



IMAGINATIVE

PLAY PACK



SIMPLE OUTDOOR PLAY ACTIVITIES TO LET YOUR IMAGINATION RUN WILD

WRITTEN BY: HARRY & IZZY JUDD

INTRODUCING THE AUTHORS: HARRY & IZZY JUDD



“I’m Harry Judd, you might recognise me as the drummer from pop group McFly. I’m a dad of two, I love dancing and I wrote my first book, *Get Fit Get Happy* in 2017.”

“I’ve really enjoyed getting back to drawing. The kids often get me to draw things that they can colour in or they want me to teach them how to draw certain objects and animals they have seen in the garden. We’ve been doing lots of water painting outside recently - it never gets old, the kids love it.”

“I’m Izzy Judd, a classically trained musician and author. I’m married to Harry and mum to Kit and Lola. My latest book is called *Mindfulness for Mums*.”

“I love sharing games with Lola and Kit that I also enjoyed growing up with, like hopscotch and the memory game which my grandmother taught me. It’s great being inspired by the outdoors and nature whilst enjoying mindful moments together as a family.”



INTRODUCING PSYCHOLOGIST: EMMA KENNY

Emma Kenny is a psychological therapist, TV presenter and writer. She is registered with the British Psychological Society and British Association for Counselling and Psychotherapy.

“I have loved being a part of this project

on so many levels. Children’s imaginations are limitless, and their capacity for play is as vast as it is creative. Children are instinctively plugged into the here and now, and that makes their temperaments perfect for developing the skill of mindfulness, a practice that will last a lifetime and enhance their overall mental health and wellbeing, a gift that every parent wishes to offer their children.”

LET YOUR CREATIVITY FLOURISH!

This summer, we are all going to be making the most of the outside space around us, be that our back gardens, balconies or local green spaces. Here at Soltan HQ, while we may not be travelling far from home, we can still inspire kids to get outside and let their imaginations go on an adventure and run wild!

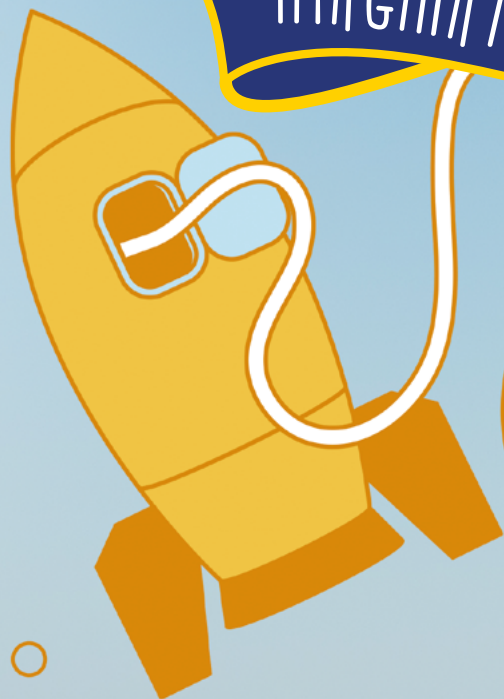
We've teamed up with Harry and Izzy Judd to create simple activities and ideas to inspire outside play, and we've also partnered with psychologist Emma Kenny to share her expertise about why it's so important for children to engage in imaginative and creative play during their precious time outside.

So, what is imaginative play? It's unstructured play, with no set rules, goals or results - children simply explore and learn along the way. While our children may be seeing a lot more of their gardens and local parks this summer, imaginative play can transport them to many different places and get them to think about the space they have to play in differently and more creatively.

So when they are out and about playing, don't forget to apply their Soltan sun care, so that you can be safe in the knowledge that their skin is getting the best protection, leaving them free to let their imaginations run wild.

We hope you all have fun playing outside and letting your imaginations run wild!

READY TO LET YOUR
IMAGINATION RUN WILD?



Hello fellow friends, we can't wait for you to come play with us. We have lots of exciting activities, ideas and games for you to try.

Harry and Izzy.

The pack is split into four sections, there are different activities in each section. It's entirely up to you how you play; choose all activities from one section or take one activity from each section at a time- it's your play, your rules.

