



PLAYGROUND GUIDE FOR FAMILIES

WHERE AND WHAT TO PLAY?

KOIVUKYLÄ AREA

**VANTAAN
LIKKUVA
PÄIVÄKOTI**

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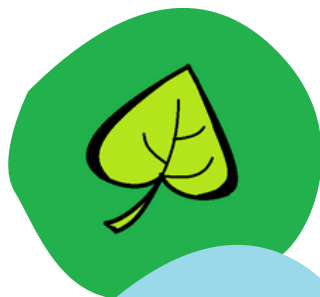
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PLAYGROUND GUIDE: WHERE AND WHAT TO PLAY?

This playground guide has been designed to help families use the playground environment in their everyday lives. The playground guide contains a map on which the different playgrounds are marked with numbered symbols, and this booklet, which contains a more detailed description of the items on the map.

This booklet also includes William the Wizard's game ideas for each playground. However, kids themselves are the best source for game ideas! We wish you all a great time playing, going on excursions and enjoying yourselves!

"Movement and storytelling engage the child. Most of the children's daily physical activity takes place outdoors. What could be a better place to learn than the outdoor environment?"



**FORESTS &
FOREST
PLAYGROUNDS**



PLAYGROUND



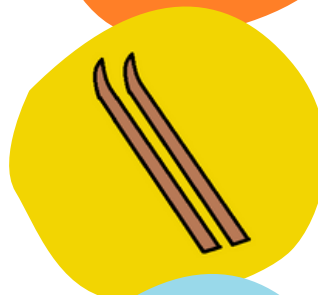
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FAVOURITE



ANIMALS



SKIING



**PLACE OF
EXERCISE**



SKATING

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THINGS TO DO ON AN EXCURSION

Doing excursions on your is important, not only for learning to lead an active lifestyle, but also for learning to move safely in traffic, perceiving the environment, understanding your own limits and abilities and building on them. Sometimes the journey is more important than the destination.

Starting with basics:

1. Please reserve enough time for the excursion. In the end, it is up to adults to schedule the day.
2. Gradually increase the distances of your excursions. Also look back on past excursions with your children. The playground map is a great help for this. The map should be mounted on the wall, at the optimal height for the children.
3. Brings snacks for longer excursions. Authentic Vantaa solutions to the lunch challenge
 - Take lunch and crockery in thermo packs to go
 - Bring a cold lunch, warm it up on camping stoves. Bring small snacks with you
 - Use nearby destinations actively, no need for picnics

How to "shorten" the journey:

1. Have a motivating goal for the excursion. Study the playground map together beforehand and create expectations for the excursion.
2. Have a mid-journey destination for a longer excursion. For example, a lawn area where we play together before the reaching actual destination.
3. Transport. Would it be possible to go further on bicycles, for example?
4. Asphalt provides for a boring excursion. For short distances, use shortcuts, roadside paths, etc., which are much more meaningful and motivating to walk on.
5. You can stop to look and wonder about the interesting things and phenomena you see.
6. Do a variety of excursion activities, such as William the Wizard's excursion challenges.
7. Collect destinations from this booklet. How many different places have you visited? Use a sticker chart or a playground pass to keep track.
8. Collect games from this booklet. How many of William the Wizard's games have you played?

FORESTS ON THE MAP

The walking pace of a group of children:

0 to 2 years: 2.2 km/h, or 550 m in 15 minutes

3 to 6 years: 3 km/h, or 750 m in 15 minutes



The forest is one of the best environments that naturally feeds the imagination. Research has shown that a forest excursion of more than 15 minutes will significantly reduce its use. It is worth it to have a low threshold for exploring new destinations that are nearby. The some of the surveyed forests are wooded areas and some park-like areas regardless of their size. Organising activities is possible in all of the destinations. Efforts have been made to examine them from the perspective of early childhood education and care.

WHY GO TO A FOREST?

In many ways, the forest offers the best possible playground for children of different ages. The uneven, varied terrain challenges and helps develop motor skills and risk-taking. Nature also offers plenty to explore as the seasons change, and the environment itself provides food for children's imagination. In other words, special equipment or advanced planning are not necessarily needed when heading to a forest. Over the past decade, there have been significant research findings showing the huge health benefits of regular contact with nature. Regular contact with nature has been shown to improve immune function and perceived alertness, and to reduce stress, among other things. What would be a better play, learning and working environment than the forest?



1. ILOLANPUISTO, WEST

Distance along road:

The footpath from the intersection of Ilolanrinne and Karpaatintie divides the Ilolanpuisto Park into two sections, east and west.

The west side is a spruce-dominated mixed forest on a slope. Here you will find a cliff that can be reached via a slope. The slope is partly rocky and covered with moss in places, making it quite slippery in wet weather. There is ample space for a wide range of activities on the cliff top.



LOG STEEPLES

Together, carry the wood logs and form either a ring or an obstacle course from them. Make sure the logs are at suitable distances from each other. The ring can serve as a resting place, an animal fence, or as a story circle. The obstacle course is for wild horses. Hobby horses are an excellent addition to jumping obstacles.

WILLIAM THE WIZARD'S
GAME IDEA





2. ILOLANPUISTO, EAST

Distance along road:

The footpath from the intersection of Ilolanrinne and Karpaatintie divides the Ilolanpuisto Park into two sections, east and west.

A large area of mixed forest, bordered by a cliff and an outdoor trail. The terrain is varied and easy to navigate with its mostly flat terrain and small hills. The hills are a bit rocky, but they are great places to practice balance skills. This is also a good place to practice rock climbing. See page 17 for instructions on how to make a climbing knot.

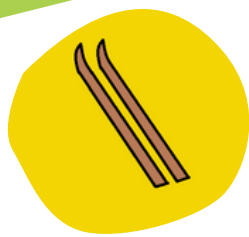


BANG

One child is under the hill and the others stand on top of the hill. The one at the bottom shouts "bang" and everyone runs down the hill. The shouter is alternated. The descent can also be done in different ways, such as rolling down like snowballs, sideways, backwards, fast, slow...

WILLIAM THE WIZARD'S GAME IDEA





3. SIMONSILTA FOREST, KOIVUKYLÄNTIE 66

Distance along road:

The Simonsilta forest is a large forest area with fitness trails that can be approached from several directions. A more detailed map of the northern part of the forest can be found on the following page. This part of the forest is bordered on the north by the railway, which is fenced. The railway runs over the pedestrian and cycle paths from both sides of ABC Ilola, which allow access to the forest from the direction of Ilola.



The forest has a great bare-cliffed hill, Lejleberget. The top of the cliff is covered by dry pine forest and has plenty of stones for balancing and jumping. A wide marked path runs along the crest of the hill. The north and east sides are good for playing, the south-west side has a big steep slope that should be avoided. The eastern side of the hill is spruce forest, with many cones and animal tracks. The west side of the hill, below the escarpment, is a nice mixed forest. Further west is flat and wooded, but in places wet, former arable land. Coniferous forests near fitness trails make for good playgrounds. In winter, a ski trail runs through this forest.



CONE RACE

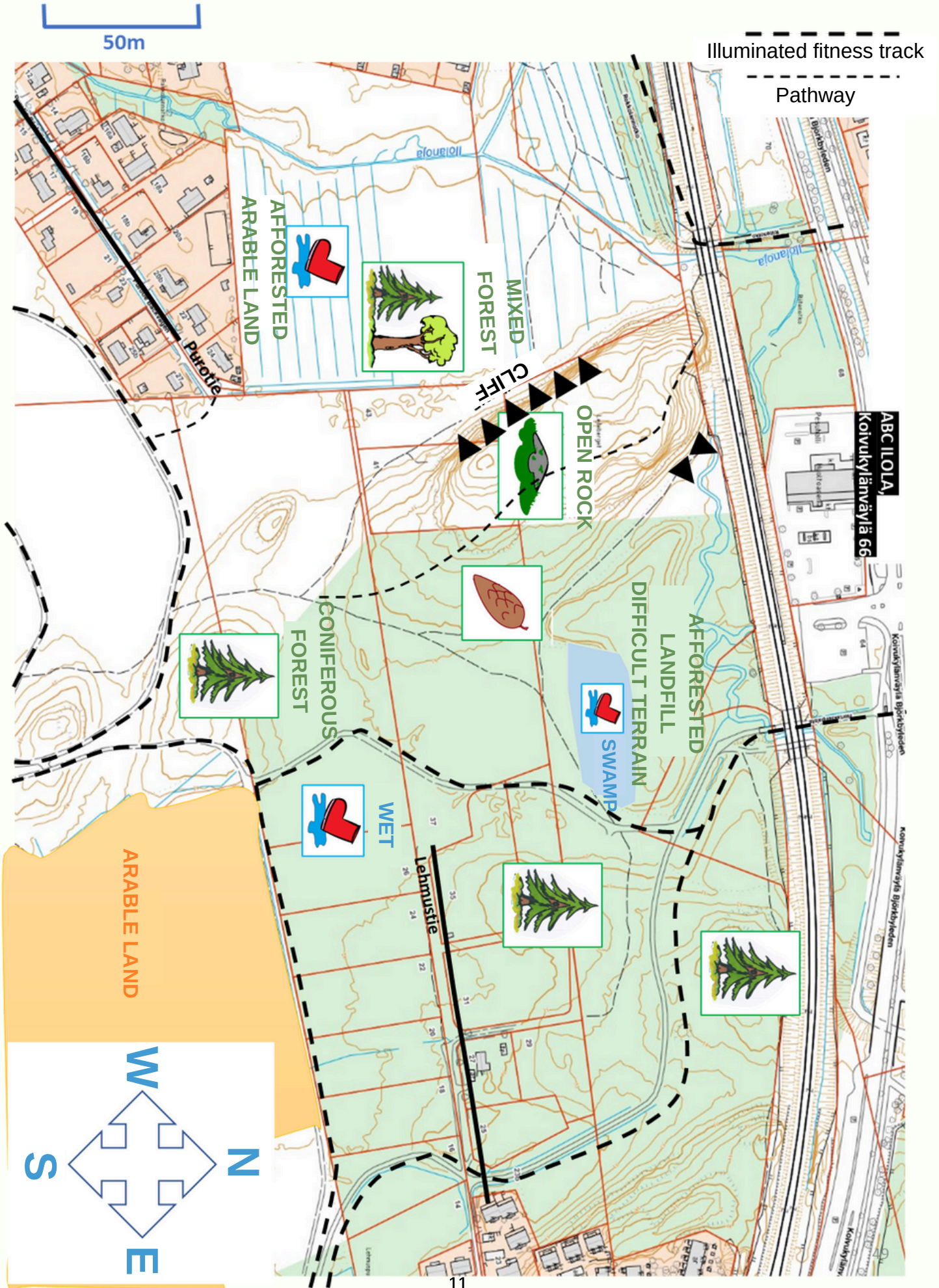
The aim is to collect as many cones as possible, one at a time, in the time allowed. Collecting begins from first signal and another signal ends it. The cones can then be used for target practice, for example.

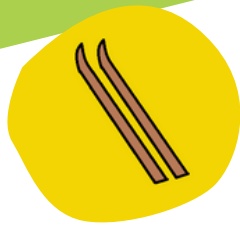


WILLIAM THE WIZARD'S
GAME IDEA



SIMONSILTA FOREST, KOIVUKYLÄNTIE 66





4. KOIVUTAIVAL, NORTH AND SOUTH

Distance along road:

Extensive outdoor and hiking forest north of Koivukylänväylä. The forest is dominated by spruce, and there are several outdoor routes in the forest. A good destination for a longer excursion. Lots of room for games and playing. In winter, ski trails run through this forest on the western side. The most up-to-date trail information can be checked at: www.ulkoliikunta.fi



A TRIP TO MOOMIN VALLEY

This game can be played with or without skis. Playing on skis is a good way to practise falling down and getting up. The game takes you to Moomin Valley on a skiing trip. When the Groke comes, we have to get down low to the ground. When the Groke leaves, we get up and continue skiing. You can also play the same game without skis and invent more movements, such as Stinky (hiding behind a tree or a stone), Moominmamma (hug a tree), Little My (climbing on top of a stone, stump or tree trunk). What other characters and movements can you come up with?

WILLIAM THE WIZARD'S GAME IDEA





5. METSÄNHENKI, SAARNIKUJA 8

Distance along road:

A small recreational forest between two residential areas, with a playground called Metsänhenki (Forest Spirit) on the north side, sheltered by pine trees. There are many outdoor trails in the woodland and the trees are mainly pine, spruce and birch.



FRIENDLY STEEPLES

Create a human steeple course in the play area or forest. That is, a queue where the last one always runs to complete the course and the others on the course form an "obstacle" for the runner. The person who has completed the course takes the first place in the queue and forms a new obstacle. The obstacles to the track may be:

1. crossed, i.e. they are crossed lying on your stomach or in a squatting position with your eyes on the ground (crossing the obstacle by leapfrogging, for example), or
2. undercut, i.e. you go under them in a crouching position, bear-walking position or standing with your legs spread apart.

WILLIAM THE WIZARD'S GAME IDEA





6. REDESVININPUISTO, END OF VALTIMONTIE

Distance along road:

A large wooded area with open space at the top of the hill. There are two routes to the top of the hill: a rocky uphill route or a more wooded path. The terrain of this hilltop area is rocky. There are plenty of twigs and sticks in the forest for building games, for example.



TRICKY FOREST STEEPLES

This is a great place for a tricky forest steeple course! Together, make different obstacles to cross, go under or around. You can add to the challenge, for example by putting a cone on your head when doing the course. How far can you get without the cone falling?





7. RÄCKHALSINPUISTO, ANDERSINKATU 4

Distance along road:

Next to the playground in Räckhalsinpark (see playground on page 67) is a dirt road with small bridges leading to this forest. In the forest, you can find both open space and dense growth. The terrain is flat, but parts of the forest have a lot of roots on the surface, allowing for a wide variety of sports activities, for example.



COLOUR ORIENTEERING

Colour 6 to 12 different colours on papers and take the papers with you on the excursion. For each colour, find something of the same colour in the forest. Notice how the colours in nature change with the seasons.

WILLIAM THE WIZARD'S GAME IDEA





8. HONKAPUISTO, SYDÄNTIE 10

Distance along road:

From the footpath between Honkatie and Sydäntie, take a short hop over the stream and you are in the forest. The terrain is fairly easy to navigate, albeit slightly uneven. Plenty of space to play, with plenty of branches on the ground for building games, for example. There is a rock wall in the forest where you can try climbing.



MOUNTAIN CLIMBING

Practice making the correct climbing knot, the double figure-eight loop. You can find the instructions on the next page. Fasten the long rope to the tree with the double figure-eight loop and use the rope as a guide when climbing and/or coming down the hill.

You can practice using the rope on a playground slide, on a flat surface or on a path with a slope, for example.

On a more challenging hill, make sure you know how to do a double figure-eight loop correctly.

WILLIAM THE WIZARD'S GAME IDEA

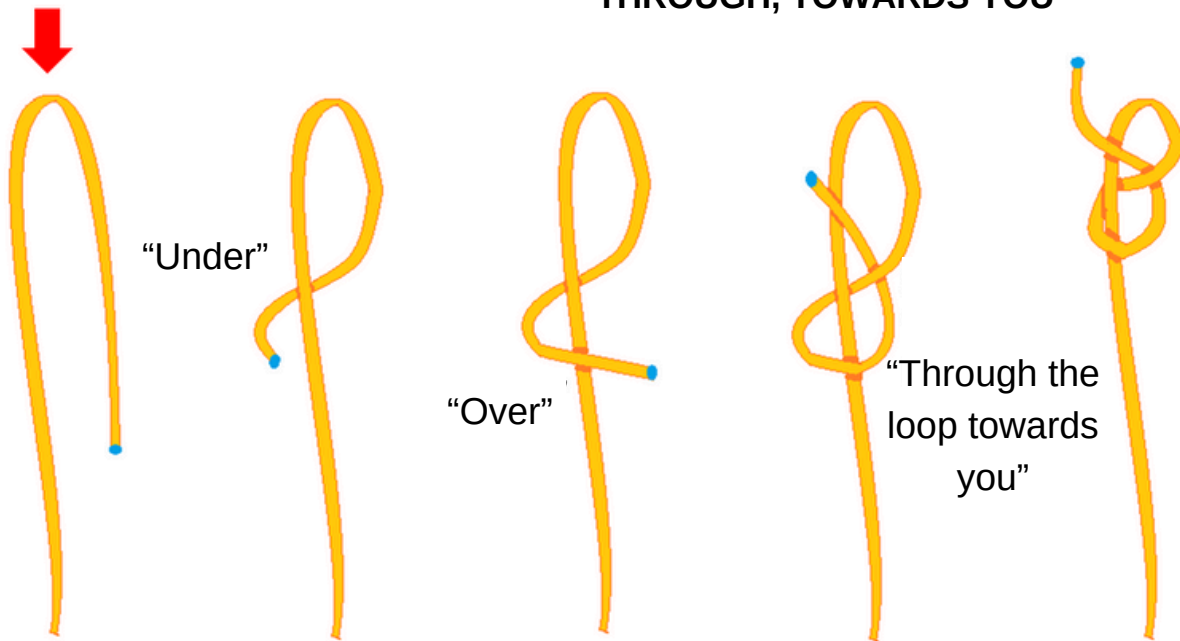


Figure-eight and double figure-eight

Double figure-eight loop is a knot worth learning. It is a commonly used knot in climbing because it is really strong and very easy to untie even after hard use.

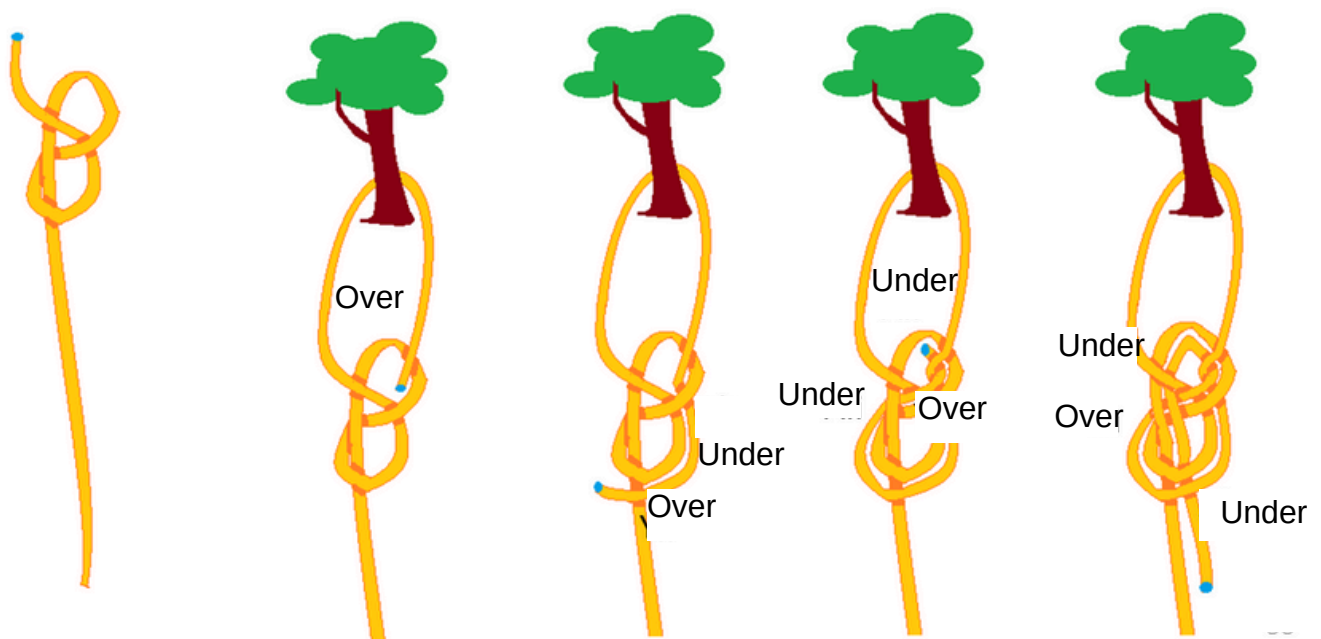
Hold on to this with your left hand and with your right you carry the end of the rope.

A figure-eight can be tied to this rhyme: **"UNDER, OVER, THROUGH, TOWARDS YOU"**



The double figure-eight loop is made by carefully following the first figure-eight.

Follow the shape of a figure-eight. If the figure-eight rope goes OVER, the double figure-eight rope also goes OVER. If the figure-eight rope goes UNDER, the double figure-eight rope also goes UNDER.





9. MADELININPUISTO, HANSINKATU 6

Distance along road:

This forest has a very varied terrain. There is a rocky area at the top of the hill, which allows you to practice your balance skills by climbing on rocks, for example. Under the hill, near houses, there is more level and open space.



TREASURE MAPS

Draw maps of the playground together with the child. Alternatively, an adult can work out and print the maps in advance. When the maps are ready, treasures such as silver spoons or jewels are hidden in the map area. It is a good idea to have different objects or different colours for different people and maps.

Mark the treasures on the map with red crosses. Swap treasure maps and go on a treasure hunt!

WILLIAM THE WIZARD'S GAME IDEA





10. REKOLANMÄKI, SAIRAALAKATU 4

Distance along road:

On the eastern and western sides of Rekolanmäki School and Hans Day-care Centre, there is a rocky heath forest area with predominantly pine trees. A peaceful and easily accessible forest close to both the school and the day-care centre. Suitable for a wide range of games and smaller excursions.



CARDINAL DIRECTIONS

Get together and use a compass to find out which way is north, east, south and west from your perspective.

Each direction is represented by a concrete thing in nature that is in that direction, such as north is represented by a tree stump, east by an aspen, south by a fence and west by a spruce, for example. The play leader stays in the middle. The play leader says a direction of the compass and its symbol. For example: "West, spruce". It's up to the players to run west, to the spruce and back in the middle.

Play can be transformed into a more narrative game using animals and different ways of moving.¹⁹"The bear walks west to the spruce and returns."

WILLIAM THE WIZARD'S GAME IDEA





11. KINESMANPUISTO, HAAPAKUJA

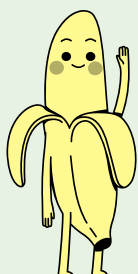
Distance along road:

The Kinesmapuisto area is surrounded by a small parklike forest. The park and lawn area is ideal for free play, for example for guided games of tag, Olympic games or a picnic. There is also a gravel pitch next to it, where you can play and exercise.



BANAANIHIPPA

The tags try to catch the players. Those caught become bananas, i.e. they freeze in place, standing with their hands towards the sky. Players can rescue bananas back into play by peeling them: both of their hands, or banana peels, are pulled down from the top to the sides. Tags should be rotated every now and then.



Play can be made more difficult and varied by changing the way players move. For example, by jumping, leaping, sideways, squatting.

WILLIAM THE WIZARD'S GAME IDEA





12. SELJAPOLKU 3 / ASOLANVÄYLÄ

Distance along road:

Forest area behind an apartment building located in Seljapolku 3. The forest rises up a slope and the access to the forest is an uphill walk. The forest is mainly pine, and there are many paths in the forest. There are also more open play areas in the forest. The forest area is full of sticks and other natural objects that can be used for building games. An easily controlled area, but the larger roads delimiting the forest must be taken into account, these being the Koivukylänväylä road to the south and the Asolanväylä road to the west. There is also some traffic noise in the area. On the eastern side of the forest there is an outdoor trail and the Rekolanoja stream.



WILLIAM THE WIZARD'S GAME IDEA

REFLECTOR HUNTING

Everyone takes one safety reflector at a time and hides it in the forest. Once all the safety reflectors have been hidden, it is time to go looking for them. Whenever a reflector is found, it is brought back into the basket. Headlamps are a fun tool. During daytime, the game can be played with "diamonds", or shiny rocks.





13. KOIVUKYLÄ CENTRAL PARK, SELJAPOLKU

Distance along road:

The park area next to the Ojalehto playground. See playground information on page 69. The large grassy area allows, for example, for a variety of running games and ball games. Next to it is the Rekolanoja stream, along which there is an outdoor trail.



The leafy squirrel:
ears – birch,
head – maple,
body – aspen,
paws – oak and
tail – spruce

LEAFY CRAFTS

You can make all sorts of things with leaves, especially in autumn when they come in different colours! Collect different coloured leaves from different trees on your excursion. Place them between two kitchen papers or towels and press them under a stack of books. Finally, you can use them to create forest animals for cards, or do a shared forest poster!

WILLIAM THE WIZARD'S GAME IDEA





14. ULRIKANPUISTO, ULRIKANKUJA

Distance along road:

An open park area along the outdoor trails, so there is plenty of space to move around! Ideal place for free play, park picnics, ball games as well as for running games and tags. The park area is mainly surrounded by birches. On the eastern side of the park, along the railway line, runs the Rekolanpuro stream. The banks of the stream are a good place to set bark boats sailing.



This conifer cone submarine has a body made of a spruce cone, a stern and stethoscope made of maple seeds and a rudder made of twigs.

BARK BOATS

Make bark boats on your forest excursion and set them sailing in the Rekolanpuro stream next time. If the bark for the bark boats is hard to find, note that cones will float too. In other words, you can make cone cows or submarines and set them sailing. At home, you can continue on the same theme by exploring which things sink in water and which float.

WILLIAM THE WIZARD'S GAME IDEA





WATER CYCLE

Water droplets are funny little rascals. They are always on the move and do not like to stay still. Sound familiar? Do you know an active friend who does not like to be still?

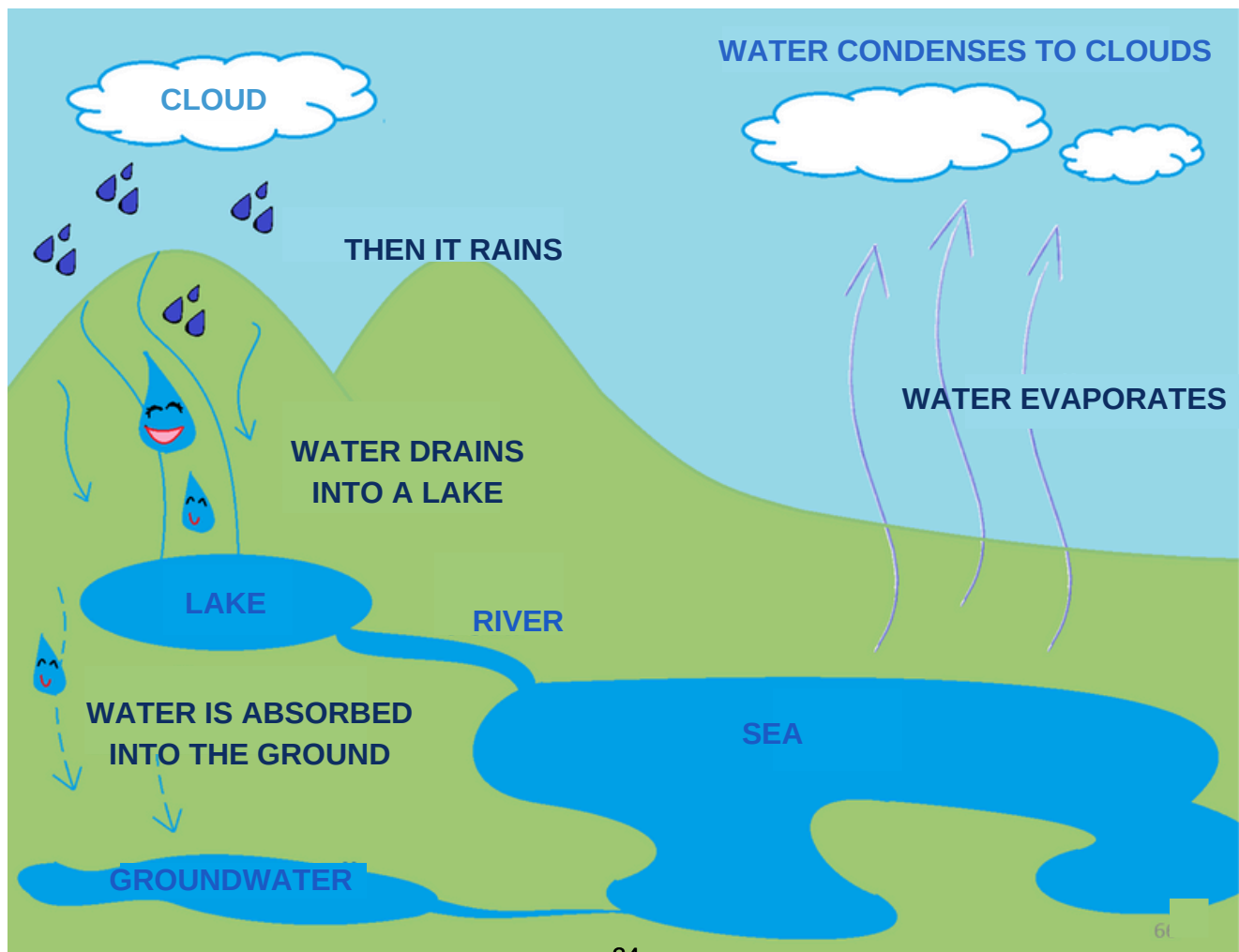
When it rains, the water drops fall down towards the ground. Droplets hit the ground, but do not stop. Instead, they form streams and run down towards ponds and lakes. The journey of our lively rascals does not end at the lake, but continues downstream along the river to the sea.

Some of the raindrops that fall to the ground do not run off into lakes but are absorbed into the ground.

Droplets soaked into the ground find each other and form groundwater streams and lakes, deep underground! Have you ever seen a well? A well is so deep that the water at the bottom is groundwater.

When the sun is shining, the water drop warms up. Finally, the drop is so hot that it turns into steam and starts floating upwards! The water vapour rises higher and higher until it collides with other vaporised water droplets and forms clouds.

That is wild! The water droplet is a pretty lively guy!





15. HAXBERGINHAKA

Distance along road:

Right next to the Rekola train station is a dirt road leading to the forest bordered by the Asolanväylä road and the Rekolanoja stream, where there are many old spruce trees, felled trees and stumps. The northside of the forest is more of a mixed forest dominated by birches. There are also some stones and a small rock cliff in the forest. Here you can get a good balance exercise while climbing on stumps and rocks. Some traffic noise from Asolanväylä can be heard in the forest.



THE FLOOR IS LAVA

Everyone is wandering around in the forest. When the play leader shouts "Lava flows!", everyone must get on top of the stumps and stones as soon as possible, so that their legs do not "burn". When the leader shouts "lava away!", everyone must get down to ground and walk around. A "lava monster" can be added to the game, which is when the game becomes more a tag game. The lava monster cannot get on top of stumps and stones.

WILLIAM THE WIZARD'S GAME IDEA





16. REKOLANOJANPUISTO, LAURINTIE

Distance along road:

The path, which is in part has quite a lot of roots, runs along the stream far into the forest. Quite a lot of twigs can be found on the ground once you leave the trail. There are also branches to play with and even a few fallen trees.



WILLIAM THE WIZARD'S GAME IDEA

MUD KITCHEN

The mud is dirty but oh so wonderful! Grab your buckets and shovels and get digging!

A shallow ditch is also well suited for river-crossing and bridge-building games.





17. REKOLANOJANPUISTO, PERTINKUJA 1

Distance along road:

Next to the road, in a meadow in the middle of the forest, there is a fairly long grassy area and a few planted maple and spruce trees. There is plenty of space for running, for example. From the right side of the meadow, you can enter the forest along the stream. A trail with a small open space at the beginning leads to the forest.



MAPS

Need a more detailed map of a part of Vantaa?
Here are two useful sites, Kartta Vantaa
(<https://kartta.vantaa.fi/>) and the National Land
Survey Citizen MapSite
(<https://asiointi.maanmittauslaitos.fi/karttapaikka/>)

WILLIAM THE WIZARD'S GAME IDEA





18. ESKONPUISTO, REKOLANTIE 41

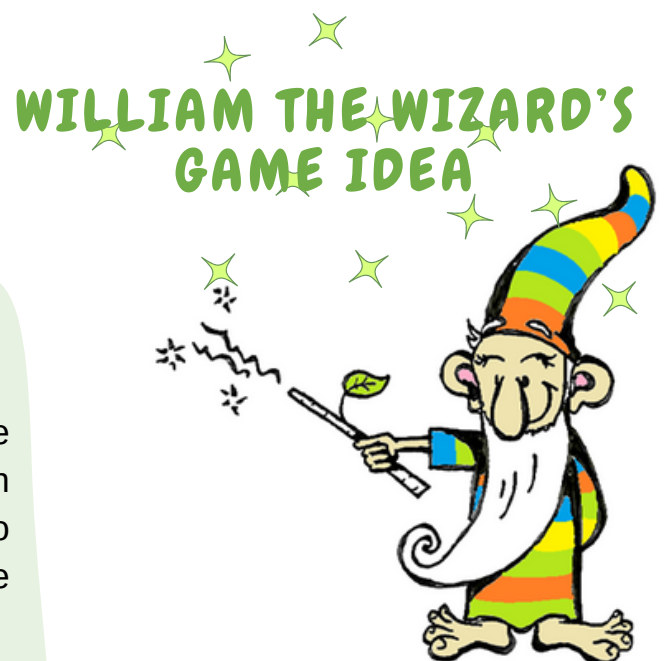
Distance along road:

A small grove on top of a hill, accessible from Rekolantie road, next to the fence shown in the picture. The hill leading to the forest is partly rocky and has a fairly big climb. On top of the hill, there is a rocky area with plenty of room to move around.



TREE TAG

When a player touches a tree, they are safe. One safe zone can accommodate one player. When the tags shout "change the tree", everyone has to leave the safe zone. You can't go back to the same safe zone straight away.





19. VIHTAPUISTO, KARSIKKOKUJA

Distance along road:

A spruce-dominated forest with plenty of stones of different sizes. Climbing rocks is well suited for developing balancing skills. Next to the woods is a gravel pitch, which can be used for running games, for example. The location is right next to Karsikkokuja, so it is easy to find!



DON'T FOLLOW THE LEADER

Let's play "Don't follow the leader". The players form a line. The first in line goes ahead along the path / in the woods, doing a move of their own devising. The one behind follows them, but does a different move than the one in front. This is repeated throughout the line, i.e. the one following always does a different move than the player in front of them. It is a good idea to change the move several times.

WILLIAM THE WIZARD'S GAME IDEA





20. PELTONIEMENPUISTO, PELTONIEMENKUJA

Distance along road:

Extensive park area around the playground and gravel pitch. (see playground information on page 71 and gravel pitch information on page 55.) Around the park there are many different grass areas with trees scattered here and there. The flat terrain allows for fast-paced exercise and games.



GUIDED PAIRS

Being guided can be challenging, which is why it is a good idea to practice it. Players pair up, one behind the other, palms on the shoulders of the first person. The first one acts as the guided one and closes their eyes, the second one is the guide. First, a simple route is chosen, from point A to point B on a flat surface. Gradually make the route more difficult; there may be trees and other obstacles and uneven surfaces. Guided pairs can also be combined into trains. Guiding and being guided can also be practised with both eyes open at the beginning. Before and/or after the exercise, it is a good idea to discuss how to pay attention to and help the other person and the feelings that the exercise aroused.

WILLIAM THE WIZARD'S GAME IDEA





21. RAUTKALLIO, RAUTKALLIONTIE

Distance along road:

This large forest area is divided into two distinct halves. On the other side of the sand road, the main tree species is pine, but there are also many deciduous trees in the forest, such as aspens, rowans and alders. The trails leads to large boulders. On the way, you may spot a nesting box. Suitable for quieter games.

On the other side is a large pine grove bordered by large cliffs. In this forest, there is room to move in a variety of ways. Climbing on rocks is good practice for balancing skills and you can try out different movement styles in the terrain.



BIRD CARDS

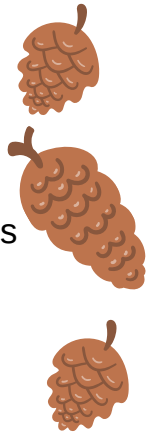
Print and laminate the bird cards to take with you on your excursion. Birdwatching is a good activity for walks.

Learning bird calls is best started in early spring, when all birds are not calling and chirping at the same time.

WILLIAM THE WIZARD'S
GAME IDEA



WHO ATE THE CONE?



The cone eaten by the mole has been carefully chewed with small teeth.

A cone eaten by the squirrel is even more jagged.



Mole



Squirrel



Woodpecker



Crossbill

The woodpecker wedges a cone into a suitable place, such as the base of a branch, and picks out the seeds. The cone is left vaguely jagged, and there are often a lot of pecked cones around the place.

The peak of a crossbill is a powerful tool that the bird uses to split the scales of the cone.



22. HAVUKALLIO, RASKINPOLKU

Distance along road:

There is sure to be a place for everyone to be active! A pine-dominated mixed forest with some variation in elevation. An outdoor trail, the Havuskoski fitness track, runs through the forest. At the southern end of the forest is a rocky area with plenty of stones, for example for hiding. There are also plenty of good blueberry spots!

SEPPO ADVENTURE TRAILS

The Havukoski fitness track is also home to the Modern Little Red Riding Hood themed Seppo adventure trail. It can be traversed with the help of a smart device using the Seppo adventure game. For more information, see: vantaa.fi/seikkailureitit



ADJECTIVE HUNT

Walk around in the forest looking for different things or places in nature. These can be things that are smooth, rough, shiny, soft, hard. Or places, like beautiful, ugly, happy, sad, colourful. Come up with more things to look for yourself and the children can also come up with adjectives to look for themselves!

WILLIAM THE WIZARD'S GAME IDEA



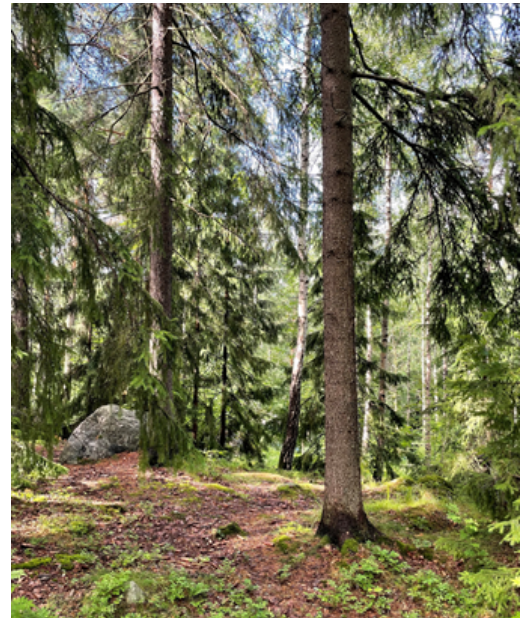


23. KUSTANPUISTO, TORSTINTIE

Distance along road:

When entering the forest, attention must be paid to the paths that lead to the forest, as they are rather undetectable. When you enter the forest, there are many paths that you can follow. The terrain is easy to navigate. This is a mixed forest with pine as its main species of tree.

The forest offers plenty of space for a variety of activities, such as balancing on fallen trees and climbing on rocks, as well as space for the whole group to play together.



TOUCH THE STUMP

The adult asks the children to touch different things, such as a stump, a rock, a tree trunk, soil, moss, a cone, a tree leaf, something wet, something long, something round, etc. Children run to touch the requested thing quickly. You can also ask the children vary the way they move towards things: they can sneak, jump or take giant steps, for example. For young children, you should choose things that are very easy to touch, such as a tree, a leaf, the ground. With older children, you can make the game more challenging by being more specific and choosing things like the trunk of a pine, a birch leaf, etc.

WILLIAM THE WIZARD'S GAME IDEA





24. VOIVAKKA, POHJOINEN RASTITIE 2

Distance along road:

Stairs ascend from Pohjoinen Rastitie and Paimenenkatu to the top of this small grove. The area is between the road and the houses, but the roadside edge is fenced. The woodland is easily accessible along paths, but there is also rocky terrain. Stones and fallen trees provide an opportunity to practise balancing skills, for example.



WILLIAM THE WIZARD'S GAME IDEA

WILDWATER

Children are “swimming” in a “river”, i.e. they wander around until the play leader says “wildwater”. The children have to quickly jump onto a log to safety and stay there for the duration of the wildwater. When wildwater has been passed, the children can come down from safety and continue “swimming”. A “salmon” can be added to the game, which is when the game becomes more a tag game. The stag cannot climb onto a log.





25. RASTIMÄKI, ETELÄINEN RASTITIE 14

Distance along road:

This forest can be accessed from many different directions. Right next to the Rautkallio gravel pitch is the start of an uphill trail, which the more adventurous walk up. Next to this there is also a footpath leading to the forest. The destination can be reached also from Pohjoinen Rastitie, Eteläinen Rastitie and Paimenenkatu.

There are different terrain areas in the forest itself: one area is very rocky and another one is much more even.



WILLIAM THE WIZARD'S GAME IDEA

FOLLOW THE LEADER

Play "follow the leader". Works best in pairs or small groups. One leads and walks ahead, the others follow behind, mimicking the leader's movements as best they can. After a while, the leader is changed.





26. TAISTO MÄEN PUISTO, TAAVANKUJA

Distance along road:

A long grove located between houses. The forest can be accessed from several different points, for example from Taavankuja or Laurantie. The forest has a much a more open area where you can play games at a faster pace. In addition to this, there are more densely growing forests in the area, where fallen branches can be found, for example for building huts. The terrain as a whole is easy to navigate.



WILLIAM THE WIZARD'S
GAME IDEA

TRADITIONAL STATUES

Let's make different types of statues in pairs or small groups. One of the players in the group/pair is the artist and shapes the a member of the group/pair into a statue of their choice. The statues can represent letters, animals or numbers, for example. Remember to change roles!





27. KELLOMÄKI, LAURANTIE 3

Distance along road:

A forest on a small hill. A partially rocky area with partially different elevations. The terrain is quite soft, as there is a lot of moss. Moving on rocks and cliffs is good way to practice balancing and mobility skills. There are also a few spruce trees in the forest, under which you can play house, for example.



GOOD FRIEND!

Let's practice friendship skills! Let's do the following together:

- Have you smiled today? If you have, hug a tree.
- Have you smiled today at a friend? If you have, hug the tree even harder.
- Have you said "hello" to a friend today? If you have, pat yourself.
- Have you played with a friend today? If you have, pat a tree.
- Have you said thank you today? If you have, hug yourself.
- Have you helped a friend today? If you have, hug the tree with a friend.

Can you think of any other fun things you have done today or ways you have been a good friend?

WILLIAM THE WIZARD'S GAME IDEA





28. HAVUKOSKENKATU 5

Distance along road:

A large forest behind the playground extending from Havukoskenkatu to Hanabölenie, from where you can also access the forest. Just behind the playground is a small rock cliff where you can try rock climbing. There are several paths in the forest, some of which have a lot of roots, but they are easy to navigate. There is plenty of space for group activities and free play near Hanabölenie.



HUT BUILDING

Build a place to eat lunch. You can build a big hut or even a sitting ring together.

Tarpaulins or tarps, as well as securing equipment such as pallets and ropes, take the construction of a picnic shelter to a new level.

At the end of the excursion, the hut should be dismantled. Moving around in nature teaches you to leave no trace of your visit in nature. Dismantling and landscaping is also fun!

WILLIAM THE WIZARD'S GAME IDEA





29. PIIPPILAKINPUISTO, TARHAKUJA

Distance along road:

There is a dirt road with smaller trails leading into the forest from the end of Tarhakuja. There are a few more open spots along the trails that are suitable for exercise and playing. The terrain of the trails is easy to navigate.



EXCURSION CHALLENGE 1: DO SOMETHING

When you see something, do something. Choose three things in advance, and when you see each of them, do a specific move.

For example:

- a jackdaw = squat down and jump up,
- a puddle = one X jump,
- a coltsfoot = make a face at a friend

WILLIAM THE WIZARD'S GAME IDEA





30. FOREST NEXT TO HAVUKOSKI SCHOOL

Distance along road:

A forest area by the Havukoski school, field and houses. The terrain has areas with a lot of roots on the surface. It also has ample space to accommodate sportier activities. There is direct access from the forest to the adjacent schoolyard, where there are climbing frames and other play facilities when the yard is not in use during school hours.



FOREST ART

The idea is to create a “painting” on the ground. A lawn or sandy area is a good place for the painting. First, find enough natural materials to make a painting. Of course, you can retrieve more as the painting the image progresses.

The branches are used to make a large enough frame. After this you can make your composition. You can give free hands to make the painting, choose a common subject or give precise instructions. Precise instructions improve perceptual skills and provide a fun first task for finding the right natural materials. For example: Get a cone. Put the cone in the middle of the picture. Get four leaves. Put a leaf in every corner of the picture...⁴¹

WILLIAM THE WIZARD'S GAME IDEA





31. SAHAMÄENPUISTO, SAHAMÄENKUJA

Distance along road:

A park-like mixed forest with plenty of open grassland. A dirt road runs between the grassland and the woodland, and it provides access to the Keravanjoki riverside. The first dirt road from Sahamäenkuja also leads to a rocky area, which is flat and easy to navigate, although there are larger stones in places. This area also includes a lot of branches and other materials suitable for building games.



MY DREAM TREE

Everyone can choose their own tree from the forest and design their own Dream Tree. The children set off to find their own tree and each is given time to reflect on what their own Dream Tree would be like. Remember that anything is possible in dreams, so a purple and flying tree that can sing is possible! Those who wish to do so are invited to share what their own Dream Tree would look like. At home they can think about their own Dream Tree and draw, paint or craft it. Of course, the same can already be done in the forest.

WILLIAM THE WIZARD'S GAME IDEA





32. REKOLANRANTA

Distance along road:

A grassy field along Keravanjoki, with birch forest around the edges. A dirt road runs between the river and the lawn, which creates a safer lawn area as the river is not so close. The lawn area is very flat, allowing for a wide variety of physical activities. In particular, it attracts people to play various running and ball games.



WILLIAM THE WIZARD'S GAME IDEA

WHO IS AFRAID OF THE OCTOPUS?

The players line up. Their task is to run to the other end of the area without getting caught. In the middle of the field is an octopus, or the tag. Those caught become octopuses.





33. TAPIONRANTA, TAPIONTIE 39

Distance along road:

Next to the Tapionranta swimming place is a park-like forest area with relatively few trees. A dirt road and a path to the forest run alongside the flat lawn area. A large area is covered by forest, and in the forest you can find various areas suitable for a wide range of uses. The forest has different terrain areas; there is a sparse, dense, rocky and flat area. So this is very much a multifunctional area!



FOREST SLALOM

You are "funny cars in traffic" and trees are "stiff pedestrians". No collision with other cars or pedestrians is permitted. Move between trees in different ways: forwards, sideways and backwards. Go hand in hand with a friend, one after the other and backwards in a row. As you get better in slalom, you can pick up your pace.

This can be done as a line or in free order. You can add traffic lights to the play, i.e. adults or children who show red or green lights. Autumn leaves or coloured papers can be used as lights, for example.

WILLIAM THE WIZARD'S GAME IDEA





34. PEKANPUISTO, LAURANTIE 51

Distance along road:

There are many paths through this easily accessible forest. Along the paths you will find a wide variety of vegetation. There are a few more open spots on the trails that are suitable for different games and exercise times. The stones serve as an inspiration for balancing and the tree branches on the ground may inspire building games.



HIDE ALL

Limit the play area – for example, the supervisor must be visible. One of the players is given a few minutes to hide. The others set off to look for the hidden one. When someone finds the hidden one, they must stay in the same hiding place themselves. Finally, everyone's in the same hiding place. This game can be played several times so that everyone gets a chance to be the hidden one.

WILLIAM THE WIZARD'S GAME IDEA





35. PEKANKUJA 1

Distance along road:

An area of mixed woodland between the road and the houses, with very flat terrain. A small hill in the middle of the forest, with plenty of room to move around in the grassy area behind it. There is also open space immediately next to the road. There are plenty of sticks and branches for play.



ANIMAL MOVEMENT STYLES

Try the same games on a sloping lawn as you would on flat ground. For example, alternating between different animal movement styles. On soft grass, it doesn't matter if you fall over. How well can you bear-walk uphill and downhill? What about hopping down like a rabbit, scampering like a mouse, crab-walking, flying like an eagle or leaping like an elk?

WILLIAM THE WIZARD'S GAME IDEA





36. KOSKELANPUISTO, KOSKELANKUJA

Distance along road:

A small mixed forest area accessible from Koskelankuja via trail. There are many different types of vegetation and trees in the forest. A few trees are tempting to climb, as they are quite low. The terrain is very flat and therefore easily accessible.



WILLIAM THE WIZARD'S GAME IDEA

TREE ORIENTEERING

In tree orienteering, children are given either a real leaf of a tree or a picture of a leaf and told which tree it is. The task is to find a similar one in nature. Finally, the results are checked by going from tree to tree together. In each round, a new movement style is chosen from tree to tree. Children are good at inventing different ways of moving around.





37. RIITANPUISTO, RIITANTIE 15

Distance along road:

A wooded area located between houses, but not very close to the houses. The area is quite rocky and small, but there is plenty of room for a small group to play. Climbing rocks develops balance and mobility skills.



WILLIAM THE WIZARD'S GAME-IDEA

FIND SIMILAR

Children are asked to bring natural materials to an adult (for example, a cone, a branch, a leaf, a stone, some moss). The adult shows the children one natural material at a time and the children's task is to find one that is as similar as possible. Once everyone has found the same material, look at the natural materials together and discuss, for example, the differences in colour that can be found in autumn leaves, even if the leaf comes from the same tree.





38. LAURINTIE 91

Distance along road:

An area of sturdy woods between Keravanjoki and the outdoor trail. The terrain is easy to navigate, fairly smooth, with the exception of the roots. The area is well suited for joint sports activities, as there is plenty of space for physical activity.

The river is right next to the area, so you have to carefully track where the children move.



HUG A TREE

Let's try hugging the tree alone and together. Which tree can you hug with your own arms? And can we manage to hug a bigger tree if we do it in pairs or in a group? How many children and arms does it take to hug a big tree? How many different trees can you find to hug? What kinds of trees are easiest to hug and which ones require a friend's help?

WILLIAM THE WIZARD'S GAME IDEA





39. PÄIVÄKUMMUNPUISTO, TAPIONPOLKU

Distance along road:

An extensive forest area through which passes a dirt road. When walking along the road, it is a good idea to look carefully where there are good places for activities in the forest, as they may not be very easy to spot. In places, more open spaces open up, with more room for movement.

As the forest covers a large area, there are also areas of varying terrain. As a rule, the forest is easily accessible, with small trails.



GUIDELINE

Make a track with a long piece of string that runs from tree to tree. The task is to walk eyes closed along the track holding on to the line from start to finish. Eyes closed is easier, blindfolded is more challenging. Guiding can also be done in pairs, with one person being the guide and helping the other.

WILLIAM THE WIZARD'S GAME IDEA





40. COURTYARD OF THE REKOLA MANOR

Distance along road:

A green area where you can also meet domestic animals, such as sheep or chickens. The area is home to the Foibe Manor for the elderly, so its residents should be respected.



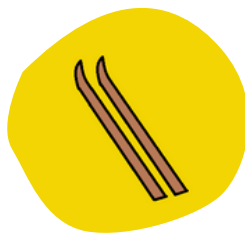
images: canva.com

WILLIAM THE WIZARD'S GAME IDEA

DANDELIONS FOR SHEEPD

Sheep love to feast on dandelion leaves. Pick up a bunch of leaves each on the way and you are likely to make friends with the sheep





41. HAVUKOSKI OUTDOOR RECREATION AREA, KOSKENNISKA 2

Distance along road:

A large lawn area, which allows for a variety of different physical activities. The area is otherwise flat, but there is also a hill that can be used for rolling games. Keravanjoki flows next to the lawn area. You can admire the river from the bridge. Along the river is an old mill, which is also worth exploring.

Skiing is also available in winter!

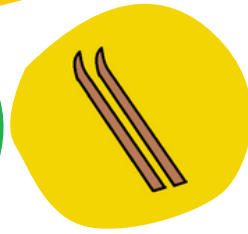


WILLIAM THE WIZARD'S GAME IDEA

SNOWBALL SPINNERS

The players are divided into pairs. One of the pairs is a snowball, the other a snowball spinner. The snowball goes to lie down on the ground and moves by rolling. The snowball spinner moves on their knees on the ground and their task is to spin the snowball in the direction they want. Snowball spinners prevent the snowballs from colliding with each other.





42. ESTER KOSKELAINEN PARK, TUULIKINTIE 33

Distance along road:

This is a very diverse destination with a wide variety of areas. Here you will find a park-like area with a large lawn area suitable for various ball games, for example. There is also a playground next to the lawn areas and a small asphalt area for cycling and kickboarding, for example. There are also disc golf baskets around. Skiing is available in winter!

Adjacent to the park-like area is a forest, which is accessible by smaller paths or outdoor trails. The forest is easy to walk through, although there are stones and tree roots in places. Even though the forest is heavily wooded, there is plenty of room for activity.



WILLIAM THE WIZARD'S GAME IDEA

FRISBEE

Take, for example, three soft frisbees and go to the lawn area. One throws the frisbee and the others run after it to retrieve it. Whoever gets to the frisbee first gets to throw it next. There should be several frisbees so that everyone can throw. Soft frisbees are a good idea, because being hit by them does not hurt.





PLACE OF EXERCISE

SPORTS FACILITIES ON MAP

The sports facility symbol indicates the sports facilities suitable for young children. The sports facilities included in this survey material are a variety of fields, both grass and gravel, which can be used without booking one of them.

You can find more sports facilities on kartta.vantaa.fi. Click on "Layers" --> enter a keyword, such as "sport", in the "Filter layers" section and select the desired search results.

Booking a sports facility

It is possible to apply for access to sports facilities through the Timmi reservation system as an individual, company, association or community representative. You can easily access Timmi via the vantaa.fi website, and by using the search term "reservations" or by googling "timmi vantaa". You can also browse Timmi's booking calendars without registering: Click "Varauskalenteri" (booking calendar) and enter the name of the sports facility in the "Tilojen haku" field (facility search field).

Outdoor skating rinks and cross-country ski tracks

The outdoor skating rink and cross-country ski track map can be found at www.ulkoliikunta.fi

By clicking on a specific location, you can check its condition and find the contact details of the person responsible for its maintenance.



43. PELTONIEMENPUISTO GRAVEL PITCH, PELTONIEMENKUJA 1

Distance along road:

Fenced gravel pitch next to the playground. Two goals in the field. Note: The fence has two open passageways without a gate.

There is a forest and a playground nearby. See pages 30 and 71 for more information.



FOX

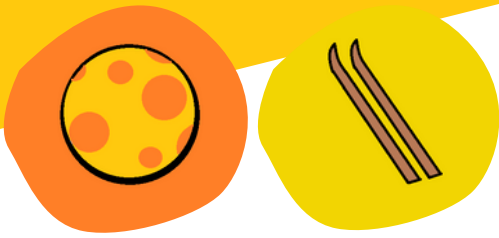
The players are hens, each with their own egg or ball, which they carry around the field. When the play leader shouts "Fox!", the hen must protect her egg by sitting on her own ball as quickly as possible.

You can add foxes to the game, i.e. ball-less players who try to rob the eggs when the play leader shouts "Fox!".

When a fox steals an egg, it becomes the hen and the one who lost the egg becomes the fox.

WILLIAM THE WIZARD'S GAME IDEA





44. HAVUKOSKI SPORTS PARK, KOIVUKYLÄNVÄYLÄ 32

Distance along road:

This sports park has two large artificial grass pitches and one large gravel pitch. All fields have several football goals. The artificial grass fields are fenced, but the gravel pitch is not. There is a grandstand on the edge of the artificial grass field next to the car park.



JUMP TAG

The players stand on the same starting line and choose the jump tag. The jump tag determines how many jumps are taken, in which way and in which direction. The players take the leaps and stay in place. The jump tag will follow them and does the same leaps, except one less. The jump tag then tries to touch another player. The jump tag can stretch themselves as far as they can, but the other leg must stay on the ground. The one who is touched becomes the new jump tag and the play continues from where it left off. With younger children, you can practise different jumps, numbers and directions together.

WILLIAM THE WIZARD'S GAME IDEA





45. RAUTKALLIONPUISTO SPORT FACILITY, VANHA REKOLANTIE 14

Distance along road:

There is a large unfenced gravel pitch with football goals. In winter, the field is frozen as a skating rink. Next to the sand pitch is a fenced artificial grass football pitch. There is a playground next door, see page 72.



ROUSETTE SKATING

All skaters are given a number or a ribbon in advance, which is placed in a visible place, such as a neck, for example. There are two of each number/colour. The task is to find a pair of skaters and skate with them.

The numbers can be made together, for example, from small cardboard plates and string.

WILLIAM THE WIZARD'S GAME IDEA





46. REKOLA SPORTS PARK, JOUKONTIE 25

Distance along road:

The sports park offers a wide range of opportunities for outdoor sports. There is a large baseball field, tennis, futsal, volleyball and basketball courts. In addition to these, the sports park has a running track and a long jump area. In winter, ice is frozen in the area when winter weather permits.



CLEAR YOUR SIDE

The players are divided into two teams. Teams have lots of soft, throwable objects, such as tail balls, pea bags, soft balls, soft toys, etc.

Volleyball poles divide the playing area in two. A net, rope or fabric can be rigged to the pole at ground level or above, so that the players have to throw upwards. The aim is to keep your side clean from litter. The round lasts for a certain amount of time, such as three minutes, at the end of which the throwing stops and together they count which team's side is cleaner.

Try this in the kindergarten yard too, the swings will give you poles.

WILLIAM THE WIZARD'S GAME IDEA





PLAYGROUND

PLAYGROUNDS ON THE MAP

Playgrounds bring pleasant variation to familiar equipment in your own yard. Even a small park can provide a good setting for various activities. Especially as parks often have more open space for guided exercise in or next to them, and during the day parks are almost invariably open.

An easy way to ensure an active visit to the park is to start with a common game and then move on to free play. Possibly ending the visit with a game before the return journey. The starter game should be an easy and familiar game that inspires participation.

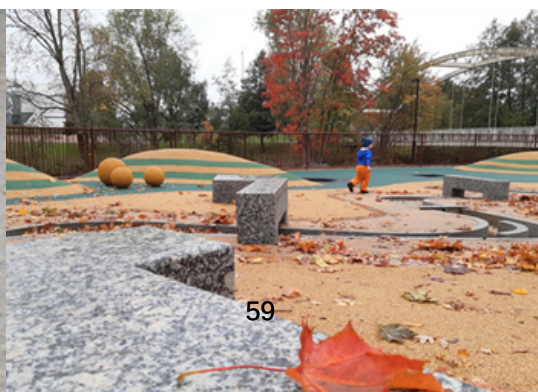
Another good way to enrich the activity is to have a game or play with an adult, alongside free play. In this case, the participants are willing.

THANKS

Most of the information and pictures of the playgrounds have been obtained from the park maps of the Vantaa Green Area Unit. We thank the Green Area Unit for their assistance.

Kartta.vantaa.fi

The locations of playgrounds on the map can also be found at www.kartta.vantaa.fi by left-clicking on "Layers" and typing "Playgrounds" in the "Filter layers" field.





47. ATLASPUISTO, ATLASTIE 12

The Atlaspuisto park playground is located in the Ilola district in a residential area. The playground is fully fenced and there is a small grassy play area next to the playground, bordering a semi-shaded natural park forest.

The playground has:

- two swing sets (with five swings, of which one is a safety seat)
- an outdoor playset (with a slide, a bridge, a firefighter pole, a shelter, a climbing net, ladders, a rope and climbing bars)
- an outdoor playset for small children (with a slide, a climbing wall, a swing)
- a sandbox
- two animals spring rockers
- a table set and a bench



WILLIAM THE WIZARD'S GAME IDEA



LONG JUMP TO SLIDE

The play leader gives instructions on how and where. For example: “long jump to the slide” and everyone jumps to the slide. A new instruction is given at the slide. Children can take turns to come up with new instructions.



48. NOTKOPUISTO, KIVIKKOTIE 47

The Notkopiusto park playground is located in the Ilola district in a residential area. The park has a spacious rock dust playing field, a grass volleyball court and a partially fenced playground. There is also a ball wall on the pitch.

The playground has:

- an animal spring rocker
- two swinging sets (with five swings, of which two are safety seats)
- a slide with a shelter
- an outdoor playset (with a slide, a climbing net and climbing bars)
- a sandbox with play tray
- two benches
- a climbing frame

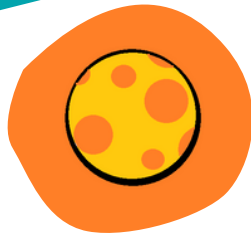


MIRROR

One is a mirror and stands on the field by the ball wall, facing the ball wall. The others stand in a line and try to move to the mirror, without the mirror seeing the movement. Sometimes the mirror turns and tries to see if the other players are moving. If the mirror sees someone moving, they have to go back to the beginning. The first player to touch the mirror becomes the next mirror.

WILLIAM THE WIZARD'S GAME IDEA





49. TAIKAPUISTO, KIVIKKOTIE 63

A large playground in a housing estate in the Ilola district. Located in a wooded setting, this versatile playground has an unfenced area for older children and we now have a fenced area for smaller children. Next to the playground is a small pebbled ash surface unfenced playing field with one wall of balls.

The playground has:

- two swing sets (with four swings, of which two have safety seats)
- two spring rockers
- carousel for small children
- swing board for two
- a climbing frame
- two seesaws for four
- a seesaw
- a shaft flicker for two
- Sandboxes for smaller and bigger children
- a balancing rocker
- two table sets and four benches



LAVABALL

You need a soft ball and one tag, a burner. The task of the burner is to "burn" others with the ball. The burner not allowed to walk with the ball. The burner burns by throwing the ball at one of the other. If the throw hits, the person is burned. When the burner holds the ball on the ground and says "burn", the ground burns and those above the ground are safe. The burned and the burner change places.

The game is started by kicking the ball as far as possible.

WILLIAM THE WIZARD'S GAME IDEA





50. ILOLANPUISTO PLAYGROUND, SOITTAJANKUJA 2 & ILOLANLAMMENNOJA

The fenced and spacious Ilolanpuisto playground is located in a green area and borders the park forest in the west, where you can also find the Ilolanlammennoja pond. You can visit the pond to study the life of ducks, for example. Next to the playground is a volleyball court.

The playground has:

- two swing sets (with four swings, of which two have safety seats)
- a balancing board
- an outdoor playset (with a slide, a shelter, a bridge, a climbing rope and rope ladders)
- a slide for small children
- a sandbox
- a seesaw
- a spring rocker
- a ball/climbing wall
- a table set



REACTIVE STARTS I.E. SUPERHEROES

At a certain sound (for example, a shout, a whistle or a slap of the hands), the superheroes set off as quickly as possible to save the world.

The players line up and decide how far to run. The distance does not have to be long. The starting position should be varied; standing facing front of the course, backwards, squatting, bum on the ground, lying on your back, on your stomach...

WILLIAM THE WIZARD'S GAME IDEA





51. POPPELPUISTO, PYÖKKIKUJA 13

The fenced playground of the Poppelipuisto is located in a quiet single-family house area. The playground is nicely sheltered by the surrounding deciduous trees. Next to the playground, there is a rock ash-covered playground and a ball wall suitable for a variety of games and play.

The playground has:

- a sandbox
- a seesaw
- a climbing frame
- an outdoor playset (with two slides, a climbing net and climbing bars)
- two swing sets (with four swings, of which two have safety seats)
- a shelter with benches
- a bench



PAIR SLALOM

Walk around the park in pairs, dodging trees and equipment. Do not separate from your pair. Go first round hand in hand,
2. a round in a line with hands on your pair's shoulder,
3. another round switching roles, and the fourth round back to back.

WILLIAM THE WIZARD'S GAME IDEA





52. METSÄNHENKI PLAYGROUND, PUUNHALTIJANKUJA 4

The large and versatile fenced playground Metsänhenki is located in a park area close to nature and on the edge of a pine tree forest (see page 13). The playground has play equipment for smaller and bigger children as well as plenty of free play space. The area also offers good seating options, having several table sets for sitting and eating snacks, for example.

The playground has:

- two at a sandbox
- an outdoor playset for big children (with a slide, a shelter, hanging steps, a tunnel, a climbing wall and a net)
- spring rockers for two and four
- an animal spring rocker
- a carousel
- a slide
- two swing sets (with four swings, of which two have safety seats)
- an outdoor playset for smaller children
- a hearing tube/horn
- four table sets



PERCEPTION GAME

The players are given instructions that must be followed and then they must return to the centre of the park. The instructions are related to perception skills. The instructions can be, for example, go "under a climbing frame", "in a corner of the park", "inside a sandbox", "next to a rubbish bin". If this is easy, you can add a movement style to the instruction: "go under the climbing frame by sneaking".

WILLIAM THE WIZARD'S GAME IDEA





53. KÄPYPUISTO, KOIVUKYLÄN PUISTOTIE 27

The Käpypuisto park playground is located in the Ilola district in a residential area. The playground is sheltered by large spruce trees and is peaceful and fenced. The playground together with the playing field forms an entity offering versatile activities. The playing field has a ball wall, a basketball hoop, a carousel for four, a balancing board and a climbing frame.

The playground has:

- a sandbox with two shelters
- an outdoor playset for big children (with a slide, a shelter, a battleship game, a shop desk)
- an outdoor playset for smaller children (a slide, a shelter, a firefighter pole, a climbing wall and net)
- a climbing frame
- a play tunnel
- a spring rocker for two
- a spring rocker
- two swing sets (with four swings, of which two have safety seats)



WILLIAM THE WIZARD'S GAME IDEA



EXCURSION CHALLENGE 2: DETECTIVES

The job of the detectives is to spot agreed things along the way, such as traffic lights or crossing points. Once at the destination, you can discuss things were spotted and where.



54. RÄCKHALSINPUISTO PLAYGROUND, ANDERSINKATU 4

A small unfenced playground in the vicinity of a forest (see page 15) and detached houses. Next to the playground is a volleyball court. A great place to combine both a visit to the forest and a visit to the playground.

The playground has:

- a swing set (with two swings, of which one is a safety seat)
- a slide with a shelter
- a sandbox
- two spring rockers
- two benches



PIRATE TREASURES

Donate different kinds of treasures, such as laminated images of treasures, diamonds and coins. In pairs, children hide their treasures around the park, and then they go looking for treasures. Every time a pirate pair finds a treasure, they will show the treasure to an adult and hide the treasure again. Which pirate pair are the best treasure hunters?

WILLIAM THE WIZARD'S GAME IDEA





55. ASOLANPUISTO PLAYGROUND, KUUSITIE 3

Asolanpuisto park has an unfenced playground on a slope and a large, partially fenced playing field. The park is located in the Asola district, in the middle of a residential area. The playground has plenty of shading trees. The adjacent sandy playing field has two goals and a basketball stand. The field is frozen in winter and hockey goals are brought in. Behind the field is a small wooded area.

The playground has:

- a spring rocker
- a slide for small children
- a sandbox
- an outdoor playset (with a slide, a climbing net and a climbing tower)
- a carousel
- a spring rocker for four
- a seesaw
- a swing set (with three swings, of which one is a safety seat)
- two benches



WILLIAM THE WIZARD'S GAME IDEA

EXCURSION CHALLENGE 3: EXPLORING NATURE

Stop along the way to explore nature. Looking for seasonal variations, such as finding signs of spring and autumn, are good challenges. Nature cards, such as bird cards, are also a great tool for identifying birds on the way to the excursion destination. Ready-made species cards are available here: <https://ulkoluokka.fi/en/materials/>





56. OJALEHTO PLAYGROUND, NIINIKUJA 4

The Ojalehto playground is located in the Ojalehto green area in Koivukylä. The play area is located at the edge of a green area. The playground is fenced. A large table set makes it possible to have a picnic in the middle of playing games

The playground has:

- a sandbox
- two multi-purpose outdoor physical play structures (with a climbing net, a climbing wall, a slide)
- two trampolines
- a spring rocker
- a spring rocker for four
- a spider swing
- a swing set (with two tire swings)
- a table set
- a bench



NATURAL DISASTERS

The children run around and an adult shouts out natural disasters to protect against.

- Earthquake: A supportive position against the ground and then shake in place.
- Volcanic eruption: Quickly go under something to shelter.
- Flood: Quickly go on top of an obstacle (like a rock or a stump)
- Avalanche: Hide behind a barrier
- Hurricane: Go hang from something.
- Ninja attack: Must freeze in place when ninjas (adult/adults) move in the area.
- Monster: Must hide from an adult.

Natural disasters can vary depending on the elements found in the environment.

WILLIAM THE WIZARD'S GAME IDEA





57. HAKOPUISTO, HAKOKUJA 3

A small, natural and sheltered playground next to Koivukylä train station. There is a lot of tree cover around. The playground is mainly furnished with wooden equipment that blends in with the surroundings. In addition to the equipment, the area offers good opportunities for free play in the forest and on the rocks.

The playground has:

- a seesaw
- a sandbox
- a climbing frame
- two swing sets (with four swings, of which two have safety seats)
- a bench

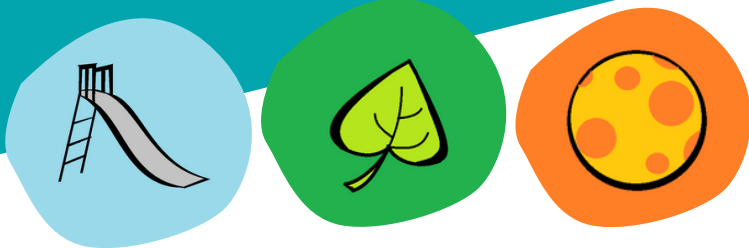


WILLIAM THE WIZARD'S GAME IDEA

RACES

The adult makes a gate with their arm in front of the child. When the adult gives the signal, they open the gate and the child is allowed to go through the course. The race track runs from, for example, the sandbox to the climbing frame, to a tree, the seesaw, a bench and ends at the swing set with a arm gate formed by another adult.





58. PELTONIEMENPUISTO PLAYGROUND, PELTONIEMENKATU 5

Fenced playground in the Havukoski apartment building area in a park-like environment. The area is in semi-shade and green. The playground has a wide range of play equipment for children of all ages. The playground is mainly on a gravel surface.

See also the forest area on page 30 and the sports area on page 55.

The playground has:

- a sandbox with a shelter
- an outdoor playset for small children (with a slide, a climbing net and climbing bars)
- an outdoor playset for big children (with a slide, a climbing net and climbing bars)
- a spring ball
- spring rockers for one and four
- two swing sets (with four swings, of which two have linked safety seats)
- a carousel
- two benches and a table set



TSUNAMI

Let's start moving around in the playground with different animal styles (the adult can decide on one animal style or the players can decide on their own animal style). Outside, it starts to rain, the downpour turns into a torrential downpour and a tsunami hits. Quickly, hurry to shelter! All animals need to find somewhere higher to run to and climb to safety. The rain calms down and animals continue to move on land until another tsunami arrives.

WILLIAM THE WIZARD'S GAME IDEA





59. RAUTKALLIO PLAYGROUND, VANHA REKOLANTIE 12

The Rautkallio playground is located in the middle of a large green area in a park-like setting. The area is sheltered at the foot of a slope. The playground has separate areas for small and bigger children. The area for smaller children is fenced. The equipment are versatile and serve users of different ages. There is plenty of space for free play in the area.

The playground for small children has:

- a sandbox
- two spring rockers
- a spring rocker for two
- an outdoor playset (with a slide, a tunnel, a climbing ramp)
- a swing set (a board swing and a safety seat)
- a play shelter
- a table set and a bench



The playground for bigger children has:

- a net pyramid
- a swing set (with one spider swing and two board swings)
- a cable slide
- a trampoline
- an activity wall
- two table sets
- three benches



HUG TAG

Pick one tag who tries to catch the others. The other players are safe if they can hug another player before the tag catches them. If a tag can touch someone before they can hug another person, then that person becomes the next tag. You can agree on the duration of the hug, for example 5 seconds, and as a rule, you must not hug the same friend in succession.

WILLIAM THE WIZARD'S GAME IDEA





60. PLAYGROUND TARHA, HAVUKOSKENKATU 5

The natural, sheltered and shaded playground of Tarhapuisto is located in the Havukoski district in a forested green area. The versatile play equipment serves users of different ages. The area has mostly a gravel surface. The playground is set in a wooded environment and offers good opportunities for free play in the forest and on the rocks. The playground is unfenced. See information on the adjacent forest on page 39.

The playground has:

- a climbing frame
- a carousel
- a sandbox
- a slide for small children
- a spring rocker for four
- a swing set (with three swings, of which one is a safety seat)
- three benches

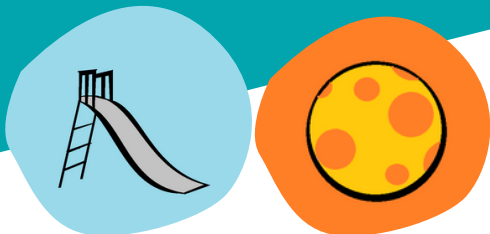


TOUCH THE COLOUR

Give instructions to children, for example "Touch yellow!" Players search and touch the surroundings (playground, forest, friend's clothes) for that colour. Then select a new color! In the game, you can agree on the style to move to the colour; for example, touch blue while hopping. It is also a good idea to agree that touching your own clothes is not acceptable, so that there is more movement.

WILLIAM THE WIZARD'S GAME IDEA





61. REKOLANKENTTÄ PLAYGROUND, JOUKONTIE 27

The playground at the Rekola sports park. The playground, bordered by a wooden fence, is versatile and welcoming. Together with the birches, the spectacular lindens create shadows and shelter for the otherwise sunny playground.

The playground has:

- a seesaw
- an outdoor playset (with a slide, a firefighter pole, a beam, hanging steps, a climbing net)
- a climbing frame
- two swing sets (with five swings, of which two are safety seats)
- a sandbox
- a climbing frame for small children
- a toy box
- a slide for small children
- two spring rockers
- a bench and two table sets

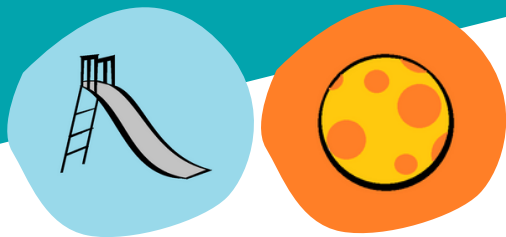


FROZEN PEA BAGS

Players move around the park trying to keep a bag of peas or a glove on their head. The adult sometimes asks the players to walk on their toes, hop on one foot, walk backwards, walk slower or faster, etc. If a player drops the bag of peas/glove, they must freeze in place. Another player has to pick up the bag/glove and place it on top of their frozen companion to thaw them out. When doing this, they must not drop their own pea bag/glove.

WILLIAM THE WIZARD'S GAME IDEA





62. MIELIKINPUISTO PLAYGROUND, TUOVINTIE 14

A spacious fenced playground with plenty of space for a variety of activities. A small grassy hill is a nice addition to an otherwise flat, sandy playground. Outside the playground fences, there is a small gravel pitch with two football goals and a basketball court with baskets.

