



PLAYGROUND GUIDE

FOR FAMILIES

WHERE AND WHAT TO PLAY?

MYYRMÄKI AREA

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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!

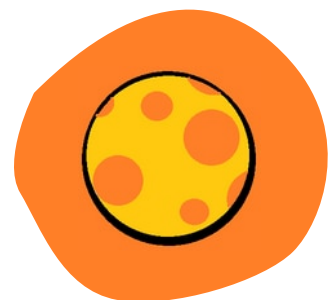
"Movement and storytelling engage the child. Most of the children's daily physical activity takes place outdoors. What could be a better place to learn than the outdoor environment?"



**FORESTS &
FOREST
PLAYGROUNDS**



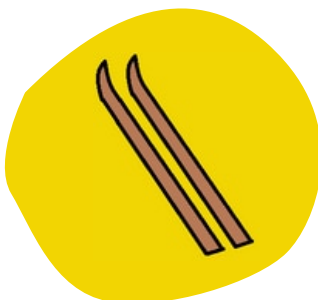
PLAYGROUND



**SPORTS
FACILITY**



WATER



SKIING



SKATING

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9. Jokiuoma day-care centre
10. Patotie day-care centre
11. Louhela day-care centre
12. Daghemmet Timotej
13. Uomarinne School
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childhood education care point
14. Koskikuja day-care centre
15. Vaskivuori day-care centre
16. Ojahaka day-care centre
17. Kaivoksela day-care centre
18. Jönsas day-care centre
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46. Vaskikello open meeting place
47. Niittyvilla open meeting place



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. Bring 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:

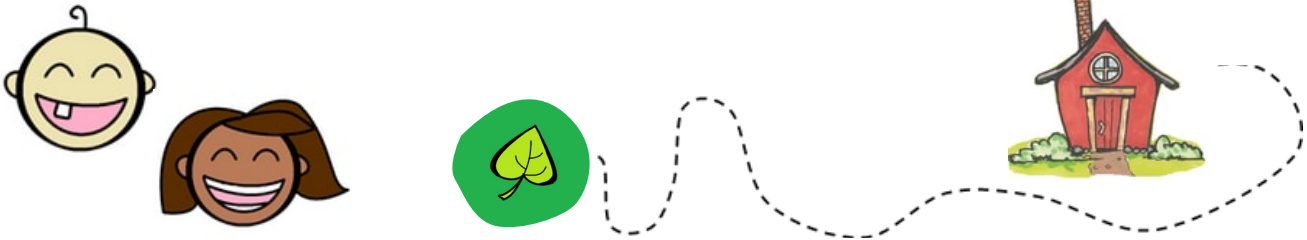
1. Have a motivating goal for the excursion. Study the playground map together beforehand and create expectations for the excursion.
2. Have a mid-journey destination for a longer excursion. For example, a lawn area where we play together before the reaching actual destination.
3. Transport. Would it 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's worth setting a low threshold for exploring new nearby destinations as an extension of your own backyard. 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. MARTINKYLÄ HÖGBERG, VANHA NURMIJÄRVENTIE 22

This destination may at first seem difficult to approach, as you have to climb up a cliff beside the road. However, there are a few different routes to the top, so depending on your skill level, you can choose which one to take. This location is not suitable for small children. The top of the hill is an open space where even fast-paced games are possible. However, you must be careful when limiting the play area, as there are a few places where you can fall down from the cliff.

In addition to being a good play area, this is an excellent place to watch planes as they are flying just above the forest.



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.

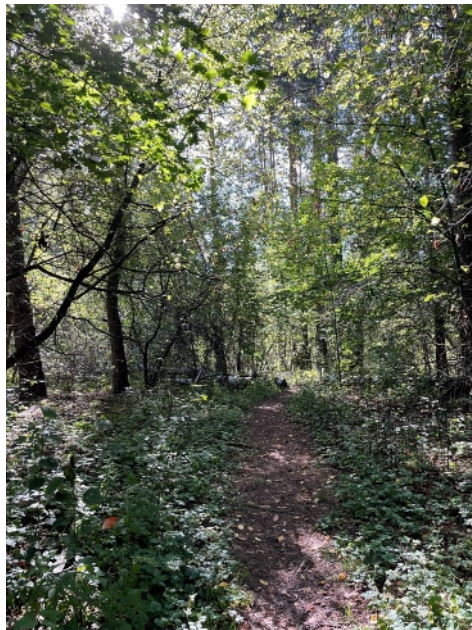
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2. PERKIÖ, PERKIÖNTIE 21

A forest area with a path running through from the Koukkuveräjä footpath to the Koukkuniitty playground. The forest is quite densely grown, but there are also more open spaces for common activities. There are good places to play beaver under the spruces, and the fallen tree trunks can be used for practising balancing skills. Koukkuniitty field and playground are nearby.



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

WILLIAM THE WIZARD'S GAME IDEA

LEAFY CRAFTS

You can make all sorts of things from autumn leaves! 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!





3. KIVIMÄENPUISTO, KOIVIKKOTIE 6C

A park-like green area with plenty of space for physical activity. The large lawn area allows you to play sports together. Beyond the lawn area is a more wooded rocky area, accessible by a footpath or a trail. This is the home of Vantaa's Rhododendron Garden, which is at its most beautiful in mid-June at the end of May.



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.

WILLIAM THE WIZARD'S GAME IDEA





4. KIVIVUORI 1, LINTUKALLIONKUJA 8

A rocky forest area that is limited by residential areas, schools and day-care centres. This forest is uneven in its terrain, but still suitable for play. There is plenty of open space in the forest where the sun can shine. There is a ball field in the forest, which allows for fast-paced running games.



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. During daytime, the game can be played with "diamonds", or shiny rocks. Headlamps are a fun tool.





5. KIVIVUORI 2, METSİKKÖPOLKU 3

This forest can be accessed, for example, from the junction between Metsikköpolku and Kukinpolku. When entering the forest from the junction, the forest will be dense and have a lot of roots visible. However, there are plenty of sticks and twigs for activities like building games. The terrain becomes slightly hilly as you move towards the Metsikköpolku day-care centre. The slope offers more open space for physical activity. The Kivivuori playground is nearby (see page 62).



HUT BUILDING

Build a place to eat lunch.

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





6. LAAJAKORPI, RAAPPAVUORENRINNE 2

A heavily wooded forest area between the residential area and the road. There are paths through the area, with some good open spaces for physical activity along the edges. The terrain is quite rugged, but otherwise easy to navigate.



HIDE ALL

Limit the play area – an example of play area limits: the instructor 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.

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7. LAAJAVUORI, MARTINPOLKU 8

This forest destination can be reached from several directions, and there are outdoor trails running through the forest. This is a rocky area, which makes the terrain very uneven. Because the area is quite large, there are many different places where you can play and move around. Here, for example, you can practise your balancing skills when moving on the rocks.



COLOUR ORIENTEERING

Colour 6 to 12 different colours on a paper for each child 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.

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8. JOKIUOMANPUISTO, RUSKOKUJA 1

A managed park-like area with plenty of lawn space for common activities. The outdoor route runs around the park. At the edge of the park is a forest, accessible by smaller paths. There is plenty to explore in the forest and plenty of sticks and twigs for building games, for example. The forest can also be accessed from the bridge across Mätäoja to the Kaivoksela side.

There is also a small pond in the park where you can watch ducks.

Next Jokiuomanpuisto playground (see page 66).



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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.





9. VIHERPUISTO, VIHERTIE 56

A forest that extends over a wide area and with something for everyone. The forest has outdoor trails and smaller paths that make it easy to get from one place to another. Here, for example, you can find a rock wall where you can practice rock climbing (see the instructions for a climbing knot on the next page). Because the forest is so big, the terrain varies a lot. For the most part, the forest is easily accessible.



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.

