



## Creating an adventure course

We propose that you create a free and active play adventure course at camp, organized by and for campers.

*The goal is to introduce campers to free and active play.*

**How?** By making a temporary space (a vacant lot, a grassy area, etc.) available to your campers and giving them the time and the various materials needed to get active and create their own adventures.

This activity allows the campers to get active and vary the intensity of movement, practice innovative thinking, develop problem-solving abilities, and meet challenges—all while having fun! This game draws on a concept whereby campers follow their own interests and are free to independently discover their environment.

## The magic recipe for a successful adventure course:

- 1 Time (between one and two hours. Provide enough time for the campers to initiate their play, appropriate it, and practice the play activity.)
- 2 Space (prioritize outdoor play)
- 3 Materials (eco-friendly and creative)
- 4 Friends to play with or solo play activity, based on the camper's preference  
(individual campers are free to create the activity as they see fit)



## Organization

- ☐ **Build awareness** among camp staff about the importance of free and active play and their role in the activity (using information sheets).
- ☐ **Plan** to include the activity in the program with camp staff, making sure enough time is provided.
- ☐ **Define your play area.** Choose a large space that is safe and accessible to everyone.
- ☐ **Identify the materials** you want to make available to the campers (see the sample list in the appendix).
- ☐ **Give a second life to various materials** that are easily accessible by recycling them. Be creative in your search for materials.

**Pssst!** To assemble a sufficient number of materials, ask your contacts (ex. parents) to assist you in your search.

You can even suggest themes!

## Setting up the play area

Arrange the materials so that the campers can see what's available. Let the campers decide which objects interest them, when they are ready.

**Example:** Separate the materials by theme and arrange them in such a way that the campers can see them all at a glance.

**Don't forget to make sure that the space is safe and accessible for everyone.**

## Instructions during the day

- ★ Mark off the play area.
- ★ Show the campers the materials that are available to them.
- ★ Explain your safety rules, based on the environment and the materials. Example: It is forbidden to hit a friend, and no digging in the play area or painting the walls.
- ★ Make sure you play an active role in the activity (see the information sheet).
- ★ Review the activity with the campers. This will give them a chance to say what they liked most about it.

**The following examples of questions may help you spark the discussion, but the important thing is that you let the campers express themselves and that they listen to one another.**

*What was your favourite moment?*

*What would you do differently next time?*

*Are there other moments that stand out?*

- ★ Cleaning the play area

Get your campers to help put the materials away  
(develop a sense of responsibility and autonomy concerning another facet of the activity).



## List of potential materials to use in the activity:

Various plastic pots (yogourt, coffee, etc.)

Rolls (toilet paper, paper towels, etc.)

Egg and milk cartons, etc.

Clothes pins

Milk crates

Sponges

Pool noodles

Baskets of all kinds (laundry baskets, etc.)

Various balloons

Feathers

Various fabrics

Soap bubbles

Paint

Various boxes

(shoes, tissues, macaroni, cereal, etc.)

Paint brushes and rollers

Wooden boards

Large cardboard boxes

(moving boxes)

Tires

Various tubes

Large wooden wire spools

Any kind of rope (skipping rope)

Pots

Bubble wrap

Drop sheets (canvas)

Innertubes (bicycle)

Sand or earth

Traffic cones

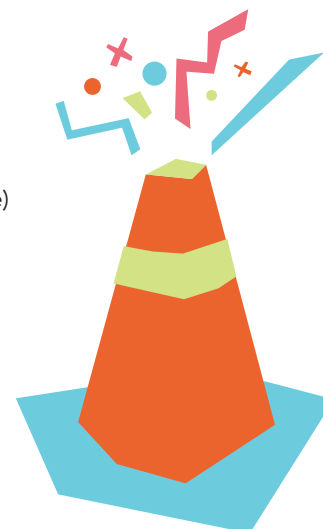
Casters (bicycle training wheels, stroller wheels)

Parachute

Carpet

Kitchen accessories

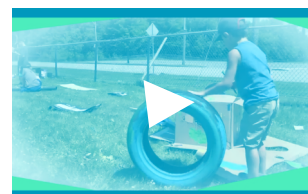
(aluminum plates, plastic glasses, wooden spoons, pots, etc.)



### Example of how to arrange the play area:



The City's Mobile Adventure Playground  
Learning more about unstructured play  
City of Calgary



Libres et créatifs  
Alliance sherbrookoise  
pour des jeunes en santé



### Tricks and tips

Make sure that the materials are clean and in good condition.  
Avoid glass and sharp objects.

### Inspired by the project:

« Libres et créatifs » Support booklet for organizing  
a free play day, issued by the Comité estrien  
pour les saines habitudes de vie.

PLAYLearnThink by Pierre Harrison