All activities are designed to be played outside, we just ask for you to bring your imagination.

- **IMAGINATIVE PLAY (PAGE 6-7)**
- **CREATIVE PLAY (PAGE 8-9)**
- **GAMES PLAY (PAGE 10-11)**
- **MINDFUL PLAY (PAGE 12-13)**

**ARE YOU READY
TO GET OUTSIDE AND PLAY?**

SOLTAN SUN SAFE TIPS



Don't forget to slather your sunscreen on before heading outside. Whether you are outside for ten minutes or an hour, it's important that you protect your skin. We recommend applying liberally and evenly 15 minutes before going into the sun to allow time to dry. As a guide, you'll need around a teaspoon sized amount for your face and neck and one for each arm, two teaspoons for the front of your body, two teaspoons for your back and two teaspoons for each leg.

- Always reapply every two hours.
- Cover up with clothing to reduce sun exposure.
- Don't forget to wear a hat and protect children's eyes as they are easily damaged by UV light.



IMAGINATIVE PLAY



“Children’s imaginations are fascinating and limitless, and when children are encouraged to allow their ideas to flow freely, confidence grows. Dreams and visions begin in a child’s imagination. Imaginative play helps develop crucial emotional and psychological skills that will help children in later life.”

Emma Kenny

THE FOLLOWING THREE ACTIVITIES ARE DESIGNED TO GET CHILDREN'S IMAGINATIONS FIRED UP. THEY CAN BE PLAYED ALONE OR WITH OTHERS OUTSIDE.

ACTIVITY 1

GARDEN SAFARI

WHAT YOU WILL NEED:

- A piece of paper and a pen
- A magnifying glass (optional)
- Your imagination!

YOUR TASK:

You are a safari manager, and your job is to find the wildlife in your green space and imagine what the little creatures are doing.

ALL SET TO START YOUR SAFARI?

- Grab your paper and pen – this is your own safari map – and you're off!
- Get down in the grass and the soil to see what you can see when you look really closely. What can you see on branches, by the roots of plants, or climbing along a wall? What can you spot that you've never noticed before?
- What areas can you explore that you've never really looked closely at before, and what can you find there?
- Mark out on your safari map what insects and bugs you find in different spots of your outside space. What do you think they are up to?
- As the safari park manager, it's your job to identify the creepy-crawlies you see hiding – you can make up fun names for them if you like!
- The majority of the animals you'll see on your safari will be invertebrates – animals without backbones, such as insects, spiders and snails.

ACTIVITY 2

CLOUD SPOTTING

WHAT YOU WILL NEED:

- Your imagination
- A pen or pencil

YOUR TASK:

Have you ever wondered what's up in the clouds and what those funny moving shapes make next? If you let your imagination run wild, what do you think you can spy up in the sky?

ALL SET TO START CLOUD SPOTTING?

- Layout a blanket or towel on your lawn or ground. Lie down on your back and get comfortable.
- Look up! The aim of the game is to see what unusual or unexpected things you can see in the clouds. Do you see a snake, a star or a face? You decide, let your imagination run wild!
- Have fun with your family and do it together, working as a team or against each other to see who can come up with the funniest and wildest cloud creations!
- Can you capture what you've seen on paper to keep your cloud spotting memory for later?



ACTIVITY 3

DEN BUILDING

WHAT YOU WILL NEED:

- Your imagination
- Simple props such as an old sheet or blanket (optional)

YOUR TASK:

Can you use your imagination to create an outdoor den either for yourself or if you prefer a mini den for bugs and insects you've spotted? Or perhaps you might even want to create a fairy house for any magical creatures that might be around!

ALL SET TO START BUILDING?

- Whoever you're creating your cosy den for, look around your outside space to see what materials you can use to make it welcoming and fun – what would a ladybird like in her bug house? What would a garden fairy or pixie like?
- Perhaps they'd like a nice soft grass floor, some stones for seats, a bed of leaves? What would they make of their lovely new home?
- If you're building a den for you, you could gather some long sticks and use an old sheet to create a canopy, or perhaps you can find a spot underneath a tree or tucked away in bushes? Could your den double up as an imaginary pirate ship or a superhero's car?

SOLTAN SUNSAFE TIPS

Even on a cloudy day, you still need to protect your skin. Always use SPF 30 and above for children and fair skin. Go to [Boots.com](https://www.boots.com) for a complete guide on the right SPF for you.

A young child with curly hair, wearing a yellow superhero mask and a yellow cape, stands on a large rock. The child is wearing a blue and white striped shirt and blue camouflage shorts. They are holding a dark blue banner with the words "CREATIVE PLAY" in white, stylized capital letters. The background is a bright blue sky with white clouds. There are several comic book-style sound effects and graphics: "KA-POW" in a yellow starburst, "BOOM" in a large blue cloud, and various yellow lightning bolts and stars. The entire image is framed by a yellow border with a blue scalloped edge at the top and bottom.

CREATIVE PLAY

“Creative play brings the world to life and encourages kinaesthetic learning, which is an exciting and effective way to understand the world around you. Knowing that you can make your environment your playground helps to foster resourcefulness and increases resilience.”

Emma Kenny

THE FOLLOWING THREE ACTIVITIES ARE DESIGNED TO SPARK CREATIVE PLAY AND CAN BE PLAYED ALONE OR WITH MULTIPLE PEOPLE OUTSIDE.

ACTIVITY 1

NATURE-INSPIRED WORKS OF ART

WHAT YOU WILL NEED:

- A piece of cardboard/paper
- Glue or sticky tape
- A bucket or bowl to collect your natural materials in

YOUR TASK:

Use things you find around you to create a nature-inspired work of art!

ALL SET TO GET CREATIVE?

- Grab your bucket and take a walk around your outside area gathering up materials to use in your artwork. Twigs, bark, leaves, petals – there are lots of things around us that you can use to create your picture!
- Next, decide what you want to create as your nature art work – is there a tree you can spot, a favourite flower or plant, or your house? Or perhaps you can create a portrait of mum or dad?
- Draw your chosen subject on your piece of cardboard or paper and cut it out (always get help from an adult when using scissors).
- Now it's time to decorate using all the natural materials you've collected, using glue to stick them down.
- Now you have your very own nature work of art!

ACTIVITY 2

WATER PAINTING

WHAT YOU WILL NEED:

- A bucket of water and a paintbrush
- Natural food colouring if you fancy making the water coloured
- A surface for your creations – paving slabs, a fence, a bench, pots - whatever you are allowed to "paint" on

YOUR TASK:

Get creative and come up with big, bold designs to paint with your fingers or a brush outside.

ALL SET TO START "PAINTING"?

- Grab your bucket of water and paintbrush, choose what surface you are going to paint. Will it be a garden slab, a pot or the fence?
- Now it's time to paint - you could paint what you see in front of you, your favourite animal, or perhaps big happy faces and shapes – get your creative ideas flowing!
- You could also just use your fingers to make extra big, creative shapes and images with the water. For even more fun, you could squirt some washing up liquid into your water to make some foam and add this to your masterpiece!

ACTIVITY 3

NATURE'S KITCHEN

WHAT YOU WILL NEED:

- A bucket to collect your findings
- A stick or spoon to mix up your creation

YOUR TASK:

Can you create a delicious looking mud pie? Or a flower pizza? What about a leaf sandwich? Your task is to use what you find around you to create a yummy looking feast!

ALL SET TO START BUILDING?

- Grab your bucket and start looking for your ingredients.
- You are on the lookout for anything that could make your nature-inspired dish as delicious looking as possible, such as leaves, sticks, flowers, stones.
- Empty your bucket and see what you have collected and now you can start creating your dish.
- Can you make a mud pie decorated with flower petals? Or a pizza topped with leaves and stones?
- If you're playing with your family, see whose creation gets the most votes!
- When you've finished, perhaps you could leave your kitchen creation for the bugs to gobble!

SOLTAN SUNSAFE TIPS

You should reapply your sun protection every 2 hours. Why not try Soltan Learn To Reapply UV Detection Stickers that indicate that sunscreen needs to be reapplied by changing colour.

