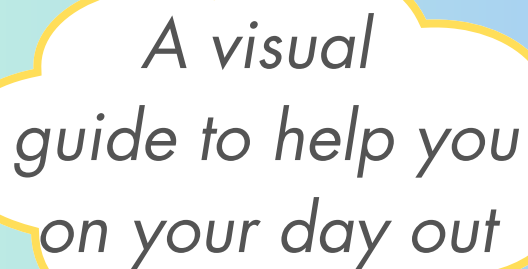




# My Day Out in Tower Hamlets Play Pack



*A visual  
guide to help you  
on your day out*

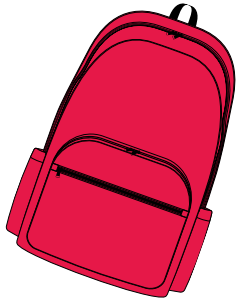


***This My Day Out in Tower Hamlets Play Pack***  
*was designed and created by Artburst with  
Tower Hamlets families as part of Save the  
Children UK and the LEGO group's Power of  
Play Initiative 2024.*

*We hope this inspires you to have a fun day out  
in Tower Hamlets!*



**Save the Children**



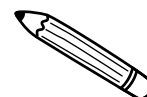
# Back Pack Checklist

*Tick  
off items and pack  
together*

- Water bottle
- Snacks
- Raincoat/Sunhat and sunscreen
- Wet wipes
- Calm time items (soft toy, colouring..)
- Ear defenders
- Change of clothes

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Now add  
your own*



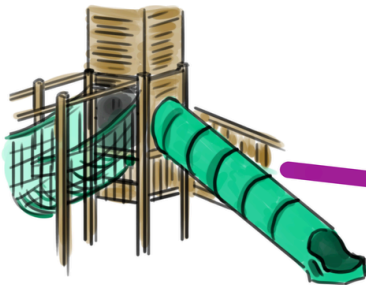
# 5 Places to Play in Tower Hamlets



Young V&A  
E2 9PA



Victoria Park  
E3 5TB



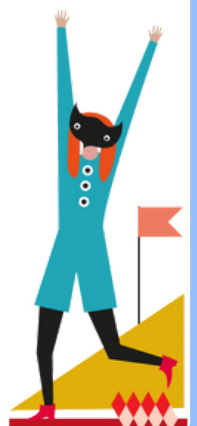
Weavers Fields  
E2 6HD



Spitalfields City Farm  
E1 5AR



Tower Bridge  
SE1 2UP



# Visual Timetable

Using pictures helps us know what to expect

Now

Next

HOME



WALKING



BUS



MUSEUM



SNACK



MAKING!



BUS



WALKING



HOME



Add 'Now' and 'Next' and move them as you go

# Visual Timetable

*Here you can  
draw your own*



**Now**

**Next**


# Visual Flashcards

Flashcards are helpful  
to communicate  
in a busy setting



**Listen**



**Look**



**Hands to self**



**Quiet**



**Wait**



**Sit down**







# Visual Flashcards

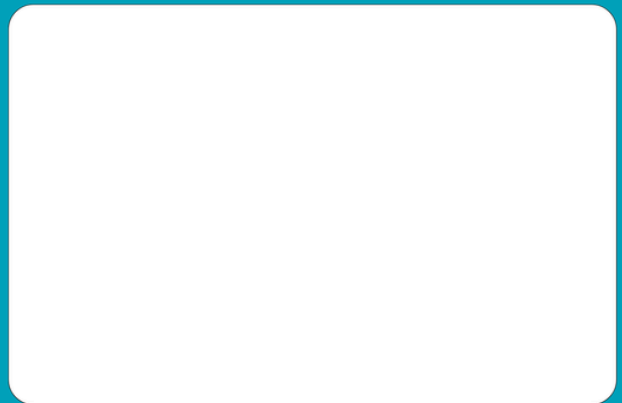
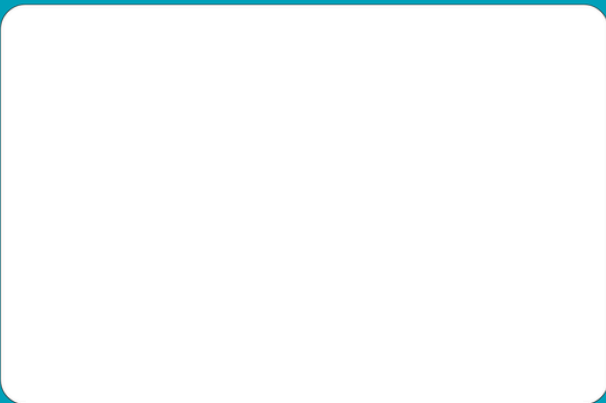
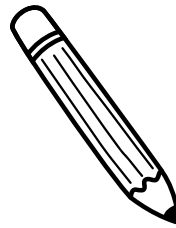