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

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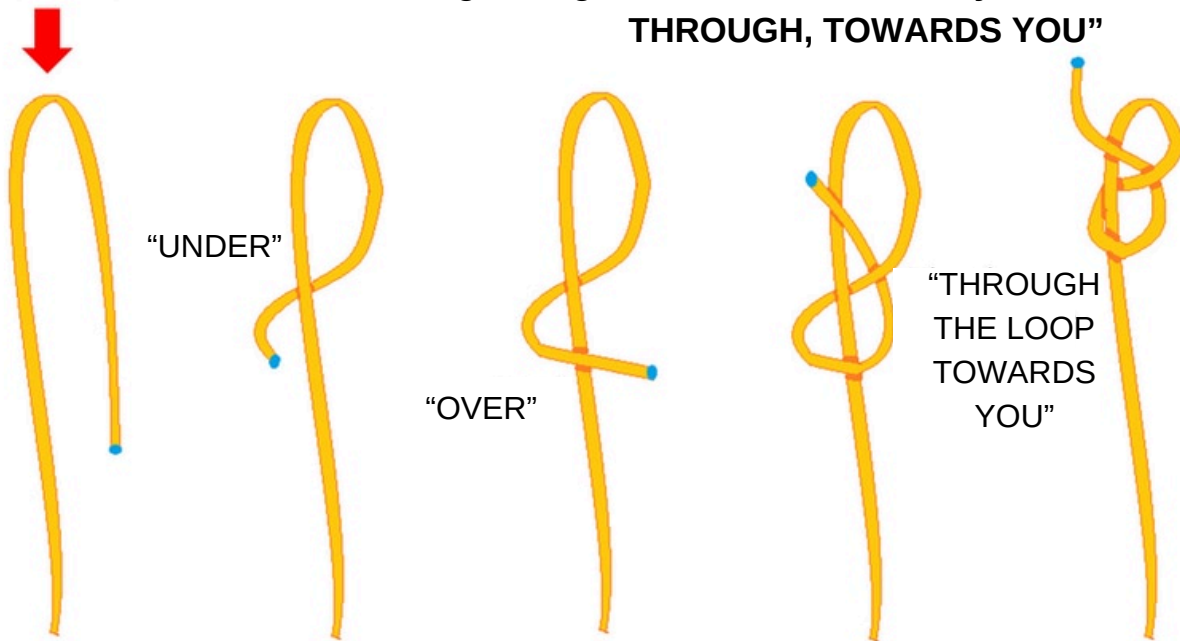


Figure-eight and double figure-eight

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

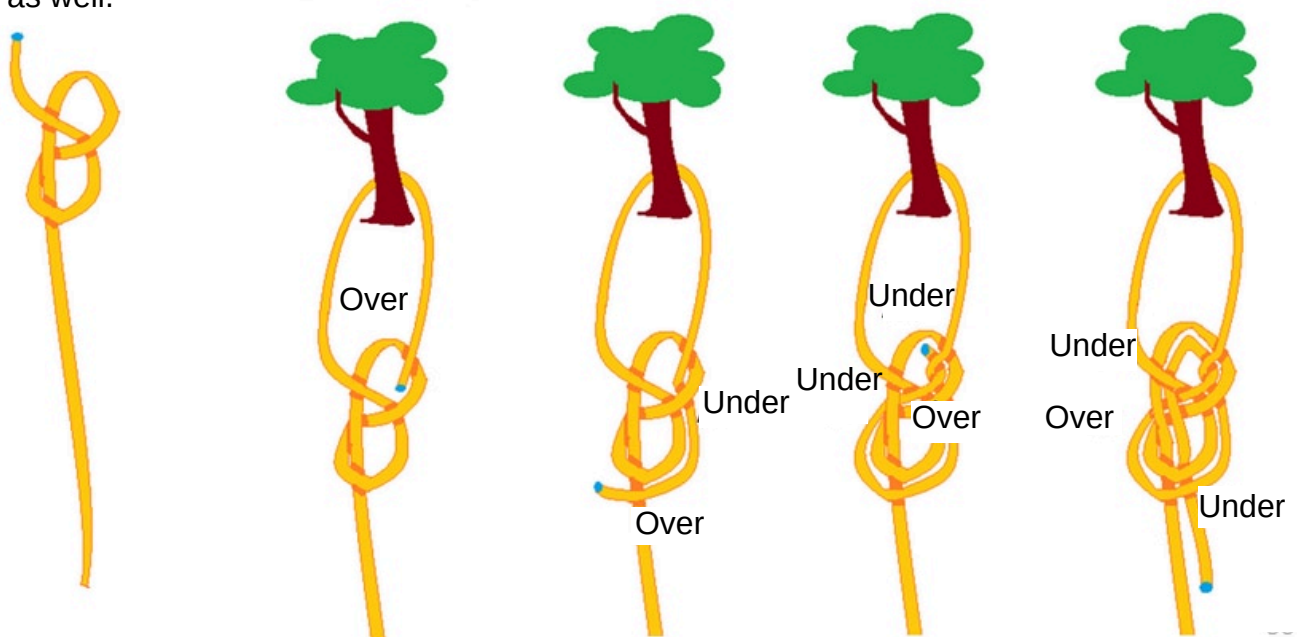
A figure-eight can be tied to this rhyme: "UNDER, OVER, THROUGH, TOWARDS YOU"

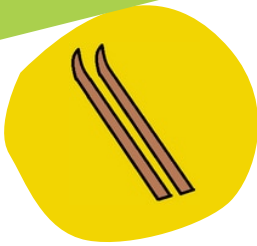


The double figure-eight loop is made by carefully following the first figure-eight.

Make a loop around the tree as well.

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.





10. RAAPPAVUORENPUISTO, UOMATIE 35

The Myyrmäki water tower serves as a good landmark in this site. An outdoor trail runs around the water tower, with paths leading to many good places to play and exercise. There is also an open rocky area along the outdoor trail, where you can take a picnic break, for example.

Note: The water tower was under renovation at the time of the survey, so the area could not be explored properly.

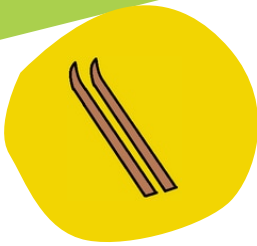


STUMP TAG

The tag tries to catch the others. A tree stump acts as a safe zone. Only one player at a time can be in the safe zone. When the tag catches someone, that person becomes then next tag.

WILLIAM THE WIZARD'S GAME IDEA





11. KAIVOSPUISTO, LUOLAPOLKU 6

Right next to the Kaivoksela sports park, a mixed forest on a slope. On the west side, the forest borders arable land. A fitness track runs through the forest, along which you can find a variety of places to play and exercise.



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...

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12. SILLBÖLE MINE, KAIVOSTIE

Several old iron mines, the deepest of which are about 50 metres deep. The mines are fenced off, but it is possible to peer through the gaps in the fences. These are bound to cause some surprise, so it is a good idea to find out more about the destination before you go, for example by searching the internet.



WILLIAM THE WIZARD'S GAME IDEA

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 1. a jackdaw = squat down and jump up, 2. a puddle = one X jump, 3. a coltsfoot = make a face at a friend





13. VIRTAKUJA

A small wooded area next to the Uomarinne school. The edges facing the school and apartment buildings are fenced, but the edges facing the small parking lot and turnaround are unfenced. However, the area can be easily monitored. On the edge of the forest is a small stand where you can take a snack break, for example.



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STAND RUN

You can make a great track on the stairs! Where to go up and where to go down? And in what style? You can easily use stones as slalom poles, make arrows and obstacles out of sticks, and so on.





14. OJAPUISTO, OJAPUISTONPOLKU

Located right next to the Pilke Pikkukarhu day-care centre, this is an area with open space for fast and dynamic games. The open space is surrounded by a forested area where you can play calmer games under the trees. There are also suitable places to walk along the dirt road running parallel to the railway line.



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





15. VIRTAPUISTO, PUTOUSRINNE 6

Next to the fields next to the Myyrmäki Sports Centre is an outdoor trail with some good places to play and have fun. The slope between the apartment buildings and the dirt road is a good place for quieter activities, as the area is rugged terrain and located on a slope. At the end of the road, near Raappavuorentie, there is a larger flat and open space that allows for faster-paced games.



TREASURE MAPS

Draw maps of the play area in small groups, for example. Alternatively, an adult can work out and print the maps in advance. When the maps are ready, small groups hide treasures such as silver spoons or jewels in the map area. It is a good idea to have different objects or different colours for different small groups 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





16. VASKIVUORI, VASKIPELLONTIE

A large forest stretches from Vaskivuorentie to Vaskipellontie and Mätäoja, which can be easily accessed via a bridge to, for example, the gravel pitch in Löydöspuisto. Because the forest is so large as an area, there is certainly something new to explore for many forest excursions. The area is rocky, and in some places there are cliffs, so care must be taken when limiting the play area.



GROUND 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





17. NUORAPUISTO, SORMUSPOLKU 4

A flat lawn area between walkways. Trees border the area. There is also a small playground next door (see page 76). There is plenty of space on the lawn and in the playground for fast-paced running games.



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





18. KILTERINMÄENPUISTO, KILTERINRINNE 9

The small trails departing from the dirt road lead to an open rocky area. The rock is partly covered with moss and grass, so it is soft to move on top. At the edges of the open area there is wooded terrain, where trees provide shade. There is a playground next door, see page 77.



