

# Development and evaluation of a new measure of children's play: the Children's Play Scale (CPS)

Article

Supplemental Material

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The next questions ask about where your child plays at different times of year, how long they play for in each place and how adventurously they play.

Please answer all of the questions in this survey thinking about normal life <u>before</u> coronavirus!

Most of the questions ask about children's play generally.

<u>Play</u> is any activity that a child does for enjoyment where there is no serious or practical purpose. Lessons and sports training for example do not count as play here but playing with a ball with friends does.

We would like you to think about play in children's <u>day to day lives</u>, not whilst on family holidays and only outside of school, childcare and organised sports.

	Every day	4-6 times per week	2-3 times pe week	Once a week	Once a month	Less than once a month	Never
At home or in other people's homes		$\circ$				$\circ$	
Outside at home or at other people's homes (e.g. garden/yard/balcony)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$	
At a playground							
In trees/forests/woodland/grassy spaces (not including the garden at home or other people's homes)		$\bigcirc$		0	$\circ$	$\bigcirc$	$\bigcirc$
In the street or public space close to your home (e.g. in your street, on the pavement in front of your home etc.) (not including local playgrounds)	0	0	0	0	0	0	
Outdoors near water (e.g. at the beach, in the sea, near a river, lake or cliffs)	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$
At indoor play centres and pools (e.g. soft play, trampoline parks, swimming pools etc.)	0	0	0	0	0	0	0

ou should respond thinking	ng about day-to-c	day life, not whilst	on holiday away	from home and (	do not include
creen time.	Less than half an hour	Around an hour	2-3 hours	4 hours+	N/A
At home or in other people's homes	0	0	0	0	0
Outside at home or at other people's homes (e.g. garden/yard/balcony)	$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$
At a playground					
In trees/forests/woodland/grassy spaces (not including the garden at home or other people's homes)					
In the street or public space close to your home (e.g. in your street, on the pavement in front of your home etc.) (not including local playgrounds)	0	0	0	0	0
Outdoors near water (e.g. at the beach, in the sea, near a river, lake or cliffs)	$\circ$	$\circ$	$\circ$	0	$\circ$
At indoor play centres and pools (e.g. soft play, trampