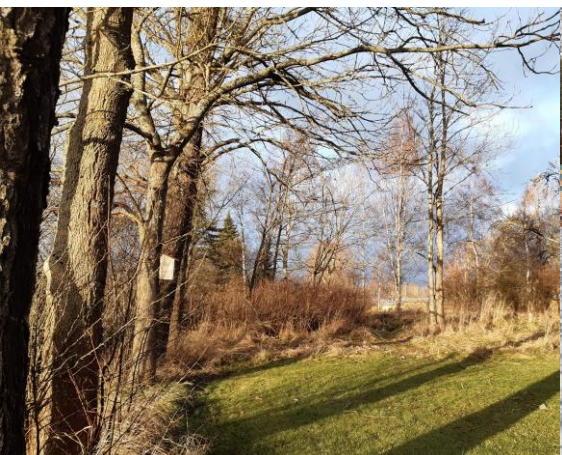


PLAYGROUND GUIDE FOR FAMILIES

Where and what to play? Tikkurila 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



FAVOURITE



WATER



**SPORTS
FACILITY**



ANIMALS



SKATING



PLAYGROUND



SKIING

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DAY-CARE CENTRES

DAY-CARE CENTRES ON THE MAP

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2. Hiekkaharju day-care centre
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4. Jokiniemi day-care centre
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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?



METSÄT

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 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?





FORESTS

1. Sovintopuisto "Troll forest", Lummepolku

Distance along road:

Small but varied. The terrain is both flat and sloping. Trees for balancing and climbing. Decaying wood, conkies and burled birches.

A wide variety of tree species including maples, large rowans, spruces, hazels, yews and birches.



Hazel

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.

William the Wizard's game idea





FORESTS

2. North and west side of Peltola day-care centre, Lummetie 27

Distance along road:

On the north side, a lush, grassy "jungle" with a few large willows and medium-sized pines and a crack willow perfect for climbing.

The west side is aspen-rich, with scrub along the edge of the dirt road, but inland there are several emptier "pockets" with fallen trees for building games

In the south, on the Lummetie side, there is a "wreck site" for pirate games.

A bit dirty and wet in places. Wet weather clothing recommended.



Pirate ship

Use the fallen trees to build a pirate ship for a prop, or bridges over the wetter spots.

The wet spots are also great for fishing games.

An adult can set the scene by telling or reading a story that fits the theme.

William the Wizard's game idea





FORESTS

3. Maitikkapuisto, Simonkallio forest track

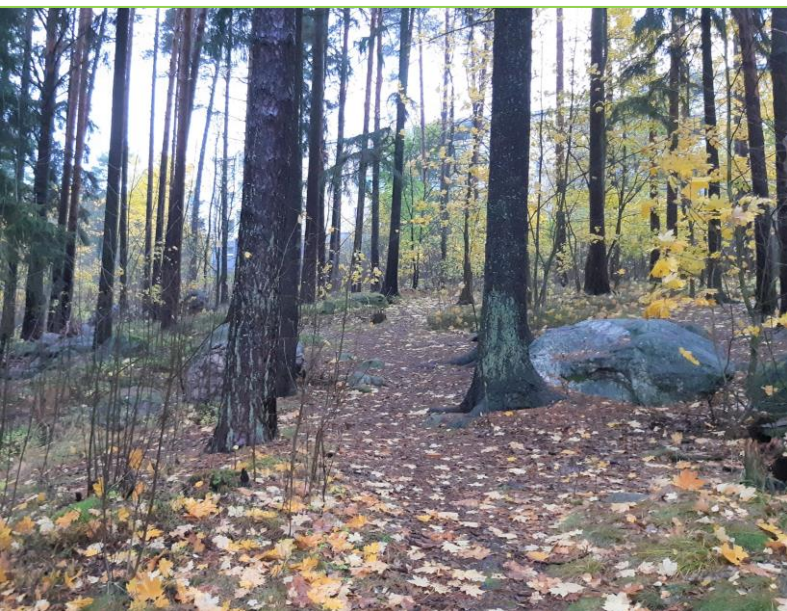
Distance along road:

A dry heath forest dominated by coniferous wood that can accommodate several groups at the same time; the slope north of the forest track makes for a good playground.

A gentle slope with many paths. Balancing, jumping and climbing stones, building material.

In the far corner, at the highest point, rises a bare “witches’ mountain” suitable for story-based games.

A really good forest destination.



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?

William the
Wizard's game idea





FORESTS

4. Between the dog enclosure and the track, Simonkallio forest track

Distance along road:

"The rafting spot"

Flat terrain, bordered by a dog park and a dirt road. A bright and spacious alder-dominated area. Mossy leaf cover on the ground, with a few raspberries and some nettles. An excellent playground in late autumn, winter and early spring when the nettles are not yet stinging.

Several good balancing logs, i.e. downed grey alders, lots of sticks to play with, no trails.

"The jungle hill"

A grassy hill with tall vegetation and lots of snails. A good bonus to the rest of your adventure. It can function as a "jungle hill" or even a "volcano".



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



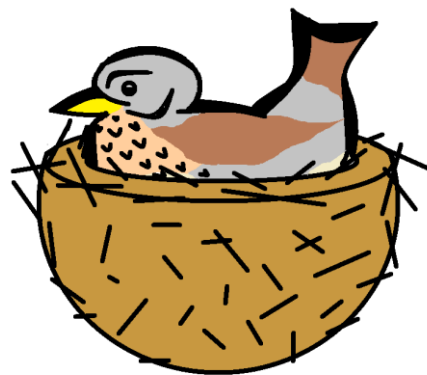


FORESTS

5. Kylmäoja, Simonkallio forest track

Distance along road:

In spring, this is a favourite destination for many birds. In particular, you can find a lot of thrushes' nests, especially nests of fieldfares (in April), which are visible to the forest track. A nest of fieldfare is a hemisphere made of hay and clay on a tree branch.



Fallen trees across the stream are also good nesting sites for thrushes. The starlings, on the other hand, nest in burrows or nesting boxes. Did you know that a starling is a clever imitator of other birds' songs?

In spring, this is a great place to watch, listen and learn about bird species and their sounds.

Bird and other nature cards can be downloaded here:

<https://ulkoluokka.fi/en/materials/>

Help with species identification and recorded bird sounds:

<https://luontoportti.com/en>

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





FORESTS



PLAYGROUND

6. Simonkallionpuisto park, Simonkalliontie 16

Distance along road:

The park, modest at first sight, hides in its depths a fine and peaceful open cliff. The steeper western edge of the rock is completely fenced off with a wire fence. At the back, in the south-western corner, the cliff is steeper, but by going around you can find easily accessible caves and spots to play house or pirate games. The flat top of the cliff is quite large. If necessary, the steeper south-western slope can be excluded from the play area.

The rocky hill facing the playground is suitable for sledding, also with sliders. A wire fence prevents sliding onto the road. This is also a good place to play mountain climbing.

The playground itself only has a ship's mast as a climbing element and a gravel pitch.



Playground side



Top of the hill



South-west corner

Who's afraid of the octopus?

The ship's mast brings to mind pirates and the conquest of an unknown rocky island. The game can be started on the gravel pitch with a game of "Who's afraid of the octopus" as the pirates sail towards the rocky island. The players line up. Their task is to run to the other end of the pitch without getting caught. In the middle of the field is an octopus, or the tag. Those caught become octopuses. After the first game is time for a "Land ahoy!" and the conquest of a wild and free rocky island.

William the Wizard's game idea





FORESTS

7. Lauhatie 36-38, empty plots

Distance along road:

A sheltered, easily defined play area as long as the plots are vacant. Most of the area is open grassland, but still offers a nice challenge for motor skills. Lots of apple trees, a few junipers and spruces that form sheltered hollows.

On the northern edge is a lovely spruce tunnel!

Two shallow ditches cross the plots, and jumping over them is good jumping practice.

On the other side of the fence is a more lush woodland/meadow area, which is ideal for playing fishing game or just for playing in the stream.

Wet weather clothing recommended.



Fishing

Find suitable fishing poles along the way and use the ditches as fish-rich rivers. What kind of fish do you catch?

How can you cross a ditch? By leaping, jumping, hopping, with the help of a friend, by using a stick...

William the Wizard's game idea





FORESTS

8. Koisoranta, next to Varikko

Distance along road:

A birch-dominated mixed forest. Lots of fallen trees and building materials. There is a small kettle in the middle of the spruces. Easy to place limits, as there is the depot fence and dirt roads on all sides.

A bit of big junk around, like a well ring.



Gnomes' barbecue

Cones for the gnomes' barbecue: The well ring is the gnomes' barbecue pit, where acorns have been grilled for many days. So it is running really hot. Collect a pile of cones and try to throw one cone at a time inside the well ring. You cannot go too close so your fingers do not burn.

William the Wizard's game idea





FORESTS

9. Koivuhaka arboretum, Meiramitie 2

Distance along road:

A versatile and spacious playground for several groups at the same time. At the top of the cliff is a large flat area of blueberry bush, with climbing and jumping stones, trees for building and different levels of "routes" to climb up and down the cliff. Below you can find more building material and hiding places. The best spots on the approach from the sheep enclosures (dotted line on the map):

1. From the top of the dirt road, take a hard left onto a path that leads to the highest point in the area.
2. Immediately after the fence, turn left, go straight along the path for some distance and turn right into the forest.



1. On top of the cliff



2. Lower in 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.

William the
Wizard's game idea





FORESTS

10. Johansi farm, Koisotie 4 and Koisotie 6

Distance along road:

The main building of the old Johansi farm, which is rented to the Vantaa Live Music Association, Velmu ry. The property is owned by the city. An unmaintained grassy slope provides a nice challenge for motor skills. At the western boundary of the plot, the rows of trees offer protection for games that need their own peace. The trees form a sheltering tunnel.

The adjacent plot, Koisotie 6, is empty so far. Until the construction takes place, the plot is safe to play on. At field level, surrounded by trees and bushes, an open, uneven grassy area – great exercise for your motor skills.

Both areas are above the walkway, making it easier to control.



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





FORESTS



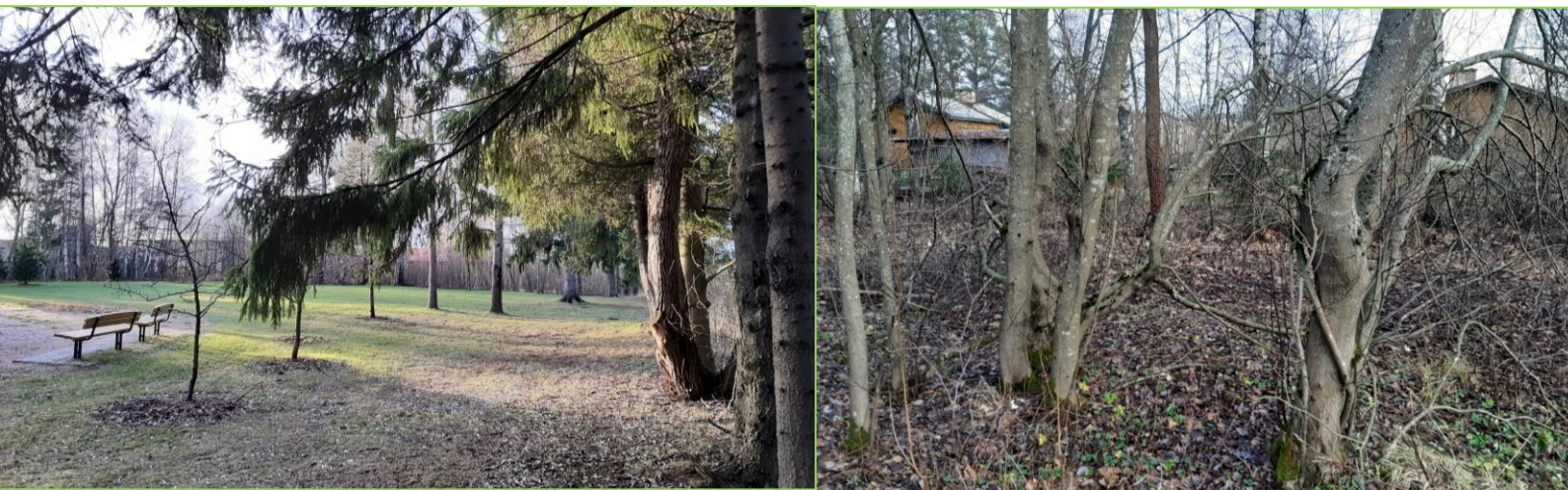
**SPORTS
FACILITY**

11. Virtajuurenpolku 3, north from the carpet washing site

Distance along road:

A manicured lawn area near the carpet washing site, on the other side of the walkway. There is also a sandy slope with more woodland around and behind it. Behind the shrub jungle before the vegetation decreases.