WILLIAM THE WIZARD'S GAME IDEA

TRADITIONAL STATUES

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





19. HONKASUONTUNNELI, KILTERINKUJA

A large, diverse forest area that stretches from the Leirimäki Trail to the end of Kilterinkuja. A trail through the forest runs along smaller trails to different parts of the forest. Here you can find a variety of areas where everyone is sure to find something to do. As a rule, the forest is easy to navigate.



WILLIAM THE WIZARD'S GAME IDEA

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.





20. AJOPUUNPUISTO, RAJATORPANTIE 18

A mixed forest with a fairly dense growth of new vegetation. There are paths in the forest, but there is less open space. The forest is suitable for more leisurely exercise and games. Rajatorpantie is located on the edge of the forest, so it is important to limit the play area.



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 children are then divided into groups: 3 to 4 children per group.

The adult shows the children one natural material at a time and the children's task as a group is to find one that is as similar as possible. Once every group has found the same material, look at the natural materials together and possibly discuss, for example, the differences in colour that can be found in autumn leaves, even if the leaf comes from the same tree (like a maple leaf).

WILLIAM THE WIZARD'S GAME IDEA





21. HUDDINGENPUISTO, PIIKUJA 9

A park-like green area with a small grove on the edge. An outdoor path runs through the middle of the park, with a few park benches along the way. The grass areas are ideal for common physical activities, for which there is plenty of space. In addition to the grass, there are two tree trunks that serve as good platforms for training balancing skills.



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 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.²⁸

WILLIAM THE WIZARD'S GAME IDEA





22. KIVIKAUDENPUISTO, RUUKUNTEKIJÄNTIE 6

A forest area on the slope. Many easy paths lead up the slope. There is plenty of room for various games and physical activity at the top. The terrain is full of sticks for building a hut, for example, and stones for balancing on.

There is a playground nearby (page 74) and the Myyrmäki sports park (page 53) on the other side of the road, so it is easy to combine a forest excursion with a visit to these places, for example.



FOREST ART

The idea is to make a “painting” on the ground. A lawn or sandy area is a good place for the painting.

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... etc.

WILLIAM THE WIZARD'S GAME IDEA





23. MYYRMÄENMETSÄ 1, RAJATORPANTIE 25

Behind Energia Areena is a densely wooded area, where there is a trail running from one side of the forest to another, from the petanque field to the football stadium. Along the trail, there is a large stone for climbing and a few fallen trees where balancing skills can be practised.



DON'T FOLLOW THE LEADER

Play "don't follow the leader". The players form a line. The first in line goes ahead along the path, 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





24. MYYRMÄENMETSÄ 2, RUUVIPOLKU

Behind the Myyrmäki football stadium rises a rocky hill with plenty of open space for physical activities. There is also a path from the top of the cliff to the forest. The trail takes you all the way to the athletics field. In this mixed forest the trails are rocky in places but otherwise easy to navigate. The area is bordered by residential areas and outdoor trails.



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





25. ILPOLANPUISTO, ILPOLANKUJA 2

An open rocky area with a more forested area on its edges. There is a gentle uphill climb to the top, but you can also stay at the bottom of the hill. The rock is smooth, so even fast games are possible. It should be noted that the rock is partly covered with moss, so it may be slippery in wet weather.



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





26. KOIVUVAARANRINNE, VIISARITIE 23

A dirt road to the forest starts along the Viisaritie road. From the roadside, smaller paths lead to wooded play areas. Many branches and trunks of wood on the ground can slow down movement. However, the trails are fairly easy to navigate.

The birds' chirping can be heard in the forest, so you can familiarise yourself with the bird calls here. Can you find the nesting boxes placed in the trees?



WILLIAM THE WIZARD'S GAME IDEA

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.





27. PÖLLÖKALLIO, VEITSITIE 18

There is plenty to study at this site for several excursions! The forest is located right next to the Pöllökallio playground, so combining a visit to the playground with an excursion to the forest is also a great idea. This large forest is very varied. Walking up a rocky slope trains your movement and balancing skills. At the top there is a rocky area where you can play and move around!



WILLIAM THE WIZARD'S GAME IDEA

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. Come up with more things to look for yourself and the children can also come up with adjectives to look for themselves!





28. LINNAISTENMETSÄ, SILAKUJA

A large forest, where you can certainly find places to move and play for all sorts of purposes. There are several access points to the forest from Silakuja, such as the small parking lot at the end of the alley. There is also plenty of room for common sports and games.



MAPS

Need a more detailed map of a part of Vantaa?
Here are two useful addresses:

Kartta-Vantaa: <https://kartta.vantaa.fi/>

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

WILLIAM THE WIZARD'S GAME IDEA





29. AUTIOMÄKI, KARHUNKIERROS 1

A wooded area on a hill between apartment buildings. The hill is quite rugged and rocky, but there are good places to play along the way. The path is lined with trees, under which you can also play quieter games. There is a lawn at the bottom of the hill, which allows for common physical activities.



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





30. LAMMASPUISTO, TERHOTIE 5

The Lammaspuisto forest is surrounded by an outdoor route, along which the Lammaslampi pond is also located. Smaller paths lead to the forest. Here you can find sticks for building games and tree trunks for balancing. There is a grass area by the pond for common games. Refreshments can be eaten, for example, on the benches on the pier. The Lammaspuisto 2 playground (see page 84) is located right next to the forest.



MUD KITCHEN

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

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.

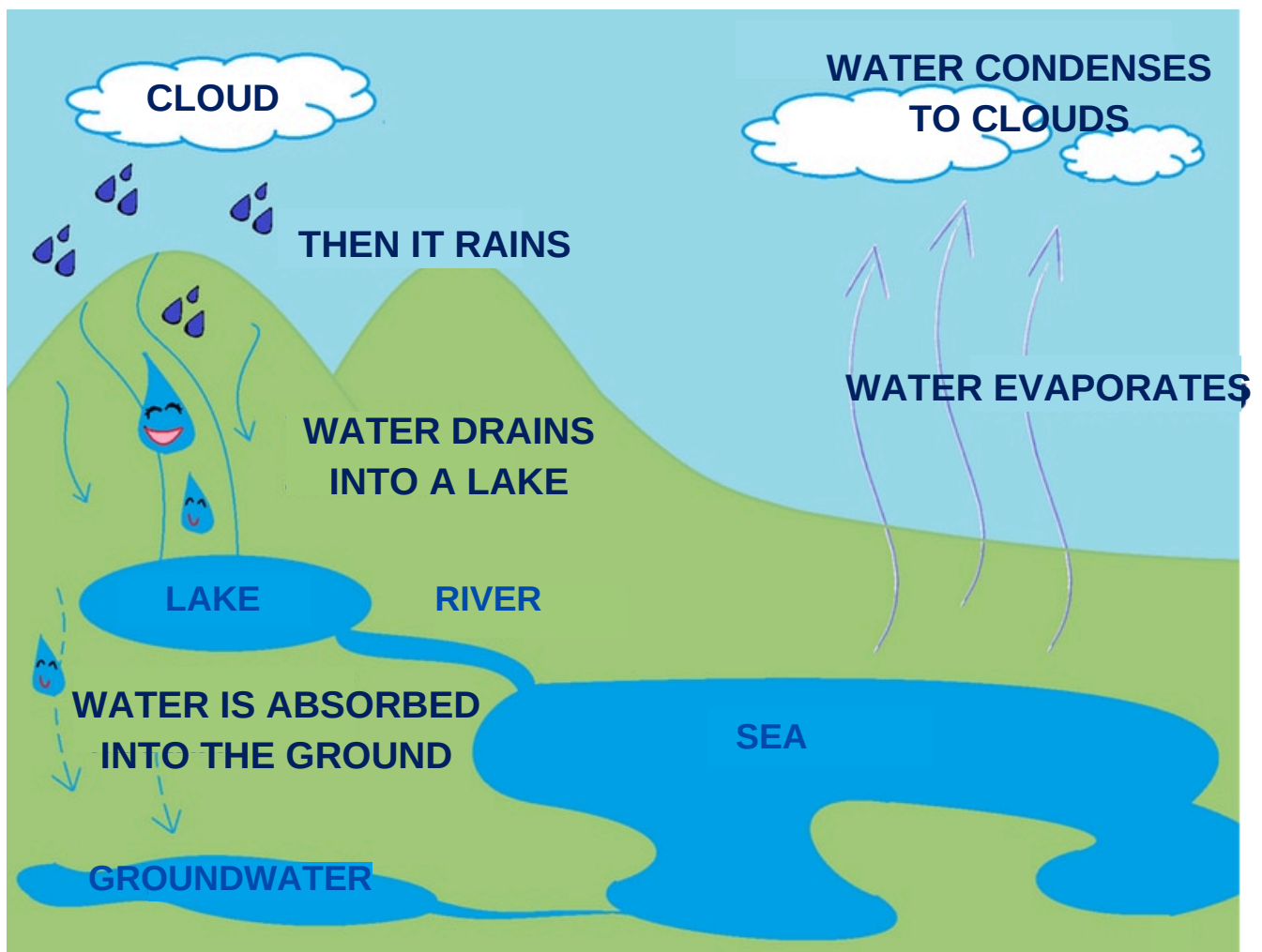
Sound familiar? Do you know an active friend who does not like to be still? When it rains, the water drops fall down towards the ground. Droplets hit the ground, but do not stop. Instead, they form streams and run down towards ponds and lakes. The journey of our lively rascals does not end at the lake, 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!