Stand still



Walk

Here you can  
draw your own





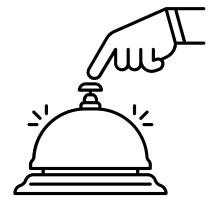
# Leaving the House



*Games to play  
when leaving  
the house*

## **Scavenger Hunt**

Hide your child's rucksack items in a room. Your child then has to find them. By the time they've found all the items, you'll be ready to go.



## **Beat the Buzzer**

You can do this with a timed alarm, or a song - set a task to do e.g. put on your socks, then set the timer, or play a song. If the child manages to do the task before the end of the timer or song, then they have beaten the buzzer!

## **Simon Says / Follow the Leader**

One person is the leader and gives instructions, and everyone has to do what that person says - but only if the person who is the leader states "Simon Says" first.

Another version of this has one person doing something, and everyone else copying them! This can help everyone get ready together, but can also be very silly and fun!





# Travelling Games

*Games to play  
when on your  
travels*



## I Spy... / Who Can See?

Take it in turns to choose something you can see, then say "I spy with my little eye, something beginning with **O**R something the colour of..." Then others have to guess what you've seen with that letter or colour. A simpler version of this game has the grown up asking "who can see a ..." and everyone playing must look for the item somewhere around them.

## How Many?



With a pencil and notebook create a tally chart. Then see how many of one item you can find (e.g. how many dogs/blue cars etc...). Mark them off on your chart then count them up together at the end of your journey.



## The Floor is Lava!

This is for a big space, like a park or playground, pretend that the floor is lava, and when you give the signal, the child can't touch the ground. Instead they must find something sturdy to climb or hold on to, like a bench or tree - just make sure they don't go too high!

## Red Light, Green Light

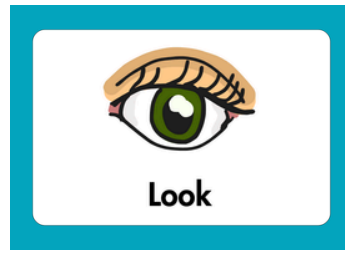


Choose a finish line, the child/ren wait at the start. When you state "Red light" the child freezes. When you state "Green light" they can move - but no running! The goal is to see who can reach the finish line first. You can add different ways of moving with different coloured lights - like "Yellow" could be hopping, "Purple" could be skipping, etc...



# Road Safety

*Stay safe when  
travelling around  
London*



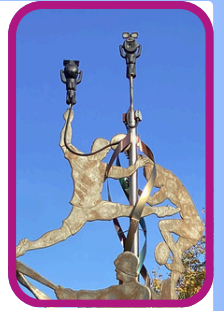
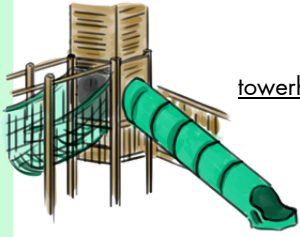
- Stop, Look, Listen, Think
- Stop at the kerbside
- Hold a grown ups hand
- Walk, do not run
- Cross at a safe place
- Always wait for the green man
- Mind the gap
- Always stay behind the yellow line



Here's a **video** and some other fun resources for how to stay safe when travelling in London.

# Weavers Fields

[towerhamlets.gov.uk/ignl/leisure\\_and\\_culture/parks\\_and\\_open\\_spaces/Weavers\\_Fields.aspx](http://towerhamlets.gov.uk/ignl/leisure_and_culture/parks_and_open_spaces/Weavers_Fields.aspx)



## Weavers

*Fields is a large open space with a wide range of facilities*

## Things to do when you visit:

- Explore the **Children's Play Area** (fully accessible)
- Go on a **Woodland Walk**
- Visit the **Adventure Playground** (for children Under 16 - open after school and during holidays only)
- Have a **Picnic**

## Address:

Viaduct Street, London, E2

## How to get there:

### Bus

- D3 (Weavers Fields stop)
- 8, 388 (Pollard Row stop)

### Tube

- Bethnal Green (Central Line)







# Tower Bridge

[towerbridge.org.uk](http://towerbridge.org.uk)

*Tower Bridge is one of the most iconic bridges in London*

## Things to do when you visit:

- Look at panoramic **views of London**
- See the **Bridge Lift** ([Bridge Lift Times](#))
- Climb the **Towers**, walk the **Glass Floor** and visit the **Engine Rooms**\*
- [Tower Bridge Cat Trail](#)
- [Tower Bridge visual story](#)  

\*Tower Hamlets residents can buy a reduced entry Community Ticket, costing £1 per person.

