



***The Longest Day of PLAY
in Bruce Grey
Communitywide Challenge!!
Tuesday, June 21st, 2011
6:30 pm***

Come to Lewis Park in Ripley,
Lucknow Lions Park in Lucknow,
or Point Clark Community Centre Park in Point Clark
Tuesday June 21, 2011

Participate in the community wide game of Capture the Flag. The game of Capture the Flag will be ongoing, participants selected at random will receive T-shirts, Tattoos and Stickers for participating handed out by our PLAY Ambassador

Children and adults are encouraged to participate and follow PLAY initiatives to be active and have fun and participate in unstructured informal activity.

Play is an essential part of childhood development.

So get out have fun and PLAY!!



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What is PLAY??

PLAY is what we did when we were kids....

- o Play is spontaneous, accessible to all and low cost/free.
- o Play occurs when you want, how you want and respects personal choice.
- o Play brings families, neighbourhoods and communities together.
- o Play requires little or no skill and no special equipment.
- o Play is a universal concept and provides personal meaning to physical activity.
- o Play can happen anywhere and does not require special facilities or organization.
- o Play is well understood by children and can be shared with their families.

The Township of Huron Kinloss would also like to encourage its residents to participate in PLAY all the time, why not make every Tuesday night family park night? Parents bring your children and lead them and their friends in games and activities at the park.

Some Suggestions:

- Follow the Leader
- Simon Says
- Red Light/Green Light
- Play Frisbee.
- Plan a picnic
- Fly a kite.
- Blow bubbles and try catching them.
- Organize a scavenger hunt for your family and friends.
- Capture the Flag



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