The lawn enables easy gathering for a person and joint exercise 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





FORESTS

12. **Virmajuurenpolku 4,** **south from the carpet washing site**

Distance along road:

A strip of unmanaged lawn in front of the private day-care centre and a birch woodland dropped by on the south side, lower down.

Walkways make the site easily accessible and soft forest base and a small rise to the lawn area present a challenge for small group motorists.

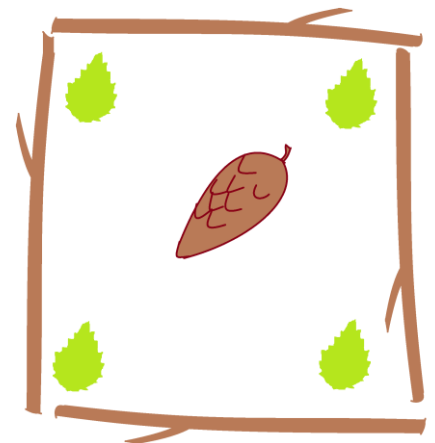


Forest art

The idea is to make 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... etc.



**William the Wizard's
game idea**





FORESTS

13. Osmankäämintie 40A

Distance along road:

Approaching from the south, from Peltolantie, first a stone circle, from which an indistinct path starts northwards, following the shape of the river. Along the river there are decaying trees and fallen trunks to challenge the walk. The trunks are covered with arinaceous bark beetle. A few handsome, old aspen and spruce trees.

A lot to see in a small area. The site is perfect for storytelling or, for example, picture orienteering. A proposal for a story implementation and supporting materials will be available on future pages.

The willow bracket has historically been used in the furnace to keep the fire burning overnight. In the morning, the fire has been revived from a smouldering fungus.

Wet weather clothing recommended.



Lost squirrel

Gather around the rock ring to hear the story and go on an adventure. It is advisable to do this in small groups so that everyone can work out the clues. One adult can act out the story with a small group, while the others play in the adjacent grassy areas or along the river on the south side of the stone circle. Required materials on the following pages.

The story can take place elsewhere, without a map, by inventing your own clues. Just as long as there is a spruce in the area.

William the Wizard's game idea



Lost squirrel

I was admiring the sparkle of the stream and listening to its murmur, when a strange sound, almost a howl, carried over to my ears. I wonder what on earth was wailing there. A wet, muddy lump was curled up on the riverbank. I approached the wailing brown lump with caution. It was shaking.

As I got closer, I noticed that the lump was a tiny, furry squirrel, curled into a ball and shivering from cold. I took the squirrel in the palm of my hand and dried it on the sleeve of my coat. For a moment, the squirrel warmed up under my coat until it started talking. Moaning, the squirrel said it slept fitfully last night – perhaps the owl had hooted loudly nearby. Rolling restlessly in its nest, the squirrel rolled close to the mouth of it and fell out of its nest, stumbling to the ground.

Confused by the fall, the squirrel went scurrying to find its home tree, but unfortunately slipped in the mud and fell into the cold river! The squirrel floundered in the river for a while, until it managed to grab hold of the branches along the bank of the river and make its way to land.

Now the desolate squirrel is lost and needs help finding its way back home. But what to do, I wonder? I do not know where the squirrel lives!

Fortunately, I am on good terms with the forest fairies. Can you hear them whispering? The fairies promise to help us.

Although fairies tend to remain invisible, they have their own ways of giving tips. Sometimes I find it difficult to understand these tips, could you help me? Poor squirrel must be brought home and only fairies know the route.

Fairy tip 1: Not a spruce, not a pine, but spikey all the same.

Answer 1: Juniper

Fairy tip 2: Like the sunbeam and the gnome. Two different together.

Answer 2: A birch and a maple that have grown together.

Fairy tip 3: If the tree were upright, this would be just the right shelter for the forest fairy.

Answer 3: A willow bracket on a fallen tree.

Fairy tip 4: This giant has been in place for generations of fairies. How many children are needed around the trunk to cover it?

Answer 4: A great aspen

Fairy tip 5: What do squirrels eat? Which tree is their source? The last in the row is the home of the squirrel.

Answer: The last tree in a row of spruces. It is also worth looking around for cones eaten by squirrels.

Tip: A squirrel hand puppet, finger puppet or a picture of a squirrel adds to the impact of the story. On the following pages you will find supporting photos of the story and a map to help educators and possibly also adventurers.

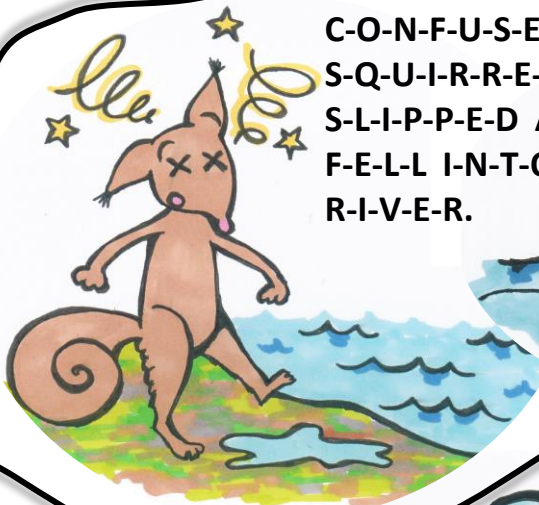


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U-P.
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P-E-A-K.



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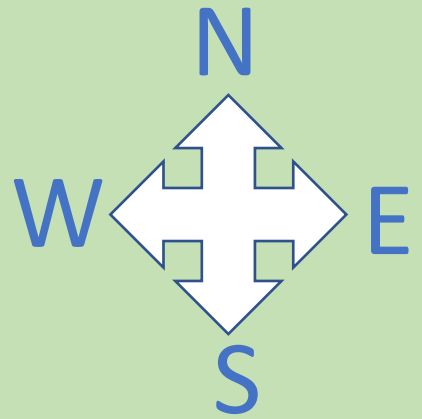
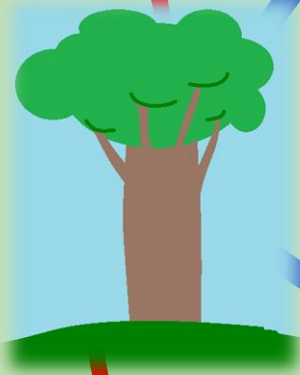
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H-O-M-E.



T-H-A-N-K-F-U-L-L-Y T-H-E F-O-R-E-S-T
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T-H-E S-Q-U-I-R-R-E-L T-O F-I-N-D I-T-S H-O-M-E.



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FORESTS

14. Peltolantie 26, southside of the road

Distance along road:

Grassland with trees for climbing and a grove of aspens. A long, short hill facing the houses, which can accommodate several children at the same time, for example to practise rolling. The grove of aspens is perfect for forest slalom or tree tag.



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





FORESTS



**PLAY-
GROUND**



**SPORTS
FACILITY**

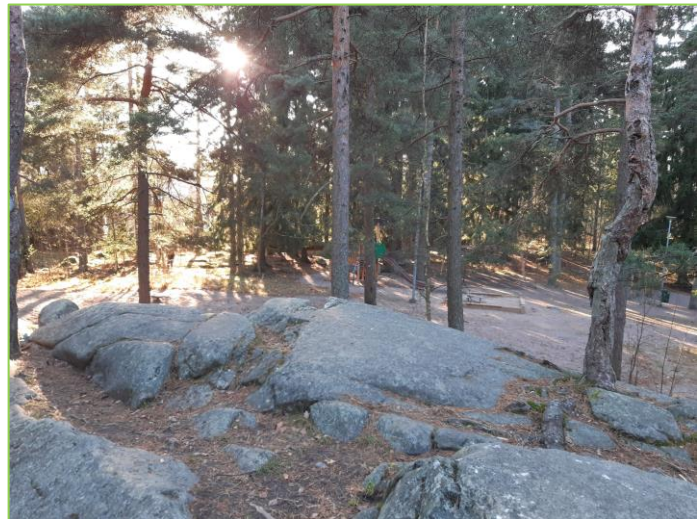
15. Metsäruusunpuisto playground, Raatie 24

Distance along road:

A really good place for various activities. In the playground is a suitably gently sloping open cliff perfect for climbing. Coniferous forest with standing decaying trees and climbing stones. The adjacent lawn area is suitable for games and physical activities. A climbing frame, swings, balancing equipment, a slide and a sandbox.

The pines have thick dry bark, which means they are at least 150 years old! Pecking marks on the trunks from woodpeckers and cones eaten by various animals for studying. On the next page you will find pictures to help you identify the cones eaten by different animals.

Easy to limit the area: Surrounded by walkways, fenced yards and an ending road.



**William the
Wizard's game idea**

Birthday party

It would be easy to organise a wide range of control point activities for large groups, for example for sporty birthday parties. Play and exercise on the lawn, a course in the playground, rock climbing and fishing on the cliffs and, for example, picture orienteering in the forest.



Who ate the cone?

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



Mole

A cone eaten by the squirrel is even more jagged.



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 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.



FORESTS

16. Metsäruusunpuisto, Koivukyläntie 11

Distance along road:

A forest dominated by coniferous wood, flat, largely dry but a shallow ditch winds through it. Lots of stumps and cones, no trees suitable for building games. Bounded on one side by a road, but with the road higher up, on top of a bank.

Mud in the ditch for mud games, otherwise a somewhat poor "pass-through forest". If the ditch and mud attract you, wear wet weather clothing.

Its flatness makes it ideal for space-consuming games in a forest environment, such as tree tag or "land-sea-ship".



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.

William the
Wizard's game idea





FORESTS

17. New Hiekkaharju water tower, Malminmäenpolku

Distance along road:

A coniferous pine forest on the eastern side of the Malminmäenpolku. A very good forest for playing; a network of paths, in some places wood available for building games as well as plenty of logs for balancing, a dry ditch in the middle where there is an excellent opportunity for bridge-building and river-crossing games.

The water tower hill is a great place to practise moving in hilly terrain, including a good sledding site. The hill facing the school offers different levels of ascent and descent – no need to start at the steepest and highest point right away.

At the top, take a moment to reflect on the altitude – what can you see below you? What about higher up? Why is the water tower high and at a high point? The water tower's operating mechanism can be tested using, for example, a transparent funnel and pipe.



Alligators in river

One of the players is an alligator, who lives in a river, a dry ditch. The others are zebras. The zebras eat hay on the same side of the river. When the alligator says "no more hay", the zebras must go to the other side of the river to eat. The tag tries to catch the others. When caught, the zebra turns into an alligator.

William the Wizard's
game idea





FORESTS

18. Raatepuisto, Rusojuurentie 13

Distance along road:

A small but sheltered forest area in the middle of detached houses, at the end of Rusojuurentie. Round-shaped, shallow open rock, one larger climbing rock, crushed rocks produced by humans in piles for building games. Some garden waste.

This area is easy to limit, is suitably small and provides a good base for a hide-and-seek game or a church rat game in terms of topography and vegetation.

When coming from Tikkurila, it also acts as a shortcut to Metsäruusunpuisto.



Church rat

One is the church rat, who stands with their back to the other players. A chant is recited and one washes the back of a church rat with the palm of their hand: "A freshly washed clean back, freshened with Rexona, who last touched it with their dirty fingers, between this line and this line". The washer draws two horizontal lines on the back of the church rat. One of the players touches the back of the church rat with a finger. The church rat turns around and guesses who touched their back. Each wrong guess is +10 to the count. When the right person is found, the church rat stays and counts, and the others hide. The hiding place can be changed. The church rat shouts "ready" and goes looking for the others.

When the church rat sees and recognises someone, they shout, for example, "Nina the rat!". Nina comes out of hiding and goes to the washing spot as a prisoner. The prisoners are rescued and hide again when someone sneaks into the washing spot and shouts "all rescued". You can save yourself from the game, to be a bystander, by shouting "your own!" at the washing spot. The game ends when everyone has saved themselves or is imprisoned.

**William the Wizard's
game idea**





FORESTS

19. Anispuisto, Aniskuja 2A

Distance along road:

A small woodland on the north side of Valkoisenlähteentie. Suitable for small group play and building a hut if you do not want to or do not have time to go further into the larger forest. Other destinations are preferable with a large group and people over the age of three. Suitable for picking up craft supplies, especially maple leaves for autumn crafting.

Noise from traffic on Valkoisenlähteentie can be heard in the forest. The road must also be taken into account when supervising children.

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!





FORESTS

20. Murattipuisto, Liljakuja 9

Distance along road:

In connection with the extension of the adjacent Kurjenpolvi day-care centre (the future Lauhatie day-care centre), the forest will be converted into a park. This changes the nature of the area.