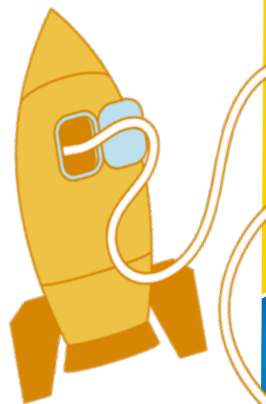


GAMES PLAY



“Games have rules and introduce children to fun competition in a safe way. Enjoying the celebration of victory, and being able to gracefully accept losing are fantastic life lessons that really do help children navigate the wider world around them. Games are also a great way to fire up the imagination – children can create their own rules together and mix things up to add to the fun.”

Emma Kenny



THE FOLLOWING THREE ACTIVITIES ARE DESIGNED TO ENCOURAGE PLAY AND CAN BE PLAYED ALONE OR WITH MULTIPLE PEOPLE OUTSIDE.

ACTIVITY 1

NATURE HOPSCOTCH

WHAT YOU WILL NEED:

- Natural materials around you
- A large stone to throw
- Chalk (optional)

YOUR TASK:

To create your very own hopscotch game out of things that you find around you.



ALL SET TO HOPSCOTCH?

- Gather up ten things to form your hopscotch squares. Can you find some big bold leaves, some twigs, some pieces of bark, a pile of grass cuttings?
- If you prefer, you can opt for brightly coloured chalk and create your hopscotch squares on slabs or on the pavement.
- Use your nature items to create a hopscotch of ten squares, and/or use your chalk to draw them out.
- To play, throw your stone onto the first square, then hop over that square to the second square on one foot.
- On double squares, try to land with your feet side by side.
- When you get to number ten, turn around and come back the same way. When you get to the square with your stone, try balancing on one foot and picking it up.
- Once you've completed your hopscotch, you can go again and throw your stone to the second square and so on.
- If you are playing with more than one person: you miss your turn if you throw the stone and miss the square you were aiming for.

ACTIVITY 2

NATURE OBSTACLE COURSE

WHAT YOU WILL NEED:

- Your imagination
- Items from your outside space
- A timer (optional)

YOUR TASK:

To gather things around you in your outside space and create an obstacle course inspired by the outdoors. See how quickly you and your family can get around it.

ALL SET FOR YOUR OBSTACLE COURSE?

- Explore your outside space, and get creative to choose what makes up your nature inspired obstacle course.
- Can you gather up some sticks to jump over? Is there a little slope you can run up and down? Can you use a paddling pool or bucket to splash through?
- Let your imagination run wild and think about how everything around you can become part of your adventure.
- Once you've laid out your course, see how quickly you can get around it and if you can beat your friends and family!



ACTIVITY 3

STONE RACE

WHAT YOU WILL NEED:

- Four stones (per person)
- Paint/pens to decorate the stones
- Piece of card to create a ramp

YOUR TASK:

To create and decorate stones and then race them to see which can travel the fastest. You can race against someone else's stones or you can see which of your own stones are fastest.

ALL SET TO RACE?

- Find four round stones, and use your imagination to decorate each stone differently. If you are playing with more than one player, you can choose a colour or use numbers to distinguish your stones from your opponent.
- Make a ramp out of a piece of card.
- Now it's time to race the stones down the ramp. If you are playing by yourself, you can let two stones down at a time.
- Keep a tally on what stones reach the bottom first, the person with the most stones out of their team wins.



SOLTAN SUNSAFE TIPS



Protecting your skin against harmful UVA and UVB rays is important. Make sure you opt for sunscreen that protects against both. With Soltan you can play outside with the assurance that all products provide full 5* UVA protection for the whole family.



MINDFUL PLAY

“Children are perfectly placed to learn the art of mindfulness as they are naturally able to connect with the present in an almost automatic way. Helping children to understand the importance of paying attention to the here and now, as opposed to getting lost in the past, or being worried about the future is an art that really will help them live healthier and happier lives.”