The playground has:

- a sandbox
- a swing set (with three swings, of which one is a safety seat)
- a swing set (with two safety seats)
- two spring rockers
- a spring rocker for three
- a slide
- a slide for small children
- a climbing frame
- a carousel
- a table set



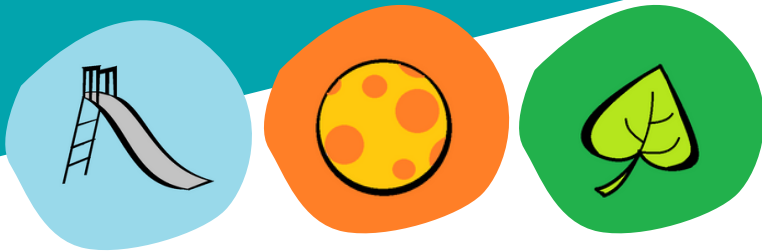
ACORN HUNT

A circle is drawn in the middle of the field. Inside the circle, collect together a lot of acorns (you can also use cones, stones, pea bags, etc.). The players are divided into teams. For each team, a home circle is drawn equally far from the centre circle. The players' task is to fetch the acorn, one team member at a time, and bring them to their own home circle. There must be a sufficient number of acorns in relation to the number of players.

It is advisable to have several teams in order to avoid long periods of standing. Use different ways of moving; the first lap running, the second jumping with one foot, the third by rolling, and so on.

WILLIAM THE WIZARD'S GAME IDEA





63. ESTER KOSKELAISEN PUISTO, TUULIKINTIE 33

The extensive park complex is open, peaceful and versatile in nature and has an unfenced playground. The playground is located on the edge of the forest area. In addition to the playground, the park has playing fields, basketball and tennis courts, a small games arena, a skate park, an outdoor fitness area and a playground.

The playground has:

- an outdoor playset (with a slide, two climbing nets, hanging steps, a firefighter pole)
- two climbing frames (one for small children)
- balancing beams
- two spring rockers
- a sandbox
- a swing set (with two tire swings)
- a carousel
- two benches



FRUIT SALAD

All but one settle on the gravel in a circle. A circle is drawn around each one. One positioned in the middle of the circle. Everyone can quietly choose between being an apple or a pear. The person in the middle shouts "apples" or "pears" or "fruit salad". All the apples or pears or all the fruit will have to leave their own circle and find a new one. The one who is left without a circle will be in the middle as the shouter.

WILLIAM THE WIZARD'S GAME IDEA





64. PÄIVÄTTÄRENPUISTO, PÄIVÄTTÄRENTIE 5

The park's sunny and open playground is divided into two parts: a fenced area for smaller children and an unfenced area for bigger children. There is a lawn grassy area in the park.

The playground for bigger children has:

- a carousel
- an outdoor playset (with a slide, a firefighter pole, a climbing net and rope)
- three pull-up bars
- balancing beams
- a bench and a bicycle rack



The playground for small children has:

- two spring rockers
- a sandbox
- a swing set (with two safety seats)
- a spring rocker for four
- a slide
- a bench



FORMULA RACES

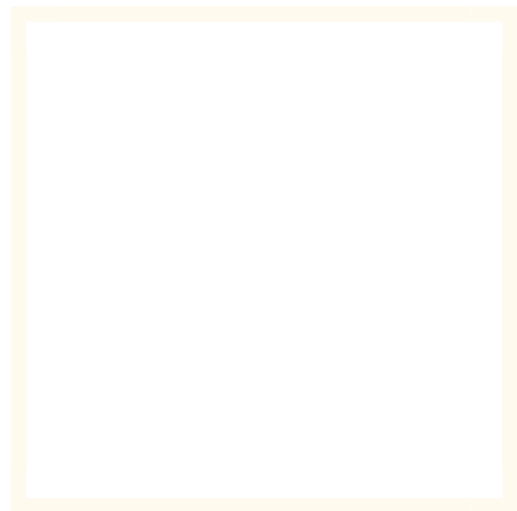
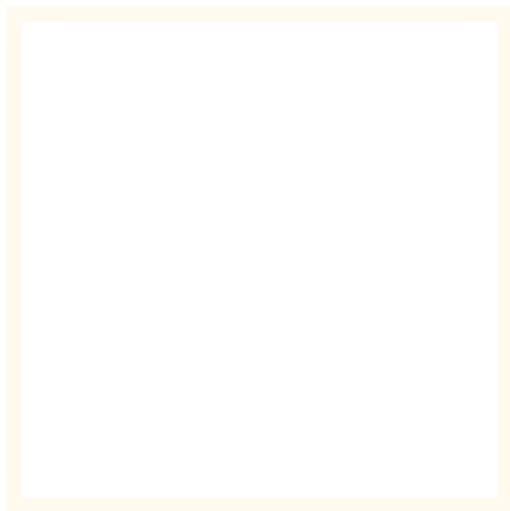
Formula races are about to start and all formula cars (children) are gathering in a circle. Each child gets a turn to say what colour formula car they are. Then go through together what equipment the driver needs before they can set off. Once the gear is on, it's time for the 3–2–1 countdown and the formula cars are off. At the beginning of the game, a driving route is agreed together and drawn in the gravel, or the children can drive freely in a limited area. You must not bump into a friend. If the formula car runs out of petrol or breaks down, the child drives to an adult where refuelling/maintenance is carried out according to the adult's instructions, for example by doing₇ three squatting jumps.

WILLIAM THE WIZARD'S GAME IDEA



OUR PLAYGROUND

Is your favourite destination missing from the playground map? You can create a page for your favourite destination here. Remember to add a suggestion for a game! Please also invent a name for the destination!

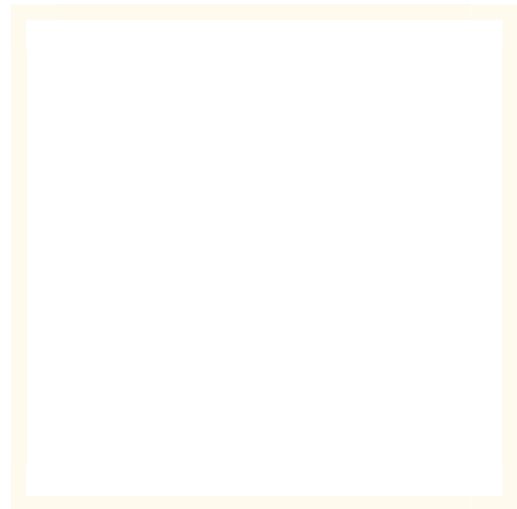
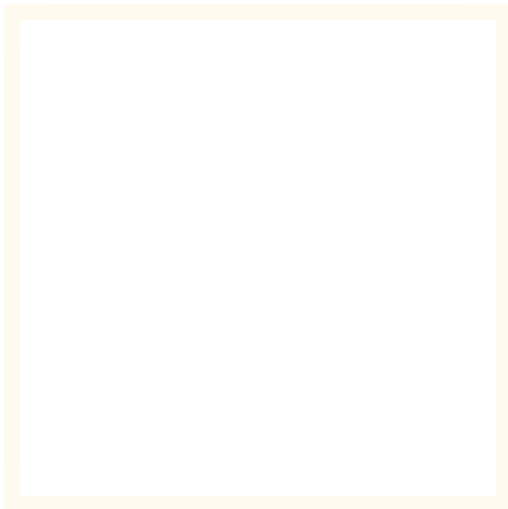


WILLIAM THE WIZARD'S
GAME IDEA



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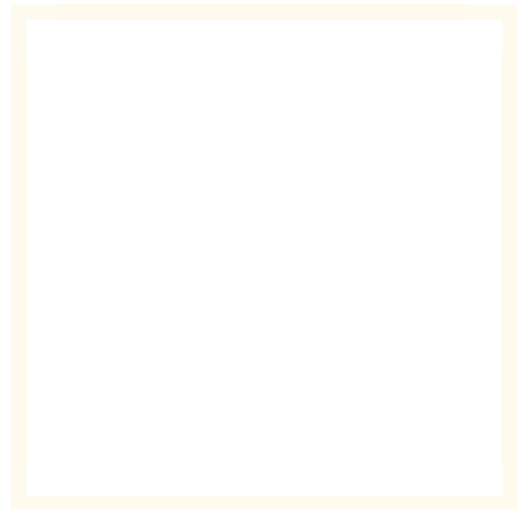
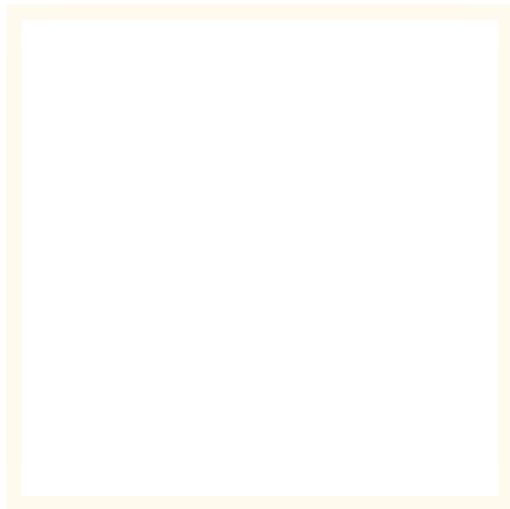


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GAME IDEA



OUR PLAYGROUND

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WILLIAM THE WIZARD'S
GAME IDEA



TIPS AND LINKS

Use day-care centre yards: The yards of day-care centres are great places for families to move around together. The yards are open to families in the evenings, after the day-care centres have closed.

Who ate the cone? Identify the eating patterns on page 32

Figure-eight and double figure-eight: instructions for making knots, page 17

#Ulkoluokka, Completed Species Cards: <https://ulkoluokka.fi/materiaalit/>

LuontoPortti, help with species identification: <http://www.luontoportti.com/suomi/fi/>

Condition of outdoor skating rinks and ski tracks: <https://ulkoliikunta.fi/>

Tips for skiing: You do not need a ski track or much snow to get used to skiing and practice. You can already get used to skiing and practice it in a yard with space and some snow.

- Encouragement and storytelling provide excellent support in skiing practice. To start with, it is a good idea to practise moving forward on skis and practising your balance, falling and getting up. A trip to Moomin Valley – game on page 12. You can also practise moving and gliding on one ski by taking the other ski off. For example, you can play tag on one ski!
- The optimum situation is to put on skiing shoes when going outdoors, so that skis and poles are also easily accessible outside. This allows you to mix skiing and outdoor activities, as you can put your skis on and take them off when you feel like it.

Game bank: The play bank maintained by the Mannerheim League for Child Welfare has close to 1,000 different game ideas for people of all ages. Some of the games in this booklet are from the game bank of the Mannerheim League for Child Welfare. A broader search function allows you to limit the age of the target group: <https://www.leikki pankki.fi/haku>

Kartta-Vantaa, zoomable map of the entire Vantaa: <https://kartta.vantaa.fi/>

- How will different forest areas be managed? Vantaa's forest management plan on map: Click "Layers" --> "Nature and environment" --> "Forest management plan"

National Land Survey Citizen MapSite: <https://asiointi.maanmittauslaitos.fi/karttapaikka/>