31. AUTIONIITTY, LAMMASRINNE 3

This wooded area is circled by an outdoor route, along which you can find different areas for physical activities and playing. One point that is easily accessible to the forest is next to the outdoor gym. There is plenty of room for fast-paced activities. Although the terrain is gently sloping and in places rugged, it is otherwise easy to walk.



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.

WILLIAM THE WIZARD'S GAME IDEA





32. PÄHKINÄPUISTO, PÄHKINÄTIE 5

There are certainly several different places for physical activities and playing. One great place is the open area shown in the pictures. There is plenty of room for fast-paced activities. The terrain is very flat, with little roots on the surface. Here you can find branches and sticks for building a hut, for example, as well as big rocks for climbing.

At this site, the outdoor routes go around and takes you to many places suitable for physical activities. The road also takes you to the shores of Lammaslampi.



WILLIAM THE WIZARD'S GAME IDEA

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?





33. PÄHKINÄRINTEENTIE 60

This site is partly on a slope. This lower part of the forest is quite densely grown, and there is a lot of small vegetation that slows down the passage a bit. The top of the slope opens up to a magnificent open rocky area where common games can be played. Be careful on the cliffs, however, as the area is not completely flat.



FIND PAIRS

The first step is to agree on a play area. Hide cards in the area, the pair of which the adult has in the bag. For example, pairs of cards can be animal families, a capital letter and a small letter, a postcard cut in two, etc. Children are divided into pairs or small groups, and they take one card at a time from the bag and start looking for its pair in the agreed upon play area. When a pair is found, both cards are brought out of the forest. The children then take a new card from the bag and go looking for a pair for this card.

WILLIAM THE WIZARD'S GAME IDEA





34. SAHRAPUISTO, SAHRAPOLKU 3

A park-like green area with a playground (see page 89). The park has several lawn areas where you can have fun and play together. The terrain of the area is flat.

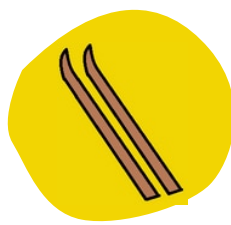


WILDWATER

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 tag cannot climb onto a log.

WILLIAM THE WIZARD'S GAME IDEA





35. VARISTONNIITYT, RYSTYPOLKU 3

A large park area with plenty of space for exercise. Outdoor routes go around the area. Here you will find a large grass pitch with two football goals. Behind the grass area there is a forested area where there is plenty of space for forest activities. The open parts of the forest are easily accessible, even though they are quite rugged. There is also a pond in the area where you can see ducks.

There is also a frisbee golf course in the area.



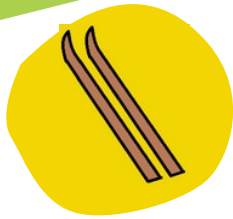
GOOD FRIEND!

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.

WILLIAM THE WIZARD'S GAME IDEA





36. LEHTOKUJA

The outdoor route runs from Lehtokuja to Tulvaniityntie. There is a small artificial pond along the road. Behind the pond, a smaller path leads into a steep-sloped mixed forest. The path is easy to follow and takes you up a slope with open space for activities. There are plenty of rocky spots on the slope, where you can practice your balancing skills while climbing on the rocks.



WILLIAM THE WIZARD'S GAME IDEA

WILD LIFE

What forest animals or traces of their feeding or footprints have you seen? How do animals move? Or what sounds do they make? In small groups, build homes for different animals. What kind of home does a spruce bark beetle live in?



WHO ATE THE CONE?

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



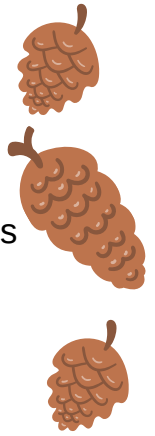
A cone eaten by the squirrel is even more jagged.



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.





37. ASKISTONRAITTI

Next to the Askisto dog park is a dirt road leading to the forest. Different areas on both sides of the road: more open on one side and densely overgrown on the other. The terrain slopes on both sides. There is definitely plenty to explore on many different excursions.



ILMANSUUNNAT

Settle down in the middle. 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

WILLIAM THE WIZARD'S GAME IDEA





SPORTS FACILITY

SPORTS FACILITIES ON MAP

The sports facility symbol indicates the sports facilities suitable for young children. Some are built sports facilities, others are grass areas suitable for sports, for example. Built sports facilities often need to be booked in advance.

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

Book a sports facility using the Timmi reservation system. 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.

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1. MARTINLAAKSO SPORTS PARK, LAAJAVUORENTIE 1

Martinlaakso Sports Park offers a wide range of opportunities for outdoor sports. Here you can find a gravel-based and an artificial turf-based Finnish baseball field, two tennis courts, a football field and a basketball court. In the winter, the field is turned into an artificial skating ice.



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.

WILLIAM THE WIZARD'S GAME IDEA





2. RAIKUKUJA FIELDS, RAIKUKUJA 10

Two large fields, one gravel and the other artificial turf, allow for fast-paced play and exercise even for large groups. Both fields are fenced and have several football goals.

In winter, weather permitting, the gravel pitch will be covered with natural ice for skating.



WILLIAM THE WIZARD'S GAME IDEA

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.

A line on the ground divides the game area in two. The aim is to keep your side clear of thrown objects. 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.





3. PARK FIELD VIHERPUISTO, VIHERTIE 56C

A large gravel pitch, where you can carry out all kinds of activities with a large group. There is a forest nearby, so it is also easy to combine exercise and a walk in the woods. Football goals on the gravel pitch. Next to the gravel pitch is an asphalt-covered basketball court with two hoops.

A skating rink is frozen on the gravel pitch in winter, weather permitting.



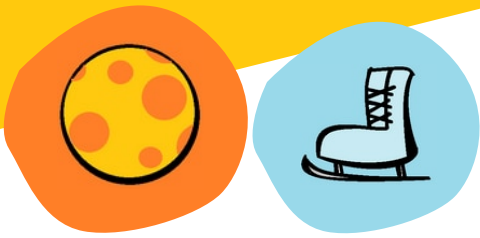
ACORN HUNT

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 four teams, for example. 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.⁵⁰

WILLIAM THE WIZARD'S GAME IDEA





4. KAIVOKSELA SPORTS PARK, LUOLAPOLKU 6

A sports park in Kaivoksela with a wide range of sports facilities. There is a large gravel pitch, three tennis courts, a parkour area and a small basketball court. In addition to these, the park offers long jump and shot-put facilities, as well as outdoor gym equipment. In winter, weather permitting, a natural ice is frozen on the pitch for skating.



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





5. MYYRMÄKI SPORTS HALL, MYYRMÄENRAITTI 4

Myyrmäki Sports Hall has a swimming hall, a ball hall and a gymnasium. Outdoor facilities include tennis and basketball courts.



COME HOME

Players line up, back against the edge of the pool or gym. The leader of the game says, "Come home, all children." The players answer "How?" The leader then explains the way, for example by walking, running, backwards walking, laterally, quickly, while blowing bubbles, while splashing, in giant steps. The players move in that way to the opposite side of the pool gym and play the same thing again.

WILLIAM THE WIZARD'S GAME IDEA





6. MYYRMÄKI SPORTS PARK, RAAPPAVUORENTIE 6-12

This place offers excellent opportunities for movement and exercise. Myyrmäki Sports Park has several sports facilities, such as ice halls, football stadium, Myyrmäki Hall, athletics field, Energia Areena (see next page), a gravel pitch, a squash field and a skateboarding area.

Please note that some sports facilities require booking.



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





7. ENERGIA AREENA, RAJATORPANTIE 23

Energia Areena is part of the Myyrmäki Sports Park (see previous page). Energia Areena is suitable for various types of physical activity and for organising events.

Note: must be booked!



BANANA TAG

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 by changing the way players move. For example, by jumping, leaping, sideways, squatting.

WILLIAM THE WIZARD'S GAME IDEA





8. RAJATORPPA ROCK SHELTER, RAJATORPANTIE 27

The Rajatorppa rock shelter has two floorball rinks, a wrestling area, a combat sport space and a tatami.

Note: must be booked!



WHO IS AFRAID OF THE OCTOPUS?

First, the first octopus, the tag, is chosen to stand in the middle of the pitch. Other players line up at the end of the pitch. Their task is to run to the other end of the pitch without getting caught. The octopus's job is to catch the other players. Those caught become octopuses.

WILLIAM THE WIZARD'S GAME IDEA





9. VAPAALA SPORTS PARK, LUHTITIE 11

The Vapaala sports park has a grass football pitch, a free grass area and a large gravel pitch, where a skating rink is frozen in winter, weather permitting. There are also beach volleyball fields in the area.

Most of the fields are freely available unless booked. Check the reservation status from Timmi.



LAND-SEA-SHIP

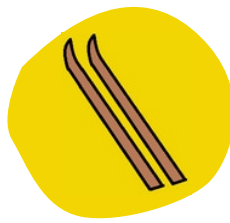
Decide together where land, sea and ship are. The players start by lining up "on the land".

The play leader shouts "land", "sea" or "ship". The players run into the requested area.

Play can be made more difficult by using different movement styles, such as "ship, by hopping".

WILLIAM THE WIZARD'S GAME IDEA





10. ASKISTONPUISTO PARK FIELD, PIRTTITIE 32

A large gravel pitch, partly fenced, with three football pitches and one long jump facility. A few benches on the side of the pitch. This is a good place to have a day-care centre's sports day, for example.

Natural ice is frozen on the pitch in winter, weather conditions permitting.



SKATING TO EMOTIONS

Practise skating with different emotions, such as happiness, anger, sadness, or feeling upbeat, overjoyed, scared, tired, cheerful. The same game can also be played without skates, for example on gravel or grass. Children can also be given different emotional states to invent themselves.

WILLIAM THE WIZARD'S GAME IDEA





PLAYGROUND

PLAYGROUNDS ON THE MAP

Playgrounds bring pleasant variation to the familiar equipment of day-care centres and you own yard. Especially with older children, it is worth expanding your territory to the nearby parks with a low threshold.

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 Urban Environment Department. Our thanks to the Urban Environment Department.

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.





1. KOIVIKKOPUISTO PLAYGROUND, KOIVIKKORINNE 3

Koivikkopuisto is located in Martinlaakso in a residential area with a high density of detached houses. The area has a fenced playground for small children, and there are also equipment for bigger children outside it. The playground for bigger children has a small games area. The court has a ball wall equipped with a basketball hoop.

The playground has:

- a sandbox
- a play car
- a spring rocker
- an outdoor playset (with two slides – big and small – a climbing net)
- combination of a firefighter's pole and a climbing wall
- a swing set (with four swings, of which two are safety seats)
- a nest swing
- a balancing beam
- a carousel
- a suspension bridge
- three benches



SANDBOX TARGETS

Sand shovels, buckets or sticks are placed in the middle of the sandbox. Players are supposed to knock over the objects by throwing a ball at them from outside of the sandbox. There are at least as many balls as players. One adult can be in the middle returning balls.

WILLIAM THE WIZARD'S GAME IDEA





2. KOUKKUNIITTY PLAYGROUND, KOUKKUNIITYNPOLKU 6

Koukkuniitty playground is located in Vantaanlaakso, in the green area between Vantaanlaaksontie and Hämeenlinnanväylä. The partially fenced playground has a separate area for small and big children. In the immediate vicinity of the playground is a floodlit gravel pitch.

The playground has:

- a sandbox with a shelter
- a carousel
- a spring rocker
- a spring rocker for four
- two swing sets (with five swings, of which two are safety seats)
- an outdoor playset (with a slide, a suspension bridge, a climbing net, a firefighter's pole)
- a bench and a table set



WILLIAM THE WIZARD'S GAME IDEA

TRAIN STATION

An adult shouts "Choo-choo, the train is leaving, everyone on board!". The train starts with everyone running either together or in a line. Run for a while and arrive at the station at the "stop" command. We stop at the station and take sufficient space to do different tasks. The tasks at the station can be anything from motor skills to animal movement styles or ball games.





3. LAAJANIITTY PLAYGROUND, KIVIMÄENTIE 24

Laaianiitty playground is located in Martinlaakso at the junction of Kivivuorentie and Kivimäentie. The playground equipment is designed for small children.

The playground has:

- a sandbox
- a play car
- two spring rockers
- a spring rocker for four
- a climbing frame for small children
- swing set (with three swings, of which one is a safety seat)
- an outdoor playset (with a slide, a climbing wall, a firefighter's pole)
- two benches



FRIENDLY STEEPLES

Form a human steeple course. In other words, a line where the one at the back always starts running the course and, after completing the course, remains first as the 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 (leapfrog)
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





4. KIVIVUORI PLAYGROUNF, METSİKKÖPOLKU 3

Kivivuori playground is located in Martinlaakso along the Metsikköpolku trail. The playground has equipment for both small and big players. The area's outdoor trampoline, seesaw, nest swing and outdoor playset are particularly popular with bigger children.

The playground has:

- an outdoor playset (with a slide and a climbing frame)
- a crawl tunnel
- two spring rockers
- a swing sets (with five swings, of which two are safety seats and one is a nest swing)
- a carousel
- a sandbox
- a trampoline
- a seesaw
- a table set and two benches



WILLIAM THE WIZARD'S GAME IDEA

TRUCK RALLY

The children stand on the line and push the car forward once. When all cars have stopped, the cars are pulled back to the line at the same time.





5. LAAJAVUORI 2 PLAYGROUND, RAAPPAVUORENPOLKU 5

Laajavuori playground 2 is located in Martinlaakso at the southern edge of Laajavuorenpuisto, opposite the Martinlaakso schoolyard. The playground on the edge of the forest has plenty of space for various games.

The playground has:

- a sandbox with a shelter and a play wall
- a spring rocker for two
- a spring rocker for four
- a climbing frame with net
- two swing sets (with five swings, of which two are safety seats)
- an outdoor playset (with two slides, a shelter, a shop desk)
- a bench



WILLIAM THE WIZARD'S GAME IDEA

CLEANING GAME

When it is time to clean up, place a basket outside the sandbox where children can bring all their sand toys in different movement styles. The idea is to carry one toy at a time into the basket. Remember to try different movement styles!





6. LAAJAMETSÄ PLAYGROUND, RAAPPAVUORENREUNA 2B

Laajametsä playground is located in Martinlaakso, in the immediate vicinity of apartment buildings. Public transport connections are good, thanks to the close location of Martinlaaksontien and Raappavuorentie.

The playground has:

- a sandbox
- a play car
- a spring rocker for four
- an outdoor playset (with two slides, a shelter, ladders)
- a playhouse
- a swing set (with four swings, of which two are safety seats)
- a rain shelter
- an equipment box
- one bench



WILLIAM THE WIZARD'S GAME IDEA

IDENTIFYING COLOURS

The game requires different coloured cards or other colourful objects. The group selects a specific task for each colour.

For example: red – climb a climbing frame; blue – jump on a rock; yellow – go hide. A play leader is chosen, who will draw different coloured cards in turns. An agreed task is carried out according to the card colour.





7. VIHERTIE RESIDENTIAL PARK AND OPEN MEETING PLACE, VIHERTIE 56E

Viherpuisto is one of Vantaa's residential parks and is located in Martinlaakso. The residential park is intended for children of all ages and their guardians. The activities of residential parks are guided and take place outdoors or indoors. For a more detailed weekly and monthly programme, visit vantaa.fi and the the notice boards of the parks.

The playground has:

- five spring rockers
- a sandbox
- a playboat
- a slide for small children
- a playhouse
- a climbing frame with a net
- a climbing frame (nets, stall bars, a climbing wall)
- a seesaw for two
- two swing sets (with eight swings, of which four are safety seats)
- an outdoor playset (a shelter, a sand tower, a shop desk)
- four benches and two table sets



WILLIAM THE WIZARD'S GAME IDEA

WILD BALLS

The players line up and everyone has a ball in their hands. The balls are set in motion in a mutually agreed manner, then the players wait for the signal "one-two-three-NOW!". At the signal, the players retrieve the balls and return to the line.





8. JOKIUOMANPUISTO PLAYGROUND, ERÄKUJA 7

The unfenced playground is designed for small children. The playground is located on a sunny hillside with a wide view of the Jokiuomanpuisto park and the adjacent residential area.

The playground has:

- a swing sets (with four swings, of which two are safety seats)
- an outdoor playset (with a slide)
- a climbing frame (with a climbing wall and net)
- a sandbox
- a playboat
- two spring rockers
- three benches



WOLF AND PIGLETS

Choose one or more players to be wolves, who sleep in the middle of the play area. The other players are pigs and hang around the wolves, as close as they dare. The playground has pre-agreed safety areas that piglets must reach when wolves wake up. The wolves themselves can decide when to wake up by shouting "wake up!". This is a sign to piglets that they have to run to safety. Change the wolves every round

WILLIAM THE WIZARD'S GAME IDEA





9. PILVIPUISTO PLAYGROUND, VIHERKUMMUNTIE 5B

Pilvipuisto playground is located in the middle of a single-family neighbourhood in Vantaanlaakso. Pilvipuisto playground and the adjacent small sports field are in a fenced area. Surrounded by lush vegetation, the playground provides good basic facilities for playing and handball games. The sports field has a wall with a basketball hoop and the volleyball court has poles and a net.

The playground has:

- a sandbox
- a carousel
- an animal spring rocker
- a swing set (with four swings, of which two are safety seats)
- an outdoor playset (with a slide and a climbing frame)
- three benches and a table set



WILLIAM THE WIZARD'S GAME IDEA

FRISBEE

Take, for example, three soft frisbees and go out to the field. 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.





10. PLAYGROUND VETOKANNAS, VANTAANLAAKSONTIE 1

Vetokannas playground is located at the Vetokannas swimming place by Vantaanlaaksontie. A colourful climbing frame in the playground serves as a landmark in the area. In addition to the playground, there is a volleyball court and an outdoor fitness area.

The playground has:

- a climbing frame
- a swing set



EMPEROR'S TREASURES

At first, the emperor's area is marked on the ground, and treasures are placed in the middle of the area. Select one or more players who will be placed inside the emperor's territory as an emperor. They must not leave the area. Other players try to get to the treasures through the emperor's territory without getting caught. If caught, the player must go back along the edges to the start before they can try again. If they get through, they get to bring one treasure along the edges to shared nest.

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WILLIAM THE WIZARD'S GAME IDEA





11. KAHLUUNIITYN PLAYGROUND, KAHLUUNIITYNTIE 7B

Kahluuniitty playground is located in Kaivoksela, in a green area along the Vantaanjoki riverside. This fenced playground for small children is located at the junction of outdoor trails, in the middle of an open meadow area. The playground is peaceful, bright and close to nature.

The playground has:

- a swing set (with two swings, of which one is a safety seat)
- a sandbox
- an outdoor playset (with a slide, a climbing wall, a climbing net)
- two seats under a street light
- a bench
- a spring rocker for two



WAVES AND SNAKES

The children stand in a circle and an adult goes to the centre of the circle. The adult has a jump rope, which they spin horizontally. Kids jump over the rope in the same direction. The adult spins the string in different ways: in waves the string undulates vertically, while it undulates horizontally when snaked. Sometimes there can also be a tsunami, where the string rises high into the air. The children's task is to dive under the tsunami whenever the string rises. A tsunami on land cannot be crossed over.

WILLIAM THE WIZARD'S GAME IDEA





12. LOUHIJANPUISTO PLAYGROUND, LOUHIJANTIE 4

Louhijanpuisto playground is located in Kaivoksela, in a green area between the apartment buildings. The playground is open and bright, and the equipment is suitable for both small and big players. There is also a small outdoor sports area and a petanque court in the central part of the park.

The playground has:

- a sandbox
- a slide for small children
- two animals spring rockers
- three swing sets (with three swings, of which one is a nest swing)
- a carousel
- an outdoor playset (with a slide, climbing wall, climbing frame, a boxing bag)
- one bench



WILLIAM THE WIZARD'S GAME IDEA

THE TROLL AND THE ESCAPING KIDS

Choose a troll to try to catch escaping kids in the play area. When a kid is caught, they are taken to the troll's nest to wait. The kid can escape from the nest again when another kid comes to get them by taking their hand. Change the troll every now and then.





13. OJAHAKA PLAYGROUND, HAKAMAANKUJA 4

Ojahaka playground is located in Myyrmäki in the Mätäoja green area. The spacious playground has a wide range of equipment for small and big children alike. In the immediate vicinity of the playground, there is also an outdoor gym and a senior track. In the vicinity of the Varia Ojahaka activity centre there is a play area and a seesaw for bigger children.

The playground has:

- a car spring rocker
- two spring rockers
- a sandbox
- a playboat
- an outdoor playset for small children (with a slide, a climbing wall, a firefighter's pole, a shop desk, and a shelter)
- a carousel
- an outdoor playset for big children
- a trampoline
- two swing sets (with three swings, of which one is a safety seat and one a nest swing)
- three benches and a table set



CONE HUNTING

Draw a squirrel's nest on the ground or use a hula hoop as a squirrel's nest. Spread the cones, or balls, all over the yard. The children play squirrels looking for a cone and are transporting them in different transportation styles back to the squirrel's nest. Switch transport styles every now and then.

WILLIAM THE WIZARD'S GAME IDEA





14. OJAPUISTO PLAYGROUND, OJAHANPOLKU 10A

Ojapuisto playground is located in Myyrmäki in the middle of an apartment block. The playground has space to play and equipment for small and big players alike.

The playground has:

- a sandbox with a shelter
- a slope slide
- an animal spring rocker
- a spring rocker
- ball wall
- a climbing frame
- a swing set (with three swings)
- a playboat
- a table set



WILLIAM THE WIZARD'S GAME IDEA

TREASURE HUNT

An adult hides 10 to 20 objects in the yard so that they are slightly visible. Children search for objects together or separately. Can you find all the items?





15. KUOHUPUISTO PLAYGROUND, UOMARINNE 5

Kuohupuisto playground is located in Myyrmäki, in a green area between the apartment buildings. The playground has a variety of play equipment and enough space for a large number of visitors.

The playground has:

- two swing sets (with six swings, of which two are safety seats)
- a play car
- a sandbox
- two spring rockers
- two animals spring rockers
- an outdoor playset (with a slide, a firefighter's pole, a rope ladder, a shop desk, and a shelter)
- a balancing rocker
- a slide for small children
- a table set and a bench



THROWING COURSE

There are three points at different distances (near, far, far away) marked, for example, with hula hoops. You draw a line on the ground and try to throw a cone, a bag of peas or a ball into the ring. Let us start with the first ring.

WILLIAM THE WIZARD'S GAME IDEA





16. KIVIKAUDENPUISTO PLAYGROUND, KIVIKIRVEENKUJA 6

Kivikaudenpuisto playground is located in Myyrmäki, in a green area between the apartment buildings. The area is bright and spacious, with separate areas for small and big children. For older children, there is also the possibility to play ball games in the area.

The playground has:

- an outdoor playset for big children (a firefighter's pole, a climbing platform)
- a slide for small children
- two sandboxes and four baking tables
- a spring rocker
- an animal spring rocker
- a spring rocker for three
- two swing sets (with five swings, of which two are safety seats)
- ball wall
- three benches and two table sets



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. The activity should be carried out in small groups, so that the groups search for different trees from each other. 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.

WILLIAM THE WIZARD'S GAME IDEA





17. AAPRAMINPUISTO PLAYGROUND, AAPRAMINTIE 3

An open, fenced playground with plenty of space for fast-paced play. The park is located in a quiet area near apartment buildings.

The playground has:

- a slide
- two swing sets (with one spider swing and two board swings)
- a sandbox
- a spring rocker for four
- an outdoor playset (a firefighter's pole, a climbing wall, rope ladder, ring pair)
- three benches
- a table set



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 doing $\frac{3}{5}$ three squatting jumps.

WILLIAM THE WIZARD'S GAME IDEA





18. NUORAPUISTO PLAYGROUND, SOLKIKUJA 7

Nuorapuisto playground is located in Myyrmäki in the middle of an apartment block. There are plenty of trees and shrubs growing around the playground. The area is divided into small spaces where you can, for example, play sand games, play ball or just hang out.

The playground has:

- a sandbox
- an outdoor playset (with two slides, a shelter, a shop desk)
- a swing set (with two swings)
- ball wall
- a spring rocker
- nine 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





19. KILTERINMÄKI PLAYGROUND, KILTERINRINNE 9

Kilterinmäki playground is located in Myyrmäki, in the immediate vicinity of apartment buildings and the railway line. The area has its own fenced playground for the smallest people, and there is an unfenced rocking and climbing area outside it as well as a small-scale square serving as sports field. There is a balancing beam, climbing ladders and a climbing pole with a rope on edge of the square. In addition to play equipment and the field, there is also a lawn area.

