objects. With tools being an important factor, creating environments for

play is just as important. This can be in the form of dens and vibrant garden or

play spaces for children to play, grow and develop.



There are several tools and methods that can be used to engage children and young people. These tools can range from toys and dolls to building dens and having access to outdoor adventurous areas. Burrell discusses some of these tools used and says "The baskets of shells, stones and other props that can furnish all these games of make believe will be enjoyed by the younger nursery children". This can also be supported by Lancy who using Piaget as an example says "Piaget can also be credited with calling the attention of developmental psychology to the young child's fascination with objects"

CREATIVE APPROACHES: LEARNING OUTDOORS

Learning outdoors for children and young people can sometimes be a unique and lifechanging experience.

There is evidence that suggests that children and young people who learn outdoors are more happy and have a higher self esteem. When discussing the importance of outdoor learning, Waite (2011, pg. 137) says that “The prevalence of outdoor adventure education suggests that policy makers, outdoor educators, teachers, parents and indeed children believe these activities to be of value”.



Learning outdoors, for children and young people can sometimes be a unique and lifechanging experience. There is substantial evidence that suggests that learning outdoors can lead to increase in children and young peoples health and wellbeing. When we look at the importance of outdoor learning Waite says that “the prevalence of outdoor education suggests that policy makers, outdoor educators, teachers, parents and indeed children, believe these activities to be of value”.

WHERE DOES LEARNING OUTDOORS TAKE PLACE?

Learning outdoors and creative play can take place in many settings such as:

- Forest Schools
- Residential Centres
- Outdoor Learning Wales



Waite (2011, pg. 154) argues that “greater benefits of programmes at outdoor centres are to be found in the affective domain, making contributions to personal and social aspects of learning.

There are many opportunities for outdoor learning in Wales. For example Forest Schools. Forest schools is an interactive outdoor approach to learning. There are several residential centres throughout Wales, for example in Swansea there is Borfa House and Rhosilli activity centre which all provide unique opportunities and experiences to childrens and young people. Waite argues that greater benefits of programmes at outdoor centres are to be found in the affective domain, making contribution to personal social aspects of learning.

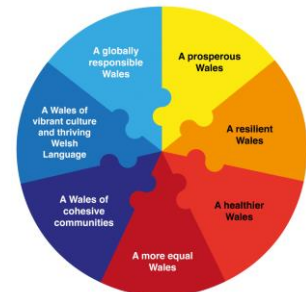
WHAT IS THE EFFECT ON A CHILD'S HEALTH AND WELLBEING?

It has been proven that by allowing children and young people the opportunity to 'play' can have a huge positive impact on their health and wellbeing. This can range from the period of now and into the future of that individuals life. The notion of play allows children and young people to develop as a person. Waite (2011, pg. 23) says "being in an outdoor environment gives very young children the opportunity to experience more aspects of the natural world, and stimulates their senses".

It has been proven that by allowing children and young people the opportunity to play can have a huge positive impact on their health and wellbeing. This can range from a period early in their lives and later on in their lives. The idea of play allows children and young people to develop holistically. Waite says "being in an outdoor environment gives very young children the opportunity to experience more aspects of the natural world, and stimulates their senses.

WHAT DOES POLICY SAY?

The Well-being of Future Generations (Wales) Act 2015 aims to improve Wales' social, economic, environmental and cultural well-being. Public bodies in the Act, including Public Health Wales, are required to think more about the long-term, work better with people, communities and each other, look to prevent problems, and take a more joined-up approach.



Public Health Wales (2018)

There are several policy documents that surround the wellbeing of children and young people. A key document is the Wellbeing of future generations Act 2015 which aims to improve Wales' social, economic, environmental and cultural wellbeing. As you can see from the chart there are 7 key sections of the act which focus on the aims of the Act.

THE UNITED NATIONS CONVENTION OF THE RIGHTS OF THE CHILD

Article 31 of the UNCRC says that children and young people have the right to have fun in the way they want to, whether by playing sports, watching films, or something else entirely.

A clear link can be made to **Article 24** which is in relation to ensuring young people have the best health that they possibly can. And finally a clear link to **Article 27** can be made which focuses on the basic needs of children and young people being met which effects their wellbeing.



Another piece of supporting policy is the UNCRC. Article 31 states that children and young people have the right to have fun in a way that they want too. Article 24 supports young people having the best health that they possibly can and Article 27 focuses on young peoples wellbeing.

ACTIVITY: STRESS BALL

1. Stretch out your balloon
2. Fill the balloon with rice or flour
3. Put a funnel into the neck of the balloon but let out as much air as you can
4. Slowly fill the balloon
5. Remove the funnel from the balloon and let out as much air as you can. ...
6. Tie the neck of the balloon closed tightly.
7. Snip off the excess rubber.

<https://www.youtube.com/watch?v=8F4313CBRbo>

This activity can be done with children and young people it is a very quick activity that provides them with a tool that can benefit their health and wellbeing.

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