

Welcome video transcript

Hello everybody, I'm Helen, I'm the Headteacher from Church Hill and Low Hall Nursery schools. Welcome to the *We play!* project. Somebody from your setting will have spoken to you about engaging with this project, so I thought we'd make a very short video to explain what the *We play!* project is, so that you can decide if you'd like to engage with it.

The idea behind this project is that we know as families, it can be really stressful having children at home, keeping them entertained, and feeling like you have quality time with your child. This project is to support your child's language and mathematical skills and make sure they're enjoying playing your home. But it's also to support you, to make you feel like you have 10 really good quality minutes with your child, to make you feel like you've had conversations, you've carved out some time from your busy day, you've switched off your phone, you've switched off your television, and this is special time for you.

I'm going to introduce the set to you now. If you engage with the project and you fill out the surveys over five or six weeks, you will get to keep this set, and it's a beautiful set. It has a timer, which is a 10-minute timer. The timer is designed to help you indicate to your child the quality time that you're going to spend together. Now it might be that you're really enjoying what you're doing with your child, and it's longer than 10 minutes, that's okay. It also might be that your child can't concentrate for 10 minutes on an activity with you, so that's okay as well, but it gives your child an indication that this is the time that's quality for you and them together. You're going to concentrate on them, and it's your special time.

In the set, you'll see that the bag has some labels on it, so it starts with a picture of the set that you get, and that kit helps you to keep the set together. If you decide that this isn't for you, a few weeks in, and you need to give it back to us, we would expect all of this kit back, please. It has wooden trains, it has wooden tracks, and it also has some play equipment, like bridges.

And on the next laminated folder, sorry label, you'll see that there's a list of items of what's in the bag, and this also helps you to describe those items to your children. So when you're getting them out of the bag, when you're putting them away, you could use some of this language to help you describe those parts to your children.

We've got a number of Quick Links here. Now, the whole point of a Quick Link is that you get your camera phone out, take a quick picture of the link, hover over it, and it will take you straight to the surveys that, that we are asking you to partake in. Now the first survey we would like you to do at the beginning and at the end of the project, is a Wellbeing

Survey, and this is about you. This is about how you're feeling. And I think it's really important to acknowledge that parents can sometimes feel very stressed. I feel very stressed with my children at home. There's loads to do. Sometimes my children are not behaving. Sometimes it can feel chaotic. Other times, you might be feeling great, and it's really good to acknowledge how you're feeling. And we're hoping that this project will support your wellbeing, as well as your child's. If you're building some quality play activities in with your children, some really special time with them, I'm hoping that your home will feel calm, you'll feel energized by the play, and you'll have had some really good times with your children that you enjoy. So we asked you to do this one at the beginning and at the end of the period of time that you're engaging with the project.

Each week, we're going to upload a new video to give you some suggestions of how you can play with your child. It may just be an introduction of how to get the set out and how to put it away. One session will be about mathematical language and how to build that mathematical play into the play with your children. Another one will be about gradually building your child's vocabulary. So we'll give you an idea every week to extend the play so that you don't get bored with the kit, that you're using lots of new ideas and supporting your child.

We're going to ask you once a week, when you're using the sets, to fill out a survey beforehand, which is very quick (it's about a minute) and a survey at the end. And then right at the end of the project, we'll ask you to tell us how you think this project can be improved, whether you felt it was useful, whether you think it's something that other parents could learn from. We want to learn from this as well, and collect as much evidence about what's useful to you and useful to your wellbeing. As we're just trying out this project, we, we've got lots of hopes for it, but, you know, we're hoping that it will really build a lovely sense of play and purpose in your house. But you may say to us, actually, for me, the train set didn't work. We'd like another range of toys, and it depends on your child's interest. You might think it's completely fantastic, and you want to tell us that. You might think that there actually could be some more information on the videos, so we want to learn from you.

So now that you've watched this video, and you understand that you get to keep this pack if you've engaged for the six weeks and filled out the surveys, that it's 10 minutes of play...Now that could be, if you're very adventurous, every day, that could be once a week, but we're trying to build in some quality time, and we hope once you've done it once or twice, you'll want to do that regularly with your child.

You'll also get to keep the sand timer. Now, the sand timer can be used for this 10-minute play session – so, you're getting the sand timer out at the beginning, you're unpacking the bag, you create the train set together, and at the end of it, you pack it away so it stays special. But you could also use it in your hand for other things. I know in my house, getting children into bed can be really stressful. With a sand timer, we've got

10 minutes to do our teeth and to do our toilet and to then to put our pajamas on, it makes our routine a lot easier. You may find that having this in your home over mealtimes, you're trying to get your child to finish their dinner, we're going to eat this over 10 minutes...create some routine in your house that perhaps hasn't been there before, and it may be already, but I know that in my house, some of those things can be really challenging.

So we're hoping by the end of this you'll have really enjoyed it. You then get to keep these lovely wooden toys in your home forever, if you wish. And also that, yes, you're having some one-to-one time with your child, but if your whole family wants to enjoy it and do that together, it's a really good quality session. So we do hope that you engage with this project, and you choose to join in, and then you get to take these lovely things home. Thanks so much, bye bye.

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