The playground has:

- three climbing frames
- a slide for small children
- a sandbox
- two animals spring rockers
- a swing set (with two swings, of which one is a safety seat)
- a balancing beam
- four benches



WILLIAM THE WIZARD'S GAME IDEA

TOWER CONQUEST

The children form a circle. A tower, such as a bowling pin, is placed in the middle of the circle. One of the children goes into the middle of the circle to protect the tower. The children in the circle try to knock down the tower by kicking or throwing a ball to conquer it. The game can have one or more balls. Each child gets a turn to be a tower guard.





20. LEIRIMÄKI PLAYGROUND, KILTERINKUJA 3

Leirimäki playground is located in the middle of apartment buildings, but still in a slightly wooded area. The official address of the playground is a little confusing: from Kilterinkuja, turn onto Leirimäinen path, along which the park is located.

The playground has:

- a sandbox
- a slide for small children
- a swing set (with two safety seats)
- a spring rocker
- a climbing frame (a treehouse, a firefighter's pole)
- two benches



LABYRINTH

Draw a labyrinth on the ground. The idea of the game is to find a route to the treasure and transport the treasures by a side route to the starting point. Change the way you move and also remember the different directions (e.g. bouncing sideways, walking backwards).

WILLIAM THE WIZARD'S GAME IDEA





21. RAJATORPANPUISTO PLAYGROUND, PIIKKIRINNE 1B

The playground in Vapaala, along Rajatorpantie road, is located in the green area between the apartment blocks. The playground is fenced and the play equipment is suitable for small children to play on.

The playground has:

- sandbox
- a spring seesaw for two
- a swing set (with four swings, of which two are safety seats)
- a play car
- a spring rocker
- an outdoor playset (with two slides and rope ladders)
- a bench and a table set



TSUNAMI

Let's start moving around in the playground with different animal styles. 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





22. SAHAPUISTO PLAYGROUND, SAHATIE 18

Fenced playground in a quiet area. The park has nice little details, such as a numbered jump grid. There is also a climbing frame, two trampolines and a balance carousel outside the playground fences.

The playground has:

- two swing sets (with five swings, of which two are safety seats and one is a spider swing)
- a sandbox
- a spring rocker
- a spring rocker for four
- an outdoor playset (with two slides, a climbing net and wall)
- a table set



WILLIAM THE WIZARD'S GAME IDEA

TOUCH THE COLOUR

Give instructions to children, for example "Touch yellow!" Players search and touch the surroundings 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.





23. PÖLLÖKALLIO PLAYGROUND, VEITSITIE 18

Pöllökallio playground is in a sheltered spot in Hämevaara. The play area has play equipment for big and small children. In the middle of the area is an outdoor playset with a slide and several different climbing functions. For young children, there is a sandbox, a playboat and a spring rocker. The play area in Pöllökallionpuisto is bright, but on hot days you can find the shade you need under the large trees that grow there.

The playground has:

- a carousel
- a playboat
- a climbing frame
- a sandbox
- a spring rocker for two
- a swing sets (with four swings, of which two are safety seats)
- an outdoor playset (with a slide, a suspension bridge, a firefighter's pole, a climbing net, rope ladders)
- two benches



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.





24. LINNAISTENMETSÄ PLAYGROUND, SILAKUJA 14

The wood and bushes surrounding the playground bring the required shade to the area and make the area a sheltered place for play. At the end of the play area is a small gravel pitch.

The playground has:

- two swing sets (with four swings, of which two are safety seats)
- a spring rocker for four
- a sandbox
- two benches



TOAST TAG

Define the area and select the tag. The tag's job is to catch the other players. The tagged person stops and puts their hands up. Two rescuers come to either side of the caught person, holding hands, so that the caught person, the "toast", remains between their hands. The rescuers crouch down, allowing the "toast" to jump over the rescuers' hands and free themselves from the "toaster" and run away again. Remember to change the tag.

WILLIAM THE WIZARD'S GAME IDEA





25. LAMMASPUISTO 1 PLAYGROUND, LAMMASTIE 20

Lammaspuisto playground 1 is located on the shore of Lammaslampi in Hämeenkylä. The playground for young children is in a sheltered and peaceful location, surrounded by apartment blocks and terraced houses. The Lammaslampi platform area is located in the immediate vicinity of the playground.

The playground has:

- a sandbox
- a play car
- a slide with a tunnel
- two swing sets (with four swings, of which two have safety seats)
- a carousel
- two animals spring rockers
- three benches and a table set



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





26. LAMMASPUISTO 2 PLAYGROUND, MANTELILASTU 6

Lammaspuisto playground 2 is located in Hämeenkylä in the park area near Lammaslampi. The playground is in a quiet and sheltered location with plenty of room to play.

The playground has:

- a swing set (with four swings, of which two are safety seats)
- two spring rockers
- two climbing frames (for big and small)
- a slide on a slope
- an outdoor playset (with a slide and a climbing beam)
- a climbing frame
- a sandbox (with a play till, a shop errand and a battlefields game)
- a play car



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/materiaalit/>





27. AUTIONIITTY PLAYGROUND, LAMMASRINNE 1

Autioniitty playground is located in Myyrmäki, in a green area between the apartment buildings. Planted vegetation, trees and shrubs will provide the necessary shelter and amenity to the park area and playground. The playground and its equipment is designed for small children. There is also a small volleyball court in the area.

The playground has:

- sandbox
- a slide for small children
- three spring rockers
- two swing sets (with four swings, of which two have safety seats)
- a play car
- an outdoor playset (with a slide, a shelter, a firefighter's pole, climbing mars and supports)
- seven benches and a table set



CONSTANT DODGEBALL

Children go inside the circle. Outside, an adult or child is the burner. The burner rolls or throws the ball downwards through the circle to the other side. The children inside the circle try to dodge the ball. When the ball hits the child, the child leaves the area and runs around the agreed marker. After running, the child can return to the game. Let's change the burners.

WILLIAM THE WIZARD'S GAME IDEA





28. VAPAALAN AUKEE PLAYGROUND, KIERRETIE 50

Vapaala aukee playground is located in Vapaala in the middle of a single-family home settlement. The play area for small children is spacious and has new and varied play equipment. There are three outdoor sports facilities and a parkour area for older children in the immediate vicinity of the playground.

The playground has:

- a playboat
- two spring rockers
- a sandbox
- a sand excavator laid
- a swing sets (with three swings, of which one is a safety seat)
- an outdoor playset (with a slide, a climbing level, a shop desk)
- table bench combination
- 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





29. AITTARIVI PLAYGROUND, AITTARIVI 4

An unfenced playground in a quiet area close to residential areas. The park has plenty of space for energetic play! There is also a small field next door, where you can certainly organise games together.

The playground has:

- a sandbox
- a swing set (with four swings, of which two are safety seats)
- two spring rockers
- a carousel
- a slide playset (with two slides)
- an outdoor playset (with climbing nets, a climbing wall and a firefighter's pole)
- turning spring rocker for four
- three benches



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 pea 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





30. VARISTONNIITTY PLAYGROUND, VARISTONTIE 7

Varistonniitty playground is located in Varisto near the Varistonniitty day-care centre. The playground has several pieces of equipment for small children and for older children there is an outdoor specialty that I would like to have that with many different play activities. There is also a volleyball court in the immediate vicinity of the playground.

The playground has:

- a sandbox
- an outdoor playset (with a slide, a firefighter's pole, a climbing net and rope)
- two animals spring rockers
- two ball walls with baskets
- two swing sets (with six swings, of which two are safety seats)
- a play car
- a climbing frame
- a slide for small children
- five benches



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





31. SAHRAPUISTO PLAYGROUND, KUOKKAPOLKU 6

The playground in the centre of the Sahrapuisto park is aimed at bigger children. Various tree species have been planted in the park area. A special feature of the park is the prunus, or rose bushes, planted in the central part of the park. A special feature of the park is the prunus, or rose bushes, planted in the central part of the park. The park also has an open grassy area for lounging.

The playground has:

- two seesaws for four
- an outdoor playset (with a slide, a firefighter)
- a climbing frame (with a climbing wall and net)
- a bench



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





32. PLAYGROUND KESANTO, KESANTOKUJA 16

Kesanto playground is located in the western part of Sahra Park, which is situated between residential areas. The playground is open and bright. The slope between the south-east and the south creates the warmest conditions. The playground has an asphalt playing field with a basketball hoop and a wall of balls.

