



Background Information

Health Promotion Services are offering schools a **free** play workshop for parents/carers and their children (Infants – 2nd class).

The workshop aims to promote active play for children by

- Fostering an appreciation in parents for the value of active play.
- Giving parents the skill to play actively with their children and to encourage children to play actively with each other

The workshop will include the following:

- A variety of activities and co-operative games including ball games, traditional games and tag games which are active, enjoyable and fun for adults and children.
- Physical activity guidelines for adults and children
- Guidelines for parents on making games work

The games are mostly co-operative and traditional and are to be played for fun so everyone can join in. Playing these games together promotes general well-being as well as developing the relationship between parent/carer and their child.

Workshop Details

The workshop is a maximum of one and a half hours long and includes both parents and children. The workshop will be facilitated by trained tutors.

A flyer/application form for parents will be provided

Requirements from the school

- Recruit parents and their children
- We require a minimum of 10 parents (except in the cases of smaller schools)
- At least one staff member to participate in the workshop
- Provide a hall/large room clear of furniture for the workshop
- Provide drinking water during the session
- Arrange tea/coffee, fruit juice and fruit for parents and children after the workshop
- Complete a review form about the workshop



“Really enjoyed the experience and fun that I had with my son. Thanks so much!
- Ag Súgradh le Chéile Participant”

