



The Good Old Days of Play

As part of the yyc play initiative, older adults were asked to share details of the games they played when they were children. The goal was to promote and support play opportunities by passing their games on to younger generations.

Here are some game ideas they shared for you to try.

Play brought to Calgary...

Gilli Danda | A game very similar to cricket and baseball; its popularity in India once rivaled that of cricket. We played the game with a “gilli,” a small piece of wood reduced on both sides. And a large piece of wood – known as a “danda” – was used to hit the gilli. The aim of the game was to hit the gilli as far as possible.

Play by water...

Bombers | We collected objects outside – such as sticks and leaves - and put them in the water. If they floated, we would toss rocks and sticks at them to see which items were the hardest to sink.

Play in a car...

Licence plate game | On long car journeys, we would make up phrases using the letters on the license plates of other vehicles on the road. For example, BPB 261 would be *Banana Peel Banana* or ILY 007 would be *I love you, James Bond*.

Rainy day play...

Obstacle course | We placed throw cushions, blankets and other items on to the floor, to create stepping stones in a “swamp” full of alligators. We then moved around the room, using the items to avoid falling into the swamp. We switched it up sometimes by making rules about how we moved – such as on one foot or while singing.

Creative play...

Corn dollies | We made corn dollies by picking and peeling corn. We braided the husks into hair and attached them to the dolly with tooth picks. To dress the dolly, we made clothes out of leaves.

“Play is fun, uncertain, challenging and flexible. Play is fundamental to life, and an essential component of developing physically, socially, cognitively and emotionally”

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