The playground has:

- a sandbox
- playboat
- two swing sets (with four swings, of which two have safety seats)
- a slope slide
- climbing rack
- two benches



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





33. AITAPUISTO PLAYGROUND, AINONTIE 21B

The Aitapuisto playground in Hämeenkylä, on Ainontie, has a separate area for big and small children. For older children, there is a stalk and spinning and balancing equipment. For small children, there is a bow and arrow and a multifunctional equipment. The park has a hilly terrain and is planted with several species of trees and shrubs. In early summer, the park smells of syrenes.

The playground has:

- varsikiikku 2:lle
- balancing board
- rotating and balance equipment
- a spring rocker for one
- a spring rocker for four
- two swing sets (with four swings, of which two have safety seats)
- multifunctional equipment (sliding slope, climbing stand, shelter)
- three benches and table combinations



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





34. PIRTIPUISTO PLAYGROUND, PIRTTIPOLKU 3

The sheltered playground, bordered by trees and shrubs, is divided into two parts: a playground for young children and a playground for small games. The court has poles for the net and you can play volleyball or badminton.

The playground has:

- an animal spring rocker
- a sandbox
- a swing set (with two swings, of which one is a safety seat)
- an outdoor playset (with a slide, a shelter, a shop desk)



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.

WILLIAM THE WIZARD'S GAME IDEA





35. ASKISTONPUISTO PLAYGROUND, ASKISTONRAITTI 2

Located in the centre of the Askisto residential area, Askistonpuisto is a large green space in an open meadow landscape. The Askisto park play area is located at the edge of the forest, in the middle of the park. The play area is open and there is room to play. Near the playground is a ball field, where natural skating ice is made in winter, weather permitting.

The playground has:

- a climbing frame
- a spring rocker for four
- a sandbox
- a climbing frame
- two swing sets (with four swings, of which two are safety seats)
- an outdoor playset (with a slide for big and small children, a climbing net)
- two benches and a table set



LAVABALL

You need a soft ball and one tag, a burner. The task of the burner is to "burn" others with the ball. No walking 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





36. ASKISTONMETSÄ PLAYGROUND, HAKKUUTIE 28B

Askistonmetsä playground is located at the northern end of the Askisto residential area, in the green area between Timmermalmintien and Hakkuutie. The play area designed for small children is separated from the rock ash play area by a low grassy mound that is bordered by trees. The park area has manicured lawns for hanging around and the shade you need on hot days can be found under the large deciduous trees. Basketball, football, etc. can be played on the playing field in the immediate vicinity of the play area.

The playground has:

- a playboat
- a spring rocker
- a sandbox
- a bench
- a swing sets (with four swings, of which two are safety seats)
- an outdoor playset (a slide, a climbing net and a firefighter's pole)



WILLIAM THE WIZARD'S GAME IDEA

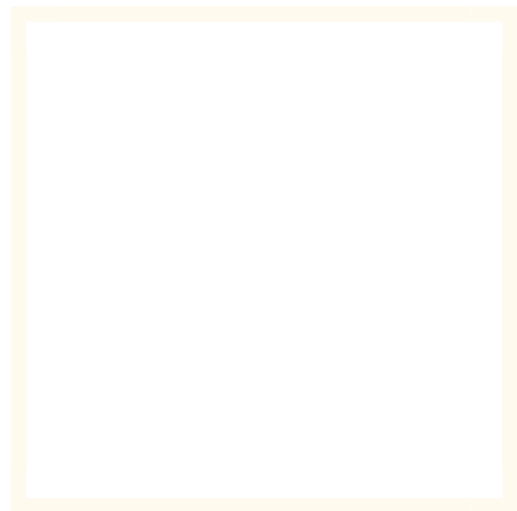
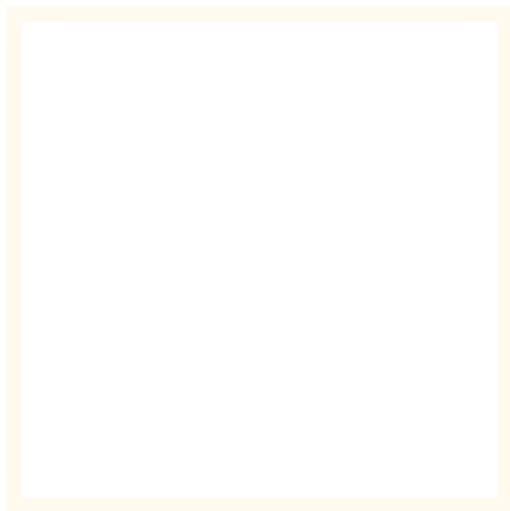
LONG JUMP TO SLIDE

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.



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!

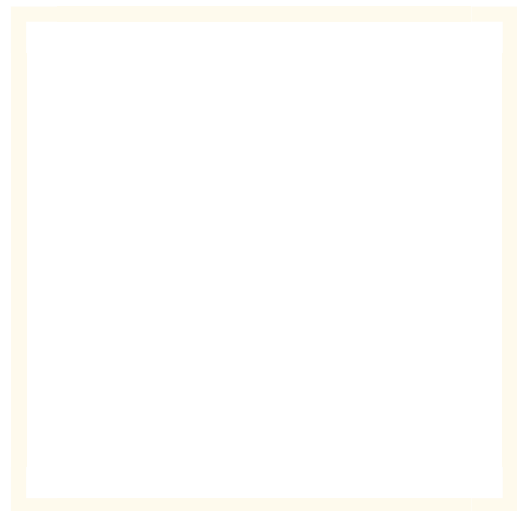
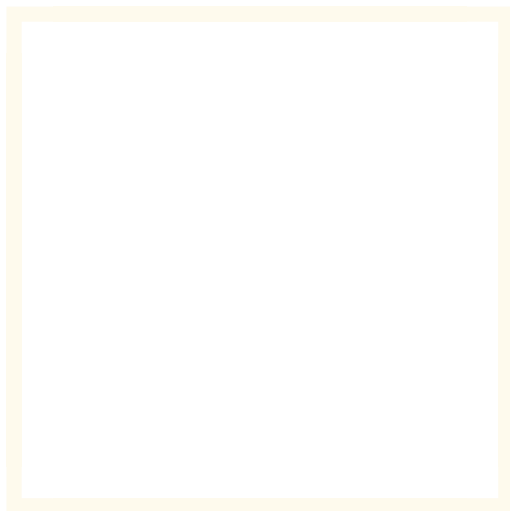


WILLIAM THE WIZARD'S GAME IDEA



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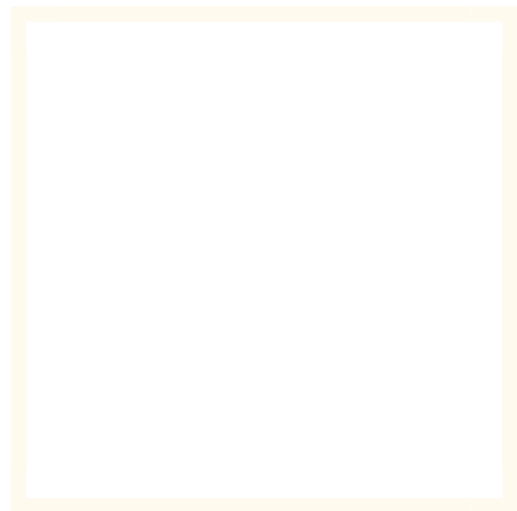
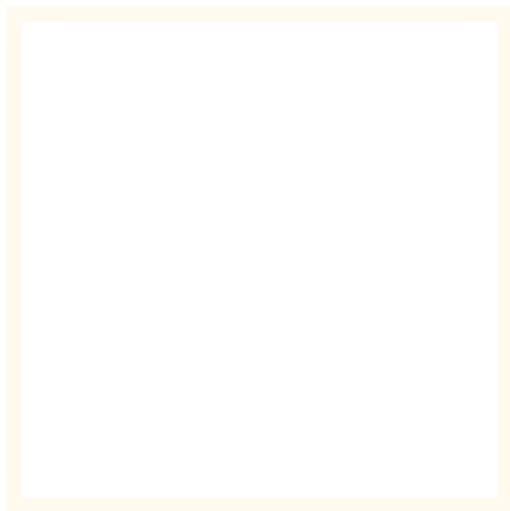


WILLIAM THE WIZARD'S GAME IDEA



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



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 45
- **Figure-eight and double figure-eight:** instructions for making knots, page 16
- **#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. 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.leikkipankki.fi/haku>
- **Kartta-Vantaa, zoomable map of the entire Vantaa:** <https://kartta.vantaa.fi/>
 - Find more forests, sports facilities or playgrounds: Click on "Layers" and enter a keyword --> click on the content you want to view.