At present it is a grassy, wooded wasteland with clusters of aspen and some individual trees here and there. Some wood for building games. When you cross the walkway and use the grass on the side of the day-care centre, you will find large trunks to carry together as well as a couple of hills. Bring a ball with you and play games on the lawn.

The location of the future park



Will be incorporated as a part of the day-care centre in the extension.



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 campfire site, 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





FORESTS

21.Yrttipuisto, Rentukkatie 2C

Distance along road:

A much thinned, small forest plot surrounded by detached houses. The stumps and rocks offer good places for balancing, and even climbing for groups of small children.

Easy to monitor.



Stump tag and Ground is lava

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.

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





FORESTS



PLAYGROUND

22. Ailakkipuisto, Kaivopolku

Distance along road:

A forest plot bordering the playground and plots of single-family houses that is protected from traffic. Aspen-dominated mixed trees and large stumps. Very open and flat, easy to monitor as long as the children are instructed to stay away from the lawns of the detached houses.

There is no real sense of forest, with detached houses visible on all sides. However, it offers a place to build and play and a good exercise for motor skills.

The adjacent playground is available for group family day care on weekdays from 9 to 11 and 15 to 17.



Cardinal directions

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.

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

**William the
Wizard's game idea**





FORESTS



PLAYGROUND

23. Haarikkopuisto park, Haarikkotie 3

Distance along road:

A spacious playground with swings, a nest swing, two different climbing frames, a sandbox, a train, a seesaw and a shelter.

To the north and east of the park is a wooded pine forest with large trees here and there: maples, birches, spruces and pines. Can you find a burl on a birch?



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





FORESTS

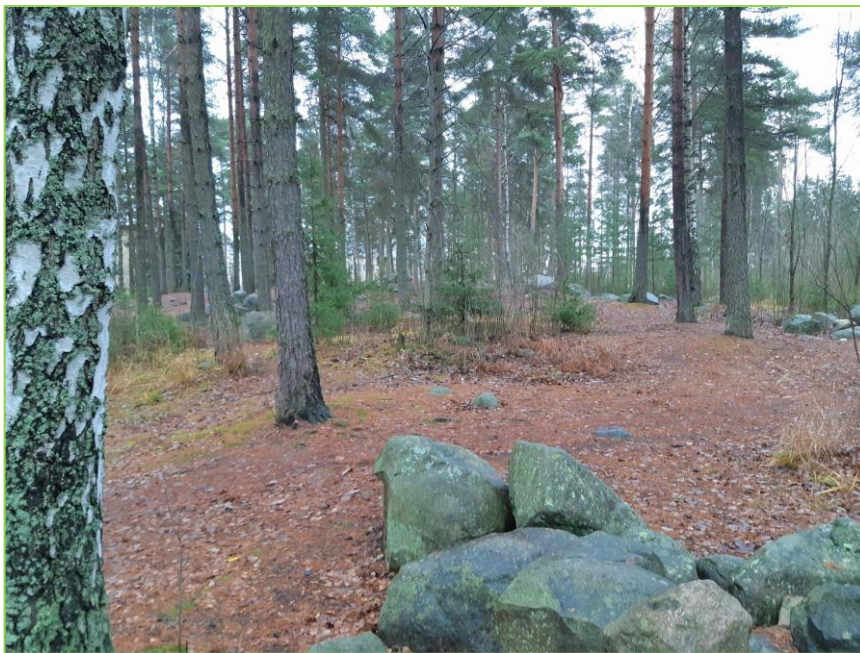
24. Winterinmäki, Edvard Blomqvistin polku 4

Distance along road:

Dry, conifer-dominated forest. Rocks for climbing, balancing and hiding things.

The area is perfect for several groups at the same time.

As the forest area is on a hill, it is quite easy to navigate; whichever way you go, you end up on a path and may find your way to the houses. The flip side is that the settlement is visible from different parts of the forest.



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





FORESTS

25. K.H. Wiikinpuisto, Lauri Korpisen polku 1

Distance along road:

On the south side of Lauri Korpisen polku, the terrain rises and the slope has paths, stones suitable for balancing and low stone fences. The forest on the hill is dry woodland with thick-barked pines. Closer to Lauri Korpisen polku the forest is more lush, partly almost jungle-like in denseness, suitable for jungle adventurers.

At the highest point of the forest is an open cliff for climbing and landing exercises. The rock is easier and more challenging to climb depending on the side.

Lots of pine cones for throwing exercises.



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

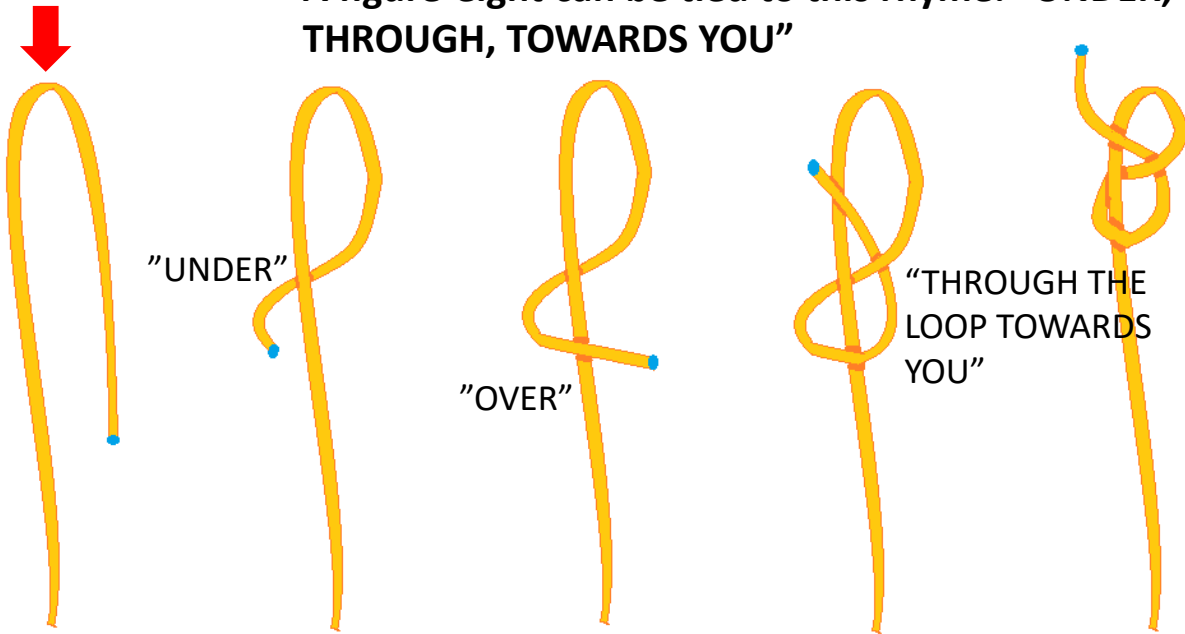


Figure-eight and double figure-eight

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.

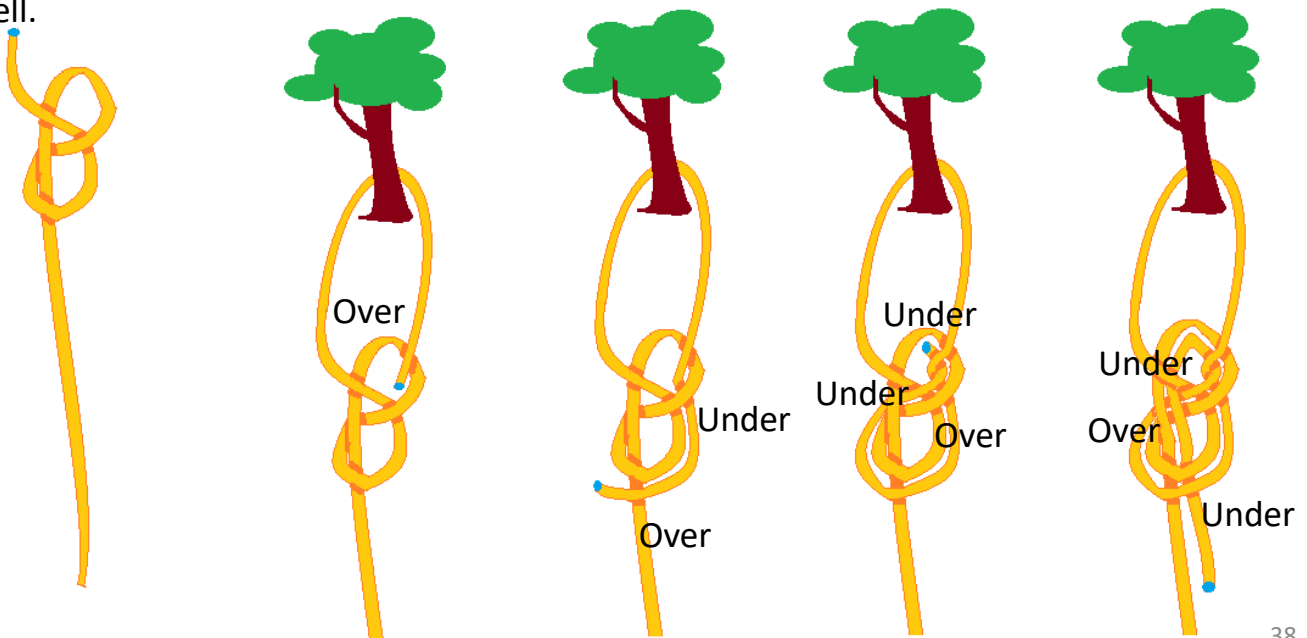
A figure-eight can be tied to this rhyme: "UNDER, OVER, THROUGH, TOWARDS YOU"



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.

Make a loop around a tree as well.





FORESTS

26. Jokiniemenkatu 19

Distance along road:

Currently an empty plot on the east side of the railway line. The middle of the plot is wetland, but there are good trees on the northern side of the footpath leading to the railway underpass and at the corner of Jokiniemenkatu. Bushy and grassy in places, but passable.

At its best from late autumn to early spring, when the nettles are not yet stinging.

A tree pecked by a woodpecker at the corner of Jokiniemenkatu and the walkway.



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**





FORESTS



WATER



FAVOURITE

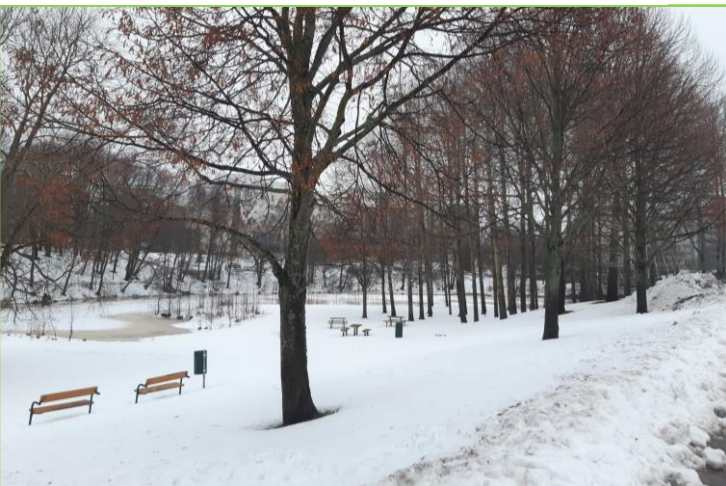
27. Heureka Stone Museum and river environment

Distance along road:

The stone museum on the Heureka side of the walkway is a great place for jumping, climbing, parkour and hide-and-seek games for all ages. On the side of the railway line, the plantings are lined with curved paving, which attracts people to the running track and to play traffic games! The adjacent lawn is one of many excellent picnic spots.

There are picnic tables and a grassy downhill slope on the river side of the walkway. On the side of the trackside walkway bridge, the aspen-dominated forest area, where boletes grow in the autumn. The estuary of the river is a favourite swimming spot for mallards. Tikkurilankoski and the flow of water can be easily viewed from the bridge.

All in all, a destination with plenty to explore and marvel at.



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





WATER



FORESTS

28. Vernissanranta, i.e. the northern embankment

Distance along road:

Not a forest area per se, but a riverside area where you can watch and marvel at the flow of water in the river. There are plenty of stones of different sizes on the shore which offer good motor training when jumping them and/or walking there. They are also a good picnic spot. A clear rule must be agreed on how close you can go to the river when moving freely in the area.

You can also launch your bark boats from here!



Water soundscape

Sit quietly on the rocks and find a comfortable position. Practice sitting on the rocks very quietly, listening to and observing the soundscape of the water. Close your eyes and listen even more carefully to the movements of the water. What did the soundscape sound like? Could it be described or mimicked through movement? Think of different movements that could be used to describe the sounds of water!