### Relaxed Opening

09.30 - 11.30 second Saturday of the month, for anyone who would like to explore the Bridge in a calm, tranquil atmosphere, including people with autism and other neurodiverse needs.



### Family activities

Drop-in craft activities, free with entry, run 10.00 - 16.00 on the second Saturday of the month, and on Tuesdays in most school holidays.

## Address:

[Tower Bridge Rd, London, SE1 2UP](#)

## How to get there by public transport:

### Bus

- 15 (Tower of London stop)
- 42, 78, 100, 343 (Tower Hill/Tower Gateway Station or Tower Bridge)
- 100, 108 (St Katharine Docks stop)

### Tube

- Tower Hill (District and Circle Lines)
- London Bridge (Northern and Jubilee Lines)



# Victoria Park

[towerhamlets.gov.uk/ignl/leisure and culture/parks and open spaces/victoria\\_park/victoria\\_park.aspx](http://towerhamlets.gov.uk/ignl/leisure%20and%20culture/parks%20and%20open%20spaces/victoria_park/victoria_park.aspx)



*Victoria Park  
is the largest and  
oldest public park in Tower  
Hamlets*



## Things to do when you visit:

Explore the **Children's Play Areas** (On the west side of the park is the V&A playground, more suitable for younger children. On the east side by The Hub is the other play area, with huge slides, climbing equipment, sand play and more)

- **Hire a Boat** (Rowing boats or Pedalos)
- Go on a **Children's Tree Walk**
- Have a **Picnic**

## Places to eat:

- The HUB Café
- The Pavilion Café

## Address:

Grove Road, Bow, London, E3 5TB



## How to get there by public transport:

### Bus

- 277, 425 (Grove Road stop)
- 8, 339 (Roman Road / Grove Road stop)
- D6 (St Barnabas Church stop)







# Spitalfields City Farm

[spitalfieldscityfarm.org](http://spitalfieldscityfarm.org)



A small  
farm in Tower  
Hamlets



## Things to do when you visit:

- Visit the **farmyard** and meet the animals
- Walk through the **Wildlife Garden**
- Look for newts and dragonflies in the **ponds**

## Places to eat:

- The Tea Hut (open in Spring, Summer & Autumn)

## Address:

Buxton Street, London E1 5AR

## How to get there by public transport:

### Bus

- D3 (Vallance Road stop)
- 8, 388 (Brick Lane stop)

### Tube

- Shoreditch High Street (Overground)
- Whitechapel (Hammersmith & City)





# Young V&A

[vam.ac.uk/young](http://vam.ac.uk/young)



© Luke Hayes courtesy of Victoria and Albert Museum, London

*A free museum  
in Tower  
Hamlets*

## Things to do when you visit:

- Build It - make structures out of foam shapes
- Sand pattern table
- Sound It Out exhibit displays the alphabet through objects in the collection
- Quiet reading room available
- Visual story
- Ear defenders and tactile books available to borrow, and advice on visiting by emailing [young@vam.ac.uk](mailto:young@vam.ac.uk)



© Luke Hayes courtesy of Victoria and Albert Museum, London

## Places to eat:

- Young V&A cafe
- On weekends and school holidays, you can eat packed lunches in the Community Room

## Address:

Cambridge Heath Road E2 9PA

## How to get there by public transport:

### Bus

- 106, 254, 388 and D6

### Tube/Rail

- Cambridge Heath Road (Overground) | Bethnal Green (Central line)



© David Parry courtesy of Victoria and Albert Museum, London

# My Day Out Passport

*Is someone else taking your child on a Day Out? Help them look after your child with a My Day Out Passport*

