**The Right to Play**

**Article 31**

**You have a right to rest and play and to have the chance to join in a wide range of activities**.

* The Club@Midmill promotes child directed play this is play that evolves when children choose what to play and make up their own rules for how to play this enables the child to develop their cognitive, social, emotional, and physical skills
* When The Club@Midmill children play they learn to figure out things for themselves, learn how to take healthy risks, find innovative ways to think about the world and how it works based on their own self led intrinsically motivated interests.
* The Club@Midmill practice necessary skills such as overcoming obstacles, creating problem solving (on their own and with other children), communicating their feelings effectively with others, and working with those who may have different points of view.
* The Club@Midmill children experience the joy of self-discovery, the thrill of being able to pursue their own creative ideas without the thought of failure that usually arises when there is one, predetermined way to be “right” or to “win”.

**Play strategy for Scotland**

We want Scotland to be the best place to grow up. A nation which values play as life enhancing daily experience for all our children.

The vision seeks to improve the play experiences of all children including those with disabilities or from disadvantaged backgrounds. It aims to ensure all children can access play opportunities in a range of settings which offer variety adventure and challenge. They must be able to play freely and safely while learning to manage risk and make choices about where, how and when they play according to their age stage, ability and preference.