William the Wizard's game idea





WATER



FORESTS

29. Värитеhtaanranta, i.e. the southern embankment

Distance along road:

There is a duck pond near the railway line, where the river's flow is calmer. The flow is stronger above the old dam. Above the dam, there is a wide strip with boulders. Walking on them is great exercise for motor skills! A clear rule must be agreed on how close to the river you can go.

The embankment from the river to the walkway is a nice steep "mountain" for adventurers.

In several places there are grandstand-style picnic areas that offer good climbing and jumping opportunities.

Thanks to the dismantling of the paint factory dam, you may spot trout spawning.



Stand run

You can make a great track in the stone stand and 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.

**William the
Wizard's game idea**





FORESTS



SPORTS FACILITY

30. Påkaksenpuisto, Kuninkaalantie 6B

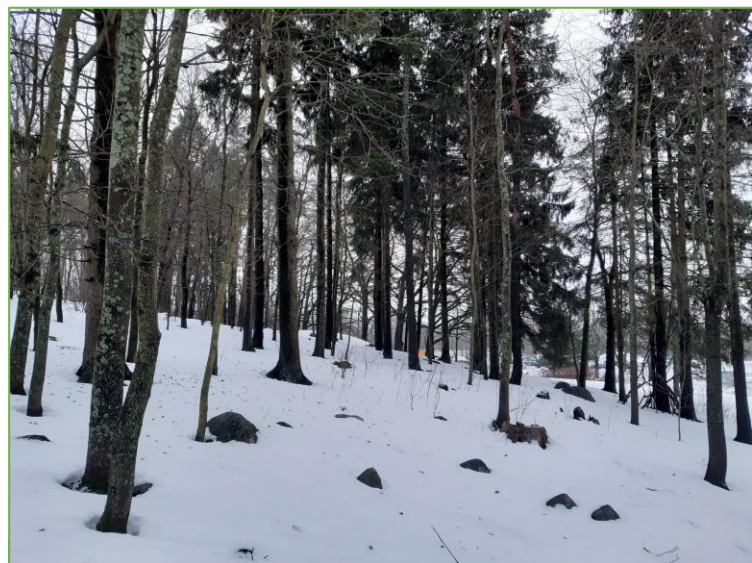
Distance along road:

A grass area for playing games and sports and a forested area on the Kuninkaalantie side. The plot Kotiseututalo Påkas is owned by the city and maintained by an association.

The forest is mainly spruce, maple and pine. Lots of low stones for balancing and motor skills training.

Good visibility towards Kuninkaantie, especially from the small open cliff in the middle.

Påkas has been inhabited since the Stone Age, so 2,800 to 2,300 years before the dawn of time, wow! Påkas, now a local heritage house, was once a household obliged to arm and maintain a man and a horse for the king's army. For more on the history of Påkas, visit: <https://www.pakas.fi>



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.

William the
Wizard's game idea





FORESTS

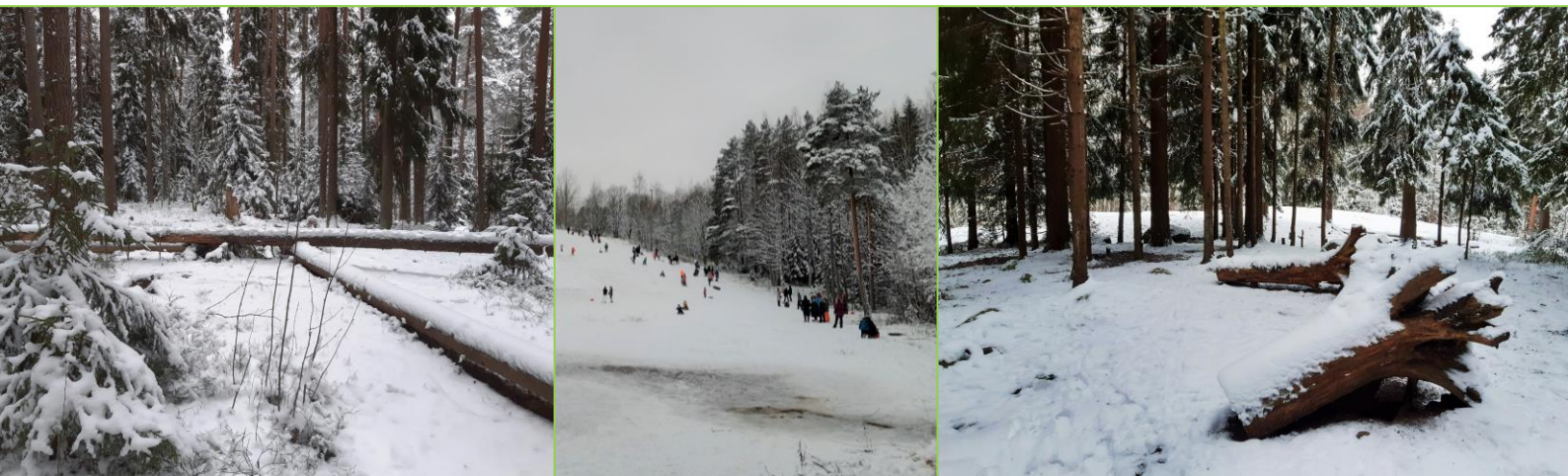
31. Simonsilta forest, Kallioimartentie 16

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 this part of the forest can be found on the next page.

There is very good playground and hiking terrain dominated by coniferous wood to the north from the carpet washing site. In the slopes, there is plenty of groundwood for such purposes as hut-building. In several places there are trunks suitable for balancing and steeple course. A wet, low point at the north end of the loop formed by the exercise trail.

Möskärinmäki is a great sledding location.



Maps

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

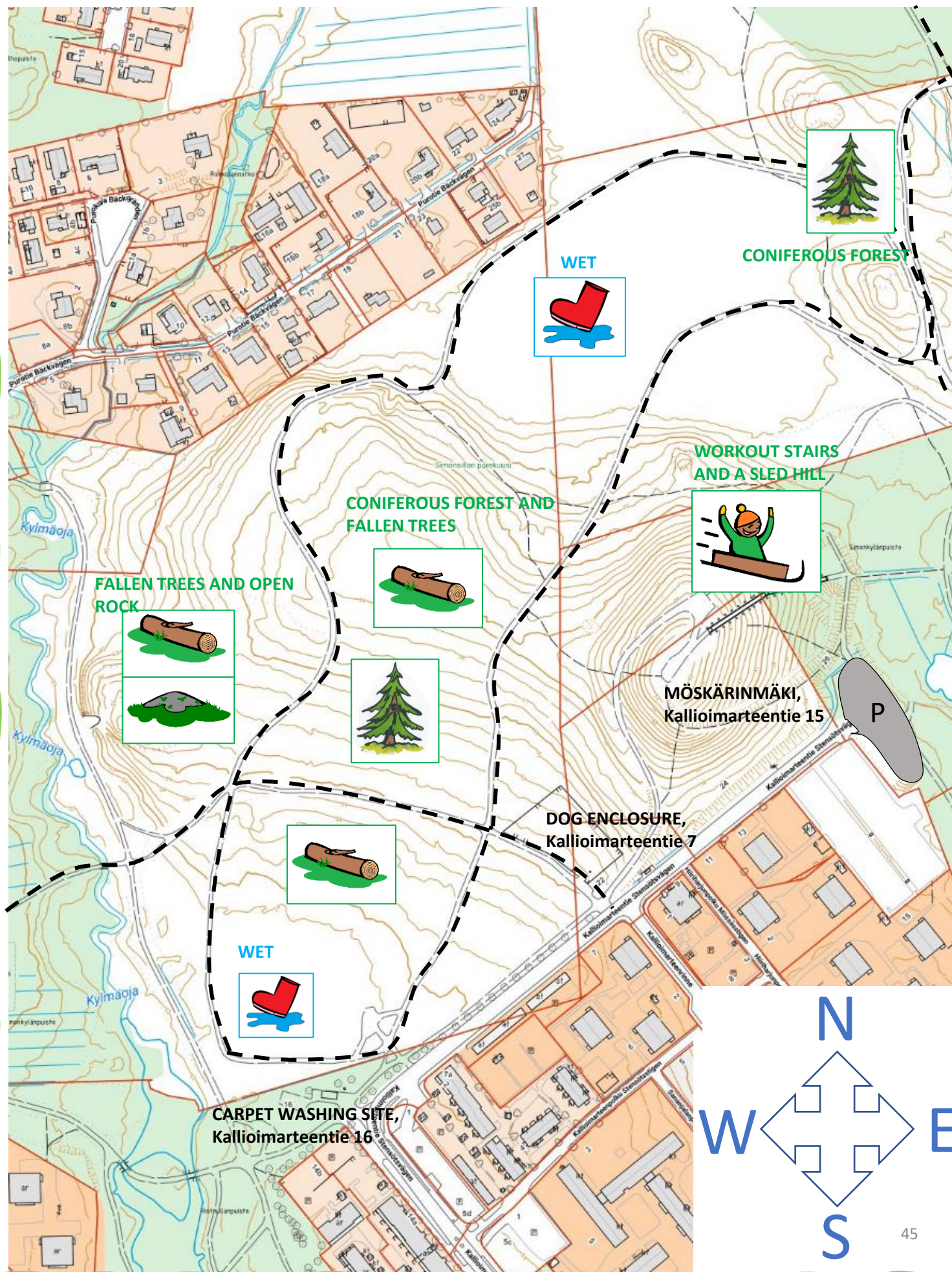
**William the
Wizard's game idea**



50m

31. SIMONSILTA

illuminated fitness trail
path





FORESTS

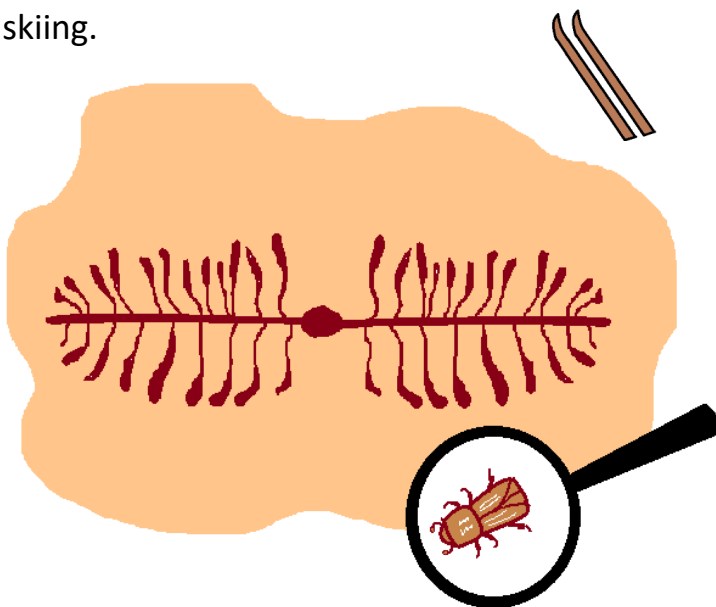
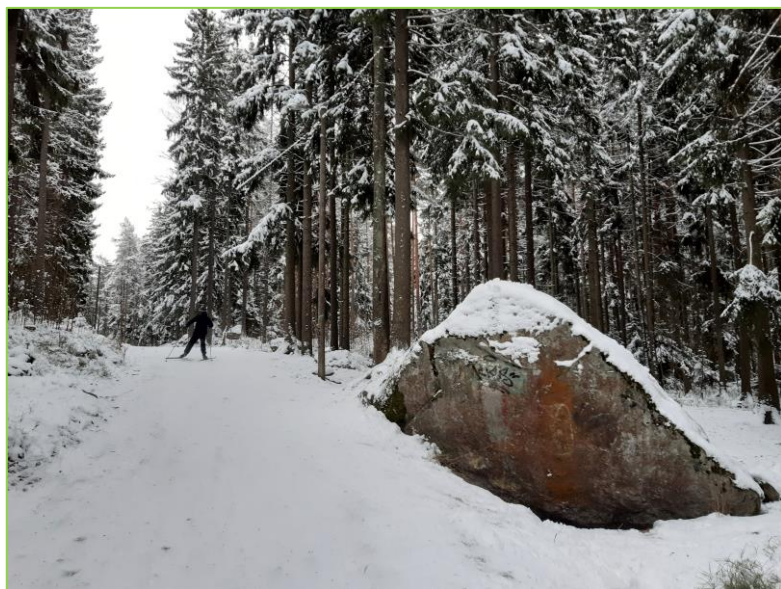
32. Simonsilta forest, Kallioimartentie 15

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 this part of the forest can be found on the next page.

North-east of the Möskärinmäki car park you will find the Hiirilammet ponds and coniferous forest before an open field.

The field is a good, even site for practising skiing.



This entire coniferous area is excellent for studying animal feed marks. Can you find cones eaten by squirrels, moles, woodpeckers and crossbills?

What about spruce trees that have been eaten by the larvae of the spruce bark beetle?

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?

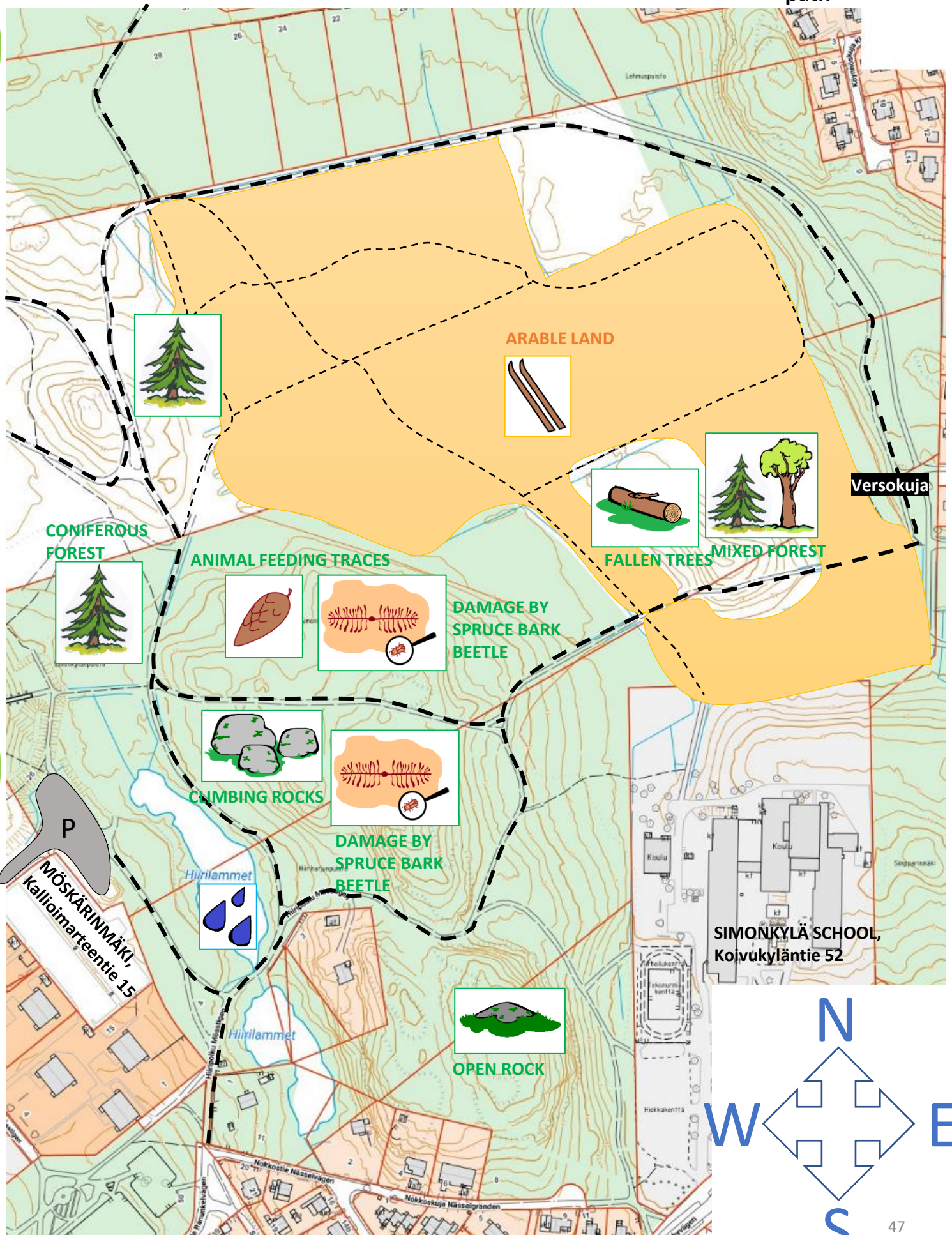
William the Wizard's game idea



50m

32. SIMONSILTA

illuminated fitness trail
path





METSÄT

33. 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 this part of the forest can be found on the next 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.

Top of Lejleberget



Lejleberget, path



Coniferous forest near a fitness trail

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**



33. SIMONSILTA

50m

road

illuminated fitness trail

path

Metsätietty peto



MIXED FOREST



OPEN ROCK



CONIFEROUS FOREST

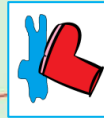


AFFORESTED LAND
DIFFICULT TERRAIN

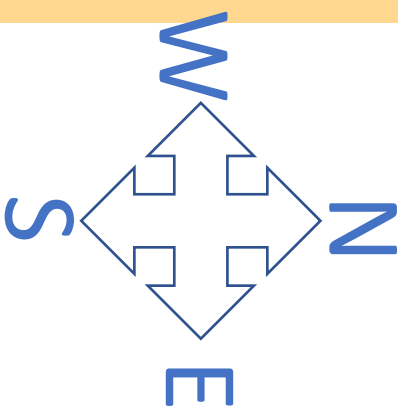


SWAMP

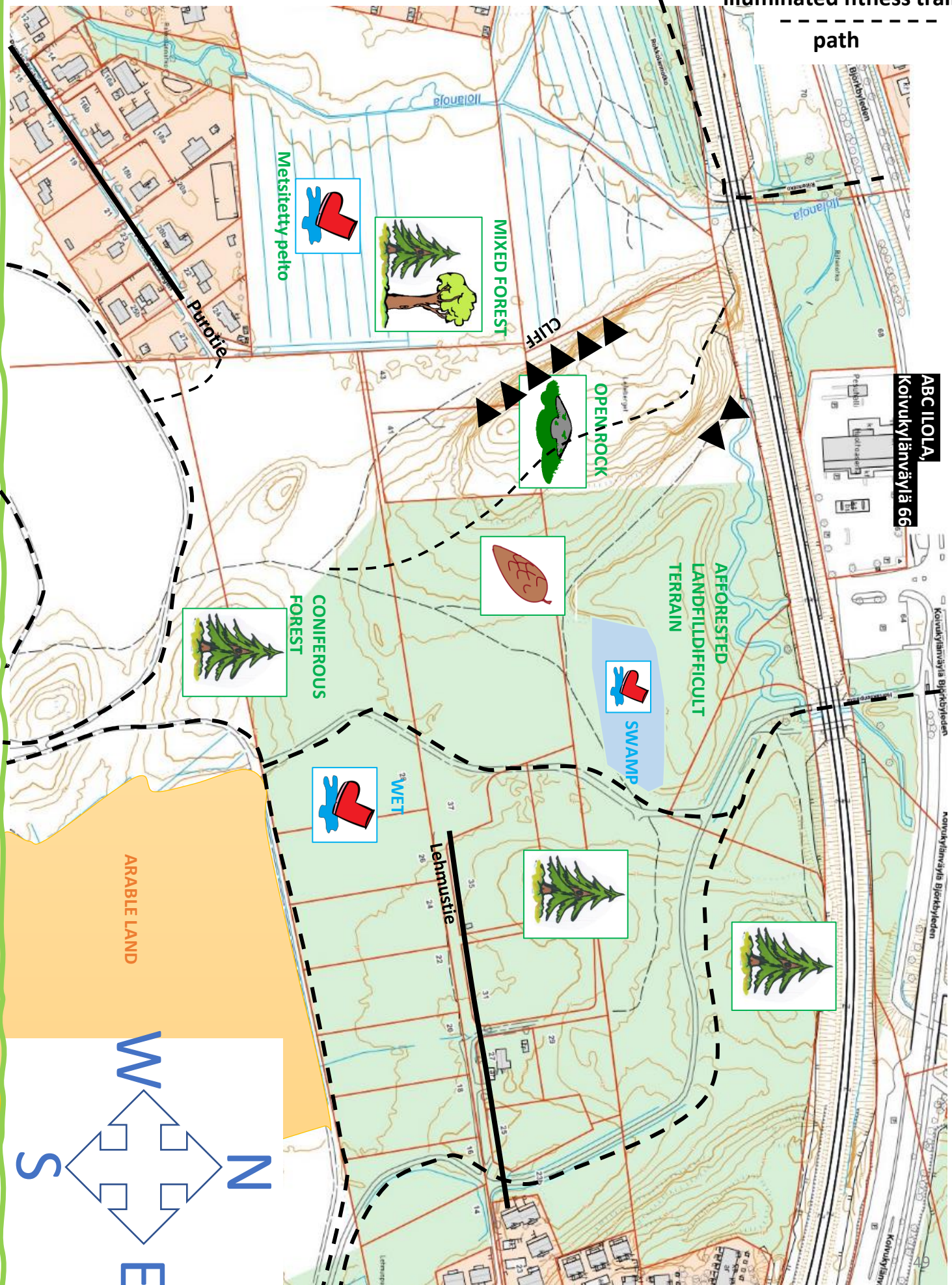
WET



ARABLE LAND



ABC ILOLA,
Koivukylänväylä 66



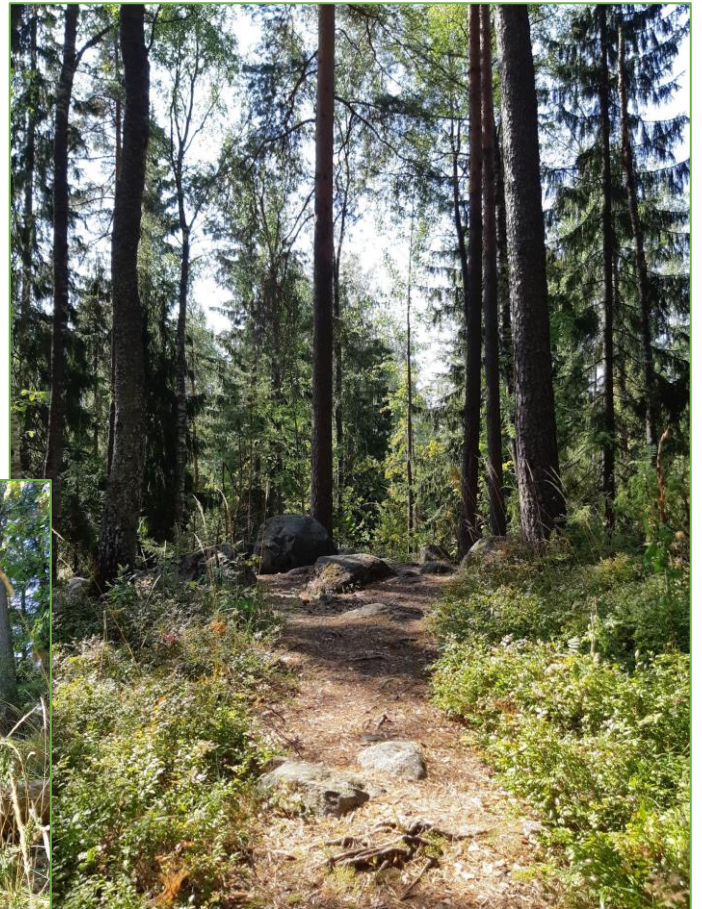


FORESTS

34. Simpparinmäki, Simonkylä school

Distance along road:

Located behind Simonkylä School is a forest that is wide, fairly easy to walk and well-suited for recreational use. The forest is mainly composed of birches, pines, spruces and rowans. Unfortunately there is some debris and rubbish in the forest.



A fallen tree for balancing training.

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 / 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





FORESTS

35. Viertolanranta, Iitaruskontie Helsinki

Distance along road:

Mixed woodland south of Keravanjoki and the walkway- Trees mainly birch, willow and aspen. A spruce suitable for climbing grows near the walkway. Some wood for building games and there is a ski track in the winter. The forest is bordered by walkways and residential areas, so defining a play area is easy.

The bridge crossing the river has lookouts from which it is nice to watch the river and its changing flow.



Treasure maps

Draw maps of the playground. 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 by the players. It is a good idea to have different objects or different colours for different players 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





FORESTS

36. Kalkkikallio nature reserve

Distance along road:

A wide and varied forest, also with a lot of variation in elevation. Excellent destination for longer excursions. Mainly heath and herb-rich forests and open rock areas. On the heights of the cliffs, there is a lookout point where you can stop to observe the scenery. Kalkkikallio is named after the limestone that is found in its bedrock (limestone = kalkki). The forest is wet in places.



On YouTube, you can find a video presentation of the Kalkkikallio Nature Reserve by the Vantaa Channel with the title "Vantaan lähiluonnossa — Kalkkikallion luonnonsuojelualue".