Emma Kenny



THE FOLLOWING TWO ACTIVITIES
FROM EMMA ARE DESIGNED TO
INSPIRE MINDFULNESS AND
SPARK THE IMAGINATION,
FOLLOWED BY TWO ACTIVITIES
FROM HARRY & IZZY THAT WILL HELP
GET THE MIND FOCUSED -
THEY CAN BE DONE ALONE OR
WITH MULTIPLE PEOPLE OUTSIDE.





ACTIVITY 1

MINDFUL BREATHING

WHAT YOU WILL NEED:

- A bottle of bubbles
(you can make your own using washing up liquid)

YOUR TASK:

To create a lovely, calm feeling with your breathing and go on an imaginary bubble adventure.

ALL SET TO PRACTICE MINDFUL BREATHING?

- Dip your bubble blower into the bubble solution, and then take a lovely deep breath in slowly through your nose.
- When you breathe out, try to let the breath out slowly enough to blow the bubble up without releasing it from the bubble blower, repeat five times.
- As the bubbles drift away, imagine where those bubbles are floating off to and what they're going to see on their journey. And can you guess which ones are going to pop first and which ones are going to float the highest?
- Imagine if you were inside one of those bubbles, what would you see around you and how would it feel?

ACTIVITY 2

MINDFUL LISTENING IN NATURE

WHAT YOU WILL NEED:

- Your imagination
- A spoon

YOUR TASK:

Have you ever stopped to listen really carefully to the sounds in nature around you? Your task is to identify at least five sounds from the world around you.

ALL SET TO PRACTICE MINDFUL LISTENING?

- Lie down or sit down on the ground, get comfortable and close your eyes.
- Prick up your ears and listen to the noises around you. Can you identify five different sounds?
- Perhaps you can hear birds chattering – what do you think they're saying?
- Notice noises that you've never really listened out for before. It's amazing what you can hear when you stop for a moment.
- Now open your eyes and see what noises you can make! Take your spoon and strike it gently against different, non-fragile objects around you to see what sounds they make, really concentrate on the way these noises sound.
- You could tap your spoon against a tree, a plant pot, into a puddle, on the pavement for example.





ACTIVITY 3

NATURE MEMORY GAME

WHAT YOU WILL NEED:

- 5-10 objects of your choice. Try to use as many things as you can from outside – twigs, stones, leaves. You can also take items from inside like a toy or cutlery
- A tray and tea towel
- Pen and paper

YOUR TASK:

Get your mind and memory into gear by testing yourself or your family on what you can identify and remember in this nature inspired memory game.

ALL SET TO PLAY THE MEMORY GAME?

- Place your items on a tray.
- Take a good look at the items on the tray and try to memorise what's on there.
- Now pop the tea towel over the top of the tray so you can no longer see the items.
- Write down the items you can remember.
- If you are playing with someone else, take it in turns. You can also add or take away items on each round to make it harder or easier.



ACTIVITY 4

GRATITUDE TREE

WHAT YOU WILL NEED:

- Pen and paper
- String

YOUR TASK:

Take a few moments to sit outside and let your mind wander to what's made you feel happy and thankful recently. Then write or draw something that's made you happy and hang it on a gratitude tree.

ALL SET TO START?

- Grab a piece of paper and write or draw what you are grateful for today or from the past week.
- It can be something small or big – perhaps a delicious snack you had? Or a chat you had with a friend or family member?
- Then hang your piece of paper on the tree. If you don't have a tree nearby, it can be anything you like – a fence, a plant, a garden chair!
- You can continue to add to your gratitude tree each day if you like.
- Why not read your gratitude notes to your friends/family?



BOOM

YOUR SUMMER COVERED

We hope our activities kept you entertained outside and allowed your imaginations to run wild.

Soltan are committed to helping you and your family enjoy time outdoors safely this summer. With maximum 5* UVA protection to help guard against skin damage, you can be sure that time outdoors is always fun and worry-free.

For tips and information on how to stay sun safe this summer, visit [boots.com](https://www.boots.com)

Soltan is exclusively available at Boots stores nationwide and [boots.com](https://www.boots.com)

For more information please visit [boots.com](https://www.boots.com) or our social channels @Soltansuncare



Illustrations by Rob Flowers

