



## Welcome to the very first FLIPA Newsletter #1

[Sport NZ](#) have been addressing inequities to ensure everyone has the opportunity and access to quality sport, recreation and play opportunities. We were fortunate to receive funding from Sport NZs Disability Inclusion Fund to develop and deliver increased quality play opportunities for youth with physical, visual and/or hearing impairments.

From this FLIPA was born. FLIPA *“Fun Learning through Inclusive Play Advocates”* is a 4 week in school programme designed to provide quality experiences and increased opportunities for tamariki with disabilities. As well as providing more play opportunities for tamariki, FLIPA provides an opportunity to raise awareness amongst participants and develop their confidence to play with tamariki with disabilities. It also challenges them to think about how they may adapt their play so that it is inclusive.



To date we have delivered FLIPA to Arataki School, Lynmore School and Suzanne Aubert Catholic School and we are in our final week of deliveries to James Street School, Whakatane Intermediate School and Mamaku School.

In addition to delivering FLIPA in Schools, we have been bringing play opportunities to our other Parafed BOP activities, more details of which can be found below.

If you know anyone or a school that would like to participate in the FLIPA Programme please reach out. Contact Jo [jo@parafedbop.co.nz](mailto:jo@parafedbop.co.nz).



## DID YOU KNOW ?...

**Did you know** that Bob Hughes, as a lifelong advocate for free play, lists 16 types of play that children may (or can) experience in their play development. Each newsletter will reveal 2 play types. If you would like to read the rest then [click here](#)

### **The first 2 play types are:**

Symbolic Play: Play which allows control, gradual exploration and increased understanding, without the risk of being out of one's depth. E.g. using a piece of wood to symbolise a person, or a piece of string to symbolise a wedding ring. Objects used to represent something else.

Rough and Tumble Play: Close encounter play which is less to do with fighting and more to do with touching, tickling, gauging relative strength, discovering physical flexibility and the exhilaration of display. E.g. playful fighting & wrestling & Children engaging in physical contact games, e.g. pile-on



## TRY THIS.....

Prompt Dice, that were purchased from Kmart, have been very popular. There are ones with instructions on, some with numbers on, and others with emotion emojis on. At Galatea School one of our tamariki came up with the idea of rolling all 3 dice together, then the participants had to act out the action (which can easily be adapted to suit), the prompted number of times (or for so many seconds) in the prompted emotion.

If you don't have access to these dice then writing prompts, numbers and emotions on bits of paper, screwed up and put in 3 separate containers can achieve the same fun with a sense of lucky dip included, and tamariki can write their own prompts!





# TOP TIPS

We were asked for some tips for youth with visual impairments:

Chime balls, or any balls with bells in are a great way for youth with visual impairments to have fun.



The photo illustrates a Goal Ball during our FLIPA delivery at Lynmore School. [Goal Ball](#) is a Paralympic Sport which these youth enjoyed playing.

Balls with bells can be purchased from sporting outlets like [Hart Sport](#), alternatively pet toys with bells in can be used as [BLENNZ](#) (Blind & Low Vision Education Network NZ) explained *they aren't a pet toy until a pet plays with them*. Blind Sport NZ have [Accessible Kits](#) for hire.



# PARAFED BOP NEWS

We are bringing play to our [Health Vision Festival of Disability Sport](#) that's being held at the Trust Power Stadium on April 29th and 30th. There will be play opportunities running on both days and on Sat 29th there are a number of play opportunities for tamariki to enjoy. For more information [click here](#) and on the image. For more details or to register your interest please contact Suzanne [suzanne@parafedbop.co.nz](mailto:suzanne@parafedbop.co.nz)





We have had great fun bringing more play opportunities into our activities. Our adaptive surfing days at Mount Maunganui, Ohope and Waihi have developed more into beach fun days.

Youth and their families have had fun building sandcastles, playing with frisbees, balls, velcro catchers, t-ball and much more. Others have enjoyed playing Tic Tac Toe at Ten Pin Bowling.



**Be Kind Enjoy**



**Everyone Plays**

If you have any Play Stories you'd like to share then please send to Jo [jo@parafedbop.co.nz](mailto:jo@parafedbop.co.nz) so we can share them in our upcoming newsletters. If there is anything you would like to read about regarding inclusive play then please let us know.