Colour orienteering

Colour 6 to 12 different colours on each paper 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





FORESTS

37. Variskallio

Distance along road:

A forest area well suited for play and hiking, adjacent to the Kuusikkotie residential area. The terrain is relatively even, trees mainly pine. More rocky areas next to the ring road and more pine forest behind the Kuusikkotie residential area.



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. This game can also be easily spun into a story: a mother fox has gone to take a nap in a sheltered hiding place. The cubs need to find their mother and stay with her for a nap.

William the Wizard's game idea





38. Lindmaninkorpi, Keidaskuja 8

Distance along road:

An easily accessible mixed forest close to a residential area of detached houses. A wide trail passes through the forest. The forest is mostly spruce, pine, rowan and birch. There is also a sheltered, peaceful and fenced playground nearby (at Keidaskuja 8). The playground has two animal spring rockers, a swing set, an outdoor playset (a big and a small slide, a firefighter's pole, a shelter, a climbing net, bars and a rope), a spring rocker for two, a ball wall and two benches.



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/instructor.

The game is made more challenging by adding a time limit for reaching the safe zone. Natural disasters can vary depending on the elements found in the environment.

William the Wizard's game idea





FORESTS

39. Untipakka, Nevatie

Distance along road:

A rocky forest area with mainly pine trees. The trail can be accessed from the southern end of Nevatie. After the start of the trail is a climb on top of a cliff. This is an ideal place to practise climbing and walking a hill in a partly more challenging terrain. There is less denser forest in the lower forest and less trees in the cliff area, and the terrain is more open there.



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. The natural material must not be compared with the displayed material during the search.

William the Wizard's game idea





FORESTS



SKIING

40. Kanervanummi, Santaradantie

Distance along road:

A mixed forest with an outdoor recreation trail, located near a factory area. Trees mainly birch, rowan, spruce and pine. The forest is a bit noisy because of the traffic around, but still a great place for excursions, playing and exploring the surroundings. In winter, there is a 1.3 km long skiing track following the outdoor trail around Kanervanummi.



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





FORESTS

41. Satopuisto, Satomäentie 12

Distance along road:

A small wooded area bordered by a field and apartment building, with an outdoor trail running through it. The trees are pines and deciduous trees. You can walk through the forest to the Hakkila bridge, from where you can observe the flow of water.



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!





FORESTS

42. Hiekkapuisto

Distance along road:

A narrow pine forest between Tuusulanväylä and a residential area. An outdoor trail passes through the forest. This forest is not the quietest, as the traffic noise of Tuusulanväylä can be heard in the forest. Suitable for short excursions and small group sizes. The forest also has a small rocky area that rises higher than the rest of the terrain.



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





FORESTS

43. Maisemapuisto

Distance along road:

Forest area bordered by Koivukylänväylä and a residential area. The forest on the Tuusulanväylä side is a herb-rich forest which turns into a spruce-dominated mixed forest.

A relatively calm forest from the sounds of traffic, although there are large roads nearby. The terrain rises to a gentle hill and descends again. Here you can exercise your motor skills through hill climbing and balancing.



Gigaboom

One acts as the gigaboom, which must be in contact with the tree at all times. The gigaboom starts counting down from 10 seconds, 10-9-8, with eyes closed and facing the tree. During this time, other players come to touch the back of the gigaboom and run to hide. When the gigaboom shouts zero, they are allowed to open their eyes and see if everyone is hidden (gigaboom is always in contact with the tree). If they can see no one, the gigaboom starts counting down again, but the next round is one second less, so the count goes 9-8-7, etc. During this time, everyone runs to touch the gigaboom's back and then go back into hiding. The new hiding place must be different from the previous one. The game continues until the countdown is so short that the players no longer have time to hide.

More of a challenge: if the players cannot hide, they go to jail. The jail is a separately agreed spot in the forest. The prisoner can be rescued by touching the prisoner while the gigaboom is still counting. At the same time, you have to be able to touch the back of the gigaboom and run to a new hiding place before the countdown ends.

William the Wizard's game idea



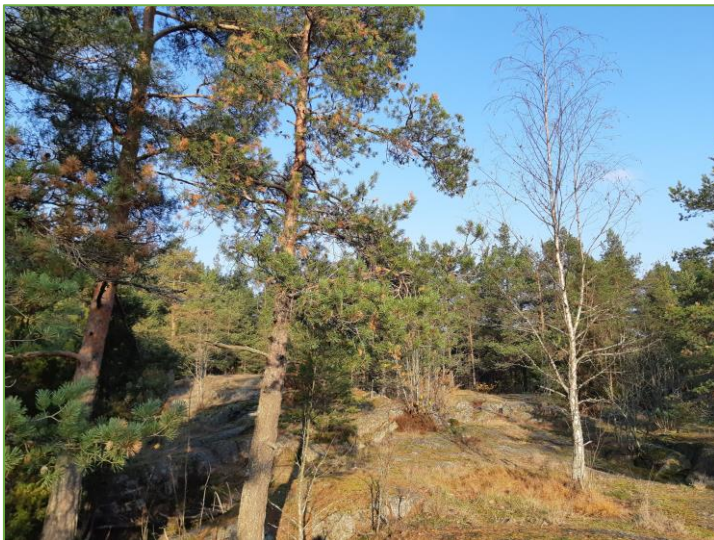


FORESTS

44. Maisemamäki

Distance along road:

A rocky forest area in the middle of a residential area. A dry pine forest. The terrain is varied and rises to a small cliff. A good and peaceful location for a smaller group especially.



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. When creating your Dream Tree, you can think about the following questions:

- Does the Dream Tree have magic powers?
- What color is your Dream Tree or what does it smell like?
- What do you like to do and eat, for example? Could the Dream Tree help with this?

William the Wizard's game idea





FORESTS

45. Heidehofinpuisto

Distance along road:

A recreational forest bordered by Heidehofintie and a residential area. The forest is rich in old pine trees, with some spruce and a few deciduous trees. The terrain rises slightly above the Heidehofintie. There is a flat area of pine trees on the top and paths wind through the forest.



Touch the stump

Divide children into pairs or small groups. 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 in pairs or in groups. 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



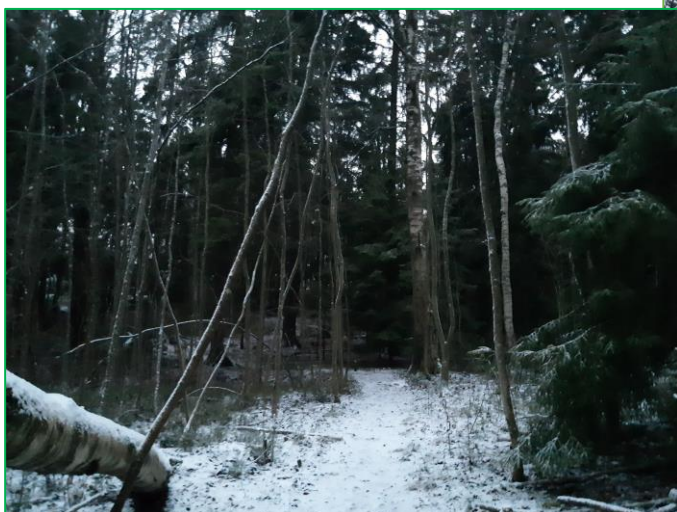


FORESTS

46. Tulppaanipuisto

Distance along road:

A mixed pine forest bordered by the Ruskeasanta residential area and Tuusulantie. Part of the forest is rocky and there is also an ascent to the top of the cliff. The terrain is challenging with its ascents and descents and lots of rocks! There are also trails in the forest.



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





ANIMALS

1. Sheep fence in Tikkurila Central Park

Distance along road:

Usually a sheep grazing area, where you can watch the sheep from the beginning of June until the end of October. The viewing area without electric wire is marked with a circle on the map.

How much do you know about sheep? What kind of sounds do sheep make? What do they eat? What can you make from sheep's wool?



Dandelions for sheep

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.





WATER

1. Koisoranta, behind Teboil

Distance along road:

The walkaway from Osmankäämintie to behind Teboil crosses the Kylmäoja bridge. Next to the bridge, at low water, is a great spot to cross the river by jumping from stone to stone.

It is possible to spot white-throated dippers here.

Behind the Teboil there is a large lawn area for a variety of games and sports.



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 a forest excursion and let them float in the river on the way home. If finding bark for the bark boats proves difficult, pine cones will float too. In other words, you can make cone cows or submarines and set them sailing. You can continue on the same theme later by exploring which things sink in water and which float. For example, you can test putting rocks and cones in a bucket and see what happens and also discuss the topic.

William the Wizard's game idea





WATER

2. Tulvalampi, Tikkurilantie 91

Distance along road:

Flooded pond on the north side of Tikkurilantie, separated from Kylmäoja. A good place to reflect on, for example, spring and autumn floods and the causes of flooding while passing by or having a picnic. The western edge of the pond is a pier, the eastern edge is a narrow bank with a path running along it. The trail is narrow in places.

Common duckweed: The tiny green aquatic plants floating on the surface of the pond are common duckweed, our smallest flowering plant. Common duckweed grows in eutrophic, sheltered waters and is also grown as food for aquarium fish. Duckweed is a treat for goldfish. Common duckweed also reduces the eutrophication of water, i.e. nitrogen and phosphorus concentrations, so it essentially purifies water.



Where does water go?

When it rains, where does water go?

The image on the next page may help in answering this question. It is also worth testing water absorption and run-off in practice. So fill a bucket with water and start experimenting!

When talking about the water cycle, you can also talk about what water carries with it. If you throw a candy wrapper in the street, what happens to it?

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?

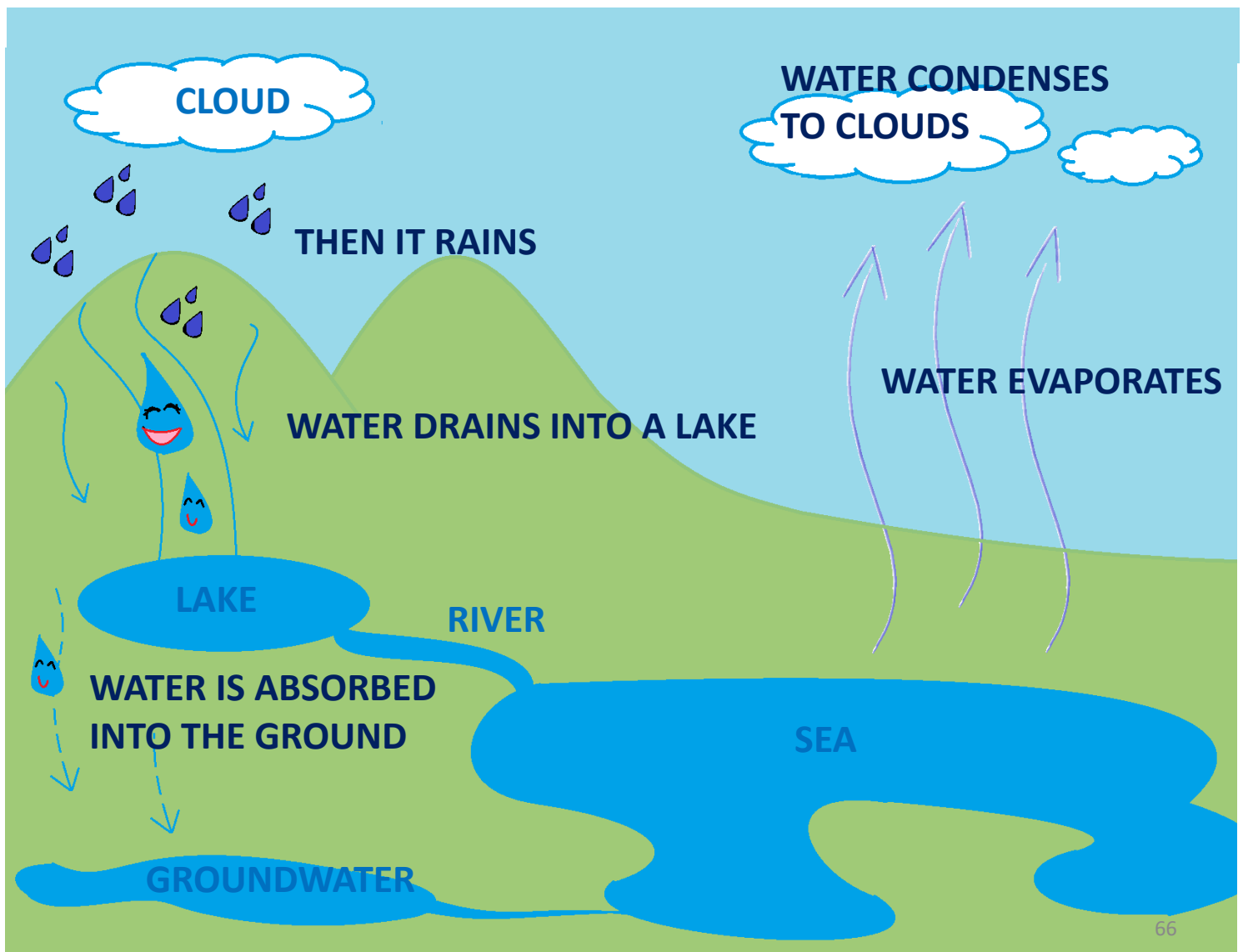
When it rains, the water drops fall down towards the ground. Droplets hit the ground, but do not stop. Instead, they form streams and run down towards ponds and lakes.

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!





FAVOURITE

1. Snow mountains, behind the ice rinks, Läntinen Valkoisenlähteentie 54

Distance along road:

A strip of asphalt and a grassland area where the snow from ice rinks and halls are collected. An inspiring place for throwing snowballs, making little snowmen and other snow fun in the great outdoors!

In colder weather, the snow makes for a great mountain for sledding and climbing.

Next to it is the skateboard and scooter area and basketball court of the Peltola school. When schoolchildren are not at recess, scooter ramps are great for climbing, balancing, tricks and track elements, depending on the age group.



Polar explorers

Throw yourselves into being polar explorers! The snow hills are a source of inspiration for polar explorers, whatever the season. The polar explorers set out to conquer snowy mountains regardless of the conditions. On their journey, they encounter slippery ice fields, uneven debris, and from time to time they struggle to get up again and continue their journey.

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. Above the map symbol, it may say "Varaa vuoro" (book a facility). In this case, you must book in advance.

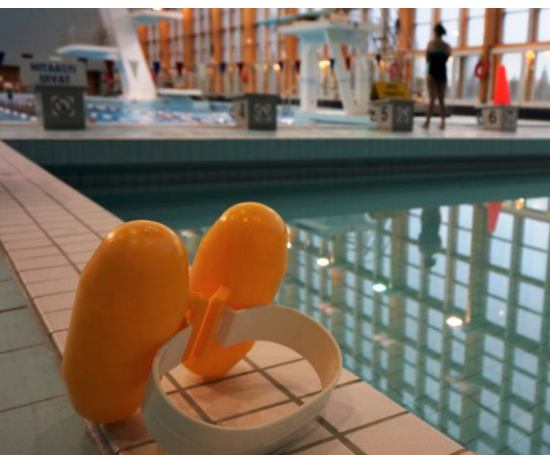
Booking a sports facility

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.





**SPORTS
FACILITY**



WATER

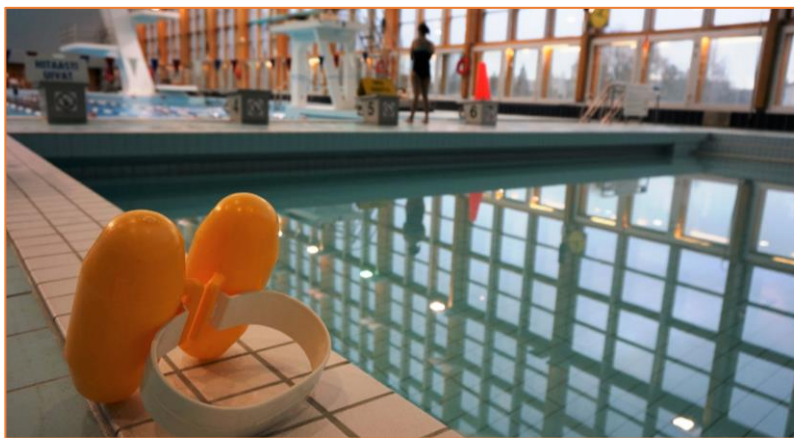
1. Tikkurila swimming hall, Läntinen valkoisenlähteentie 50

Distance along road:

The city has five swimming halls; Tikkurila, Hakunila, Martinlaakso, Myyrmäki and Korso. Tikkurila swimming hall is part of Tikkurila Sports Park. Children under 7 years of age can use dressing rooms for men and women regardless of gender. More information is available on the website of the City of Vantaa.

Tikkurila swimming hall has:

- a teaching pool, 5 m x 8 m
- a 50-metre pool with six tracks
- a jumping pool
- pool crane in the large pool
- separate changing, washing and sauna facilities for people with reduced mobility



Come home

Players line up, back against the edge of the pool. The play leader 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 and then repeat the play.

**William the
Wizard's game
idea**





**SPORTS
FACILITY**



SKIING

2. Lawn area, Läntinen valkoisenlähteentie 50

Distance along road:

Behind the Tikkurila swimming hall is a flat lawn area that is suitable for a wide range of activities, such as sports games and games, bigger events, skiing and exploring nature. The peripheral areas are sparsely wooded with rowans, silver willows, birches and conifers. The grass areas has goalposts in the summer, and a ski track in the winter. Volleyball poles on the Lummetie side.

On the wall of the swimming pool there is a bench the width of the entire hall that is ideal for breaks. You can admire the rabbit burrows while eating your snacks or lunch.

You may also see a predatory goshawk. The area is protected from traffic, bordered by the swimming hall, residential areas, day-care centres and walkways.



Clean 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.

**William the
Wizard's game
idea**





3. Trio Sport Center, Läntinen valkoisenlähteentie 52

Distance along road:

The Trio Sport Center's tatami and wrestling areas are particularly good, soft-floored facilities for young children to exercise in! Remember to bring slippers.

Remember to book the facility!

Trio Sport Center has:

- several separate dressing rooms
- a ball hall or gymnasium that can be divided into four section
- a tatami separated from the wrestling and boxing ring by a curtain
- a wrestling ring separated from the tatami and boxing ring by a curtain
- a boxing ring, i.e. a padded and fenced circle that is separated from the tatami and wrestling ring by a curtain.



Snowball spinners

The players are divided into pairs. One of the pairs is a snowball, the other a snowball spinners. 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.

William the
Wizard's game
idea





LIIKUNTA-
PAIKKA



LUISTELU

4. Trio Areena and training ice hall, Läntinen valkoisenlähteentie 54

Distance along road:

Vantaa has four rinks: two in Myyrmäki and two in Tikkurila.

Trio Areena has an ice hockey rink and a mirror hall. There is a hockey rink in the next building, the Trio Harjoitushalli (training hall). Take advantage of the public skating practises organised by the city! You can find public skating times on the Vantaa website.



Treasures of the Snow King and Queen

Place treasures (pea bags or other objects, cones on the outside) on the ice in the agreed / marked area. Everyone starts skating to get treasures and can bring one treasure back to the agreed place, i.e. the treasure chest of the snow king/queen.

For younger children, this game is a good way to practise going down on the ice, falling down and getting up from the ice. For older children, this game trains speed, braking and dodging friends.

William the
Wizard's game
idea





SPORTS FACILITY

5. Trio Sports Park artificial turf pitches, Läntinen valkoisenlähteentie 56

Distance along road:

The Tikkurila Sports Park, also known as Trio Sports Park, has two artificial turf pitches. The smaller of the artificial turf pitches, the north-facing one, measures 75 m x 60 m and is covered in winter by a hyperbaric hall. The larger artificial turf pitch is floodlit, measuring 105 m x 68 m, with a frost limit of -15 °C. Both pitches offer a large flat area for an event, for example.



Event for families in the area

The artificial turf and, in winter, the hyperbaric hall provide a large skate park for larger groups as well. The venue provides a good setting for organising events regardless of the season.

Would it be possible to develop an event with the families of the area?

**William the
Wizard's game
idea**





**SPORTS
FACILITY**



SKATING

6. Trio Sports Park gravel pitch, Läntinen valkoisenlähteentie 56

Distance along road:

Tikkurila Sports Park, i.e. Trio Sports Park, has a large floodlit gravel pitch with football goals. Its measures are 100 m x 64 m. In winter, there is skating ice on the pitch. The pitch is in free use unless specifically booked. Next to the pitch is a red brick building with changing rooms and toilets.



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**





7. Natural grass behind Teboil, Osmankäämintie 76

Distance along road:

A large lawn area for different types of games and sports along the walkway starting from Osmankäämintie behind Teboil. Tree-lined noise barriers separate the lawn area from the driveways.

A good stopover on the way to forest destinations.



Land-sea-ship

Play land-sea-ship, but with areas of coniferous forest – lawn – deciduous forest being the land, the sea and the ship. Coniferous forest on the right side of the picture, lawn in the middle, deciduous forest on the left side of the dirt road.

The play leader shouts "coniferous forest", "deciduous forest" or "lawn". The players run into the requested area.

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

Play can be made more difficult by using things in different areas as targets to which to move. For example:

1. cone, squirrel, needle, conifer, spruce, pine = coniferous forest
2. hay, mower, grass, butterfly = lawn
3. leaves, alder, birch = deciduous forest

**William the
Wizard's game
idea**





**SPORTS
FACILITY**



SKATING

8. Voikukanpuisto, Sinirikontie 18

Distance along road:

A fenced gravel pitch at the end of Sinirikontie, which will be converted into a walkway, in the middle of a residential area. In winter, the pitch is frozen for skating. Next to it is natural grassland.

The sandbox is a fun place to play games and carry out activities that require drawing in the sand. Various boundaries, areas and lines can be easily drawn in the sand.



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





**SPORTS
FACILITY**



SKATING

9. Esikkopuisto gravel pitch, Lummetie 3B

Distance along road:

Spacious, fenced gravel pitch with football goals. In winter, the pitch is frozen for skating.



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





**SPORTS
FACILITY**



SKATING

10.Lemmikkipuisto park field, Raateitie 25 B

Distance along road:

A gravel pitch with football goals, frozen for skating in winter. Three frisbee golf baskets on the east side of the gravel pitch and volleyball poles on the north side. Oaks for acorn collectors.



There must be a sufficient number of acorns in relation to the number of players.



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.

**William the
Wizard's game
idea**





**SPORTS
FACILITY**



SKATING

11. Hiekkaharju Sports Park, Urheilutie 15

Hiekkaharju Sports Park offers:

- an athletics field
- a grass pitch (100 m x 60 m)
- a gravel pitch
- two beach volleyball fields
- a service building with dressing and washing facilities
- a basketball court
- two tennis courts
- a futsal pitch
- an artificial ice
- outdoor gym equipment
- a stand that can accommodate approximately 1,500 people
- an artificial ice in the winter season



Skating to emotions (Running 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 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.





PLAYGROUND

1. Pietaryrtinpuisto, Pietaryrtintie 12

Distance along road:

Located in the middle of a residential area. The park's semi-shaded, sheltered and peaceful unfenced playground is surrounded by low, planted earth barriers.

The playground has:

- an outdoor playset (two slides, a climbing frame, a firefighter's pole)
- a balancing beam
- a sandbox and tray
- a playhouse
- two spring rockers
- a toy box
- a bench and a table set



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.

There can be a wide range of instructions. For example, verbs: "hop to the sandbox" or "swing to the swing"; or characters: "as a crocodile to the jungle gym" or "as a spider man to the sandbox".

William the Wizard's game idea





PLAY-
GROUND



SPORTS
FACILITY



FORESTS

2. Kallioruohonpuisto, Kallioruohonpolku 9

Distance along road:

Located in a terraced and low-rise residential area. The spacious, green and semi-shaded unfenced playground has a wide range of equipment for children of all ages. The park has a small grass area for playing ball, for example. The playground borders a spectacular rock and natural stone formation in the northwest corner of the park.

The playground has:

- an outdoor playset (two slides, a climbing net)
- a playhouse
- a climbing frame
- two swing sets (with four swings, of which one is a safety seat)
- a sandbox and a play table
- a balancing rocker
- a balancing beam
- a carousel
- two benches and a table set for smaller children



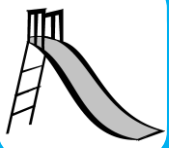
Excursion Challenge 1: Do something

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

William the
Wizard's game idea





PLAYGROUND

3. Strenginkulma playground, Tähtimöntie 24

Distance along road:

Located in the green area surrounding the Hiekkaharju residential area. The fenced, wooded, sheltered and semi-shaded playground has a natural feel.

The playground has:

- balancing beams
- an outdoor playset (with a slide, a climbing net and climbing bars)
- a sandbox
- a swing set (with three swings, of which one is a safety seat)
- a table set and two 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





4. Sipulipuisto playground, Tarhurintie 13

Distance along road:

Located in a low-rise and high-rise residential area. This fenced, extensive playground for children of all ages is new and has a wide range of equipment and possibilities. In the eastern part of the park there is a large lawn and seating area.

The playground has:

- an outdoor playset for big children (with a slide, a climbing net and a firefighter's pole)
- an outdoor playset (with a slide, a firefighter's pole, a climbing net, a shop desk)
- two swing sets (with five swings, of which two are safety seats)
- a seesaw for two
- two trampolines
- two spring rockers
- a carousel
- a seesaw
- a sandbox
- six benches and four table sets



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





PLAYGROUND

5. Kukkakimpunpuisto, Hiekkaharjuntie 19

Distance along road:

Situated between an area of small apartment buildings and detached houses. The fenced green and semi-shaded playground is calm and sheltered. The park has a good amount trees. Can you identify maple, birch, spruce, oak and pine?

The playground has:

- a sandbox
- two swing sets (with four swings, of which two have safety seats)
- a climbing frame
- a slide for small children
- a spring rocker
- two benches



Pair slalom

Walk around the park in pairs, dodging trees and equipment. Do not separate from your pair. Round 1: arm in arm; round 2: in a line with hands on the first one's shoulders; round 3: the other way around; round 4: back to back.

**William the
Wizard's game idea**





6. Kirjastopuisto playground, Ratakuja 7

Distance along road:

One side of the playground fenced, the other side unfenced. A sloping grassy area for playing and relaxing. A skateboarding and scooter site with balancing stones on the slope. Plantings lined with flagstones and paved waterways invite you to follow the "track". It is worth taking advantage of these balancing points when coming and going.

The playground has:

- a sandbox
- a nest swing
- a rope swing
- a carousel
- a climbing frame
- a slide
- balancing mounds and rails
- two trampolines



Friendly steeples

Form a human steeple course on the lawn. 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**





7. Sinirikonpuisto playground, Peltolantie 7

Distance along road:

Sinirikonpuisto is the first special accessibility park in Vantaa. The equipment, furniture and surfaces in the play, games and recreation areas are varied, accessible and suitable for all age groups. The lush, semi-shaded playground is connected to an asphalted mini-playground. There is also a grassy area for common games. Persons with functional disabilities have been taken into account, for example by using clear colouring and contrasting colours.

The playground has:

- Play animals
- Three swing sets
- A sandbox
- Outdoor playsets
- A play shelter
- A spring car rocker
- A spring rocker
- An outdoor sports playset
- A swing board
- Rotating and balancing equipment
- Horizontal bars and a basketball point hoop
- A game area
- Benches and table sets



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





PLAYGROUND



SPORTS
FACILITY

8. Savikkapuisto, Savikkatie 22

Distance along road:

The playground is located in the middle of a residential area. Fenced, but the gateless playground is calm and sheltered. In the northern part of the lush, semi-shaded park is a gravel pitch with volleyball poles.

The playground has:

- a sandbox
- an outdoor playset (with a slide, a climbing net, a climbing rope, a shelter, a shop desk)
- a climbing frame
- a swing set (with three swings, of which one is a safety seat)
- a spring rocker
- two benches



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/>

William the Wizard's
game idea





9. **Virmajuurenpuisto, Kurjenpolventie 13**

Distance along road:

The playground has modest equipment, but the whole is warm, yard-like and surprisingly versatile. Enables different functions at the same time, i.e. an easy target for multiple separate activities.

Playground equipment on the south side, a good-sized lawn area in the middle for playing and exercise, two mounds on the north side to challenge motor skills and for adventure games. Mixed trees on the edges of the area. Bordered by terraced houses and a walkway.

An easy place to get to know different tree species when there are few alternatives. You will find at least pines, spruces, maples, birches and oaks. Here you can directly download images of trees and their leaves to laminate <https://ulkoluokka.fi/materiaalit/>

The playground has:

- a slide
- a small sandbox
- an equestrian rocker
- a swingset with two swings for bigger children



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. Children are good at inventing different ways of moving around.

**William the
Wizard's game idea**





PLAYGROUND

10. Kirvelipuisto, Peltolantie 12b

Distance along road:

The fenced green playground is semi-shaded and has new and varied play equipment. In the corner of the park is a grass-covered small hill.

The playground has:

- an outdoor playset for big children (with a slide, a climbing net and balancing levels)
- A swing set (with two swings, of which one is a safety seat)
- a sandbox and a play table
- an outdoor trampoline
- three balancing balls
- two benches seating three people each



Concept 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 go "on top of the hill", "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.

William the Wizard's game idea





11. Liljapuisto, Koiruohontie 5

Distance along road:

An unfenced, but rather sheltered and shaded small playground, bordered by detached houses, a fence on the grass field and a driveway on one side. To the south of the playground is a mainly fenced grass pitch. The pitch has ball walls. A strip of trees between Tikkurilantie and the pitch block the worst of traffic noise.

The playground has:

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



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





12. Viertolanranta playground, Koiruohontie 5

Distance along road:

This large, fenced and semi-shaded playground has a wide range of play equipment. There is a small gravel pitch nearby and a natural grass area for exercise and snacks.

The playground has:

- two carousels
- an outdoor playset for bigger children (with a slide, a climbing wall, a climbing net, a firefighter's pole)
- an outdoor playset (with a slide, a tower, a staircase)
- an outdoor playset for smaller children
- a sandbox with three tables
- two swing sets (with five swings, of which two are safety seats)
- a playboat
- three spring rockers
- a swing board for two
- a table set and four 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





**PLAY-
GROUND**



**SPORTS
FACILITY**



SKIING

13. Bäckbynpuisto, Kuriirikuja 12

Distance along road:

This lush park has a spacious and bright playground with a variety of play equipment for children of all ages. The side for small children is fenced. The park also has a grassy hill, a rock ash surface area for small games, an outdoor fitness centre and a large lawn area for a variety of games and activities. In the winter, there is a ski track here. A good target for multiple separate activities with a larger group.

The playground has:

- two swing sets (with four swings, of which one is a safety seat)
- a playboat
- a spring rocker for four
- a spring rocker
- an outdoor playset for smaller children (a slide, a climbing net, a sandbox, a shelter, a shop desk)
- a balancing rocker
- a seesaw for four
- an outdoor playset for big children (a slide, a suspension bridge, a firefighter's pole, a climbing net and steps)
- three benches and a table set



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. Soft frisbees are a good idea, because being hit by them does not hurt.

**William the
Wizard's game idea**





PLAYGROUND

14. Neilikkapuisto, Neilikkatie 2

Distance along road:

Located in a residential area near the centre of Tikkurila. This fenced, sheltered playground, surrounded by large oak trees, has equipment for children of all ages. There is an unfenced outdoor recreation area nearby.

The playground has:

- an outdoor playset (with a slide, a bowl labyrinth, a tube phone, a rotating seat)
- a tube phone
- a swing set (with three swings, of which one is a safety seat)
- a net pyramid
- rain / sunshade
- a sandbox
- four benches and a table set



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





PLAYGROUND

15. Ävik playground, Tikkurilanranta, Tikkurilantie 40

Distance along road:

A sloping, seaside-themed playground. The slope is a nice place to exercise motor skills, especially for little ones. Fenced and sunny, a large complex for all ages, in a lush river landscape.

The playground has:

- a scale model of Keravanjoki with a hand pump, dams and granite buildings
- balancing mounds and balls
- two trampolines
- three outdoor playsets (with climbing, sliding and balancing elements)
- a nest swing
- a safety seat swing
- a small sandbox
- two spring rockers
- sitting levels, benches and table sets



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 course goes, for example, from a ship's platform to the hill, the trampoline, the next hill, balance balls and ends at the upper slope with an arm gate by another adult.

William the Wizard's game idea





PLAYGROUND

16. Uudenrajanpuisto, Uusiraja 7

Distance along road:

Located in the district of Simonkylä, in a residential area with terraced houses and apartment buildings along Malminiityntie. An open and bright unfenced playground area with a few pieces of play equipment and open space for different types of games and play.

The playground has:

- A ball wall
- A climbing frame
- A shaft flicker for two
- A sandbox
- An outdoor playset (with a slide and a climbing option)
- Two spring rockers
- A balancing beam
- Two 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





PLAYGROUND

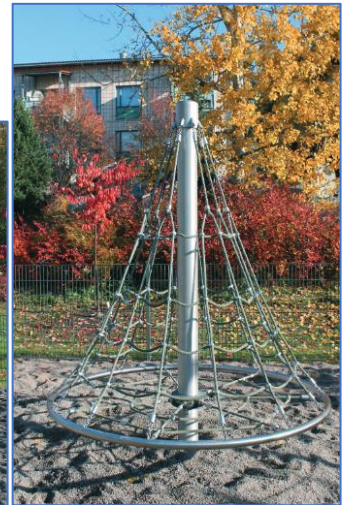
17. Jokiniemi garden, Metsänhoitajankuja 3

Distance along road:

The playground is located in the middle of a low-rise residential area. A fenced and sunny playground with a wide variety of play equipment for children of all ages.

The playground has:

- three spring rockers
- a swing set (with three swings, of which one is a safety seat)
- a slide with a shelter for small children
- a sandbox
- a seesaw
- a climbing net
- an outdoor playset (with a slide, a firefighter's pole, a climbing wall, net and bars)
- a carousel
- two benches



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





PLAYGROUND



SPORTS
FACILITY

18. Hiiriharjunpuisto, Leinikkitie 48

Distance along road:

The playground is located in the Simonkylä district, between low-rise and high-rise buildings. The playground is open and semi-shaded. The lush park also has a perennial garden and a partially fenced rock ash pitch.

The playground has:

- A sandbox
- A spring rocker
- A swing board
- A slide for small children
- A playhouse (shelter)
- two swing sets (with six swings, of which two are safety seats)
- A seesaw
- A climbing frame
- A balancing rocker
- Four table sets

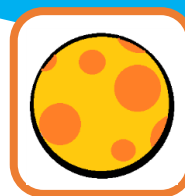


Frozen pea bags

Players move around the park, yard and field and try 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. The aim of the game is to help your friends so that they do not have to remain frozen.

William the
Wizard's game
idea





19. Elopelto 2, Oljenkorsi 6

Distance along road:

The Elopelto playground is located in Jokiniemi in the middle of a residential in a lush green area. Adjacent to the unfenced, semi-shaded playground is a partially fenced rock ash surface and a floodlit pitch with a ball wall.

The playground has:

- an outdoor playset (with two slides, big and small, a climbing net)
- a swing set (with three swings, of which one is a safety seat)
- a sandbox
- two balancing beams
- a carousel
- two benches and 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 (driving shoes, gloves, suit, helmet, main safety belt). 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, you can agree on or draw a roadway in the sand, or you can drive in a freely defined 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 three squatting jumps or five jumping jacks, etc.).

**William the
Wizard's game
idea**





PLAYGROUND



SPORTS
FACILITY

20. Kuismapuisto, Kuismatie 104a

Distance along road:

Kuismapuisto playground is located in the middle of a residential area, in the Ruskeasanta district. The lush, semi-shaded park has a spacious playground with a variety of play equipment for children of all ages. The side for small children is fenced. The park also has a rock ash pitch and an outdoor fitness area.

The playground has:

- A swing set (with three swings, of which one is a safety seat)
- An outdoor playset for bigger children
- An outdoor playset for smaller children
- A climbing frame for bigger children
- A nest swing
- Two rotating elements
- Two spring rockers
- Two trampolines
- A sandbox
- A carousel



Jump tag

The players stand on the same starting line and choose the jump tag. The jump tag determines how many jumps (or steps) 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 and numbers and directions together (jump three giant leaps forward together from a line – an adult shows you how).

William the
Wizard's game
idea





21. Harjupuisto, Harjutie 19

Distance along road:

In Harjupuisto, in the middle of the detached house residential area of the Ruskeasanta district, there is both a playing field and a playground. The playground is partly fenced and semi-shaded. Next to the playground is a volleyball court. The field has two movable goals, a basketball hoop and two benches.

The playground has:

- two swing sets (with five swings, of which two are safety seats)
- An outdoor sport playset
- An outdoor playset (with two slides, a firefighter's pole, a climbing net)
- A spring rocker
- A sandbox with a shelter
- A carousel
- Four benches and a table set



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**



OUR PLAYGROUND

Was one of your favourite playground destinations left out of the playground map? A place where you like to go on excursions? On this blank page, you can paste pictures of the place, write a description of the destination and tell the location of the place. Have you found a game for the destination from William the Wizard's game ideas?

**William the Wizard's
game idea**



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**William the Wizard's
game idea**



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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.
- **Lost squirrel:** story, comic and map, pages 22–24
- **Who ate the cone?** Identify the eating patterns on page 27
- **Figure-eight and double figure-eight:** instructions for making knots, page 38
- **#Ulkoluokka, Completed Species Cards:** <https://ulkoluokka.fi/en/materials/>
- **LuontoPortti,** help with species identification: <https://luontoportti.com/en>
- **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 56. 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/?setlanguage=en>
 - 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/>

**VANTAAN
LIIKKUVA
PÄIVÄKOTI**