



## PLAYBOARD PLAY IDEAS

Play is essential for children's health and well-being, helping them build resilience and cope with stress. Play gives children the opportunity to learn new skills and make sense of the world around them. It is vital that children have the space and time to play every day.

For lots of fun play ideas and activities go to [www.playboard.org/play-ideas](http://www.playboard.org/play-ideas)



PlayBoard NI  
7 Crescent Gardens  
Belfast, BT7 1NS



T: 028 9080 3380  
E: [info@playboard.org](mailto:info@playboard.org)  
[www.playboard.org](http://www.playboard.org)