**My name is:** \_\_\_\_\_

**I like:** \_\_\_\_\_

**I don't like:** \_\_\_\_\_

**When I get upset I might:** \_\_\_\_\_

\_\_\_\_\_

**When I get upset, you can help me by:** \_\_\_\_\_

\_\_\_\_\_

**My favourite thing to do on a day out is:** \_\_\_\_\_

\_\_\_\_\_

**My favourite snack is:** \_\_\_\_\_

**My favourite toy is:** \_\_\_\_\_

**My favourite place is:** \_\_\_\_\_

**Some more things about me:** \_\_\_\_\_



# Song - The Hamlets Call

Sing-a-long with this song sheet



Time to pack my rucksack  
With all of my toys  
We're marching out the door  
Into the air and noise  
We're driving on the bus now  
I push the bell **DING DING**  
Going for our day out  
And hearing everything

Come to Weavers Field  
Through the tunnel that's the plan  
Me and my best friend  
Play hide and seek with Nan  
Can you smell the flowers?  
**SNIFF SNIFF, SNIFF SNIFF**  
Ready for our day out  
And smelling every whiff

## CHORUS

5,6,7,8 The Hamlets call!  
I'm away on my adventure  
Travelling every day  
Through these streets  
Seeing my favourite places  
And people **CLAP CLAP**  
I'm finding my feet

Spitalfields is waiting  
Down at the City farm  
Petting the sweet animals  
The hens peck at my arm

I'm petting all the animals  
Feel how soft they **AWW**  
Enjoying our day out  
And feeling every paw

Across the Thames we hurry  
Wow, what a sight!  
The Tower Bridge so big and tall  
That swings both day and night  
I'm watching Tower Bridge go  
**UP DOWN UP DOWN**  
What a lovely day out  
We're seeing all around

## CHORUS x2

I'm ringing the bell **DING DING**  
I'm smelling all the flowers **SNIFF ahh**  
I'm petting all the animals **AWW**  
And watching the Tower **UP DOWN**  
I'm ringing the bell **DING DING**  
I'm smelling all the flowers **SNIFF ahh!**  
I'm petting all the animals **AWW**  
And playing with my friends

We're at the Teddy Bears Picnic



# My Day Out Crafts

*Crafts  
to do at home*

## Journey Stick

What you need:

- A stick from your day out
- Wool or string to wind around
- Bits and bobs
- Pipe cleaners are useful for attaching beads



*You can take your  
Journey stick on your  
next day out!*



Scan for tutorial

## Leaf Rubbing

What you need:

- A leaf from your day out
- A crayon
- A piece of paper

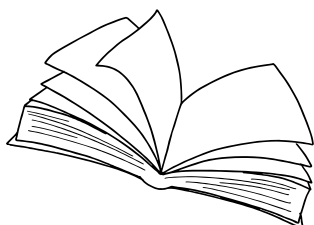


Scan for tutorial



# My Day Out Story

A story all about a little boy who has a day out in Tower Hamlets. This story has come from the ideas of children and families in Tower Hamlets.



Scan for story



## **Additional resources**

[artburst.co.uk](http://artburst.co.uk) - check out our website for **free** craft resources, what's on with our workshops, and lots more!

[@artburst](https://www.instagram.com/artburst) on Instagram - Makaton videos, craft ideas and updates all about our work

[youtube.com/@artburstuk8707](https://www.youtube.com/@artburstuk8707) - relax and play with a story, craft, or song video

[Artburst Spotify](#) - this is where you can find all of our songs - including *The Hamlets Call*

[@independentyou](https://www.instagram.com/independentyou) on Instagram for SEND workshops and activities in Tower Hamlets

[geocaching.com/play](https://www.geocaching.com/play) a fun real life treasure hunt activity, easily accessible from your phone all over London!

# Thank Yous

## Special thanks to:

Save the Children UK

The LEGO Foundation

Virginia Primary School

All Tower Hamlets who attended our Play Parties

Independent You

Jon Dix Music Producer

Tower Bridge Museum

Young V&A

## Other places we love in Tower Hamlets:

The Toyhouse Library [toyhouse.org.uk/](http://toyhouse.org.uk/)

Stepney City Farm [stepneycityfarm.org](http://stepneycityfarm.org)

Mudchute Park and Farm [mudchute.org](http://mudchute.org)

Mile End Park

[towerhamlets.gov.uk/lgnl/leisure and culture/parks and open spaces/mile end park/mile end park.aspx](http://towerhamlets.gov.uk/lgnl/leisure%20and%20culture/parks%20and%20open%20spaces/mile%20end%20park/mile%20end%20park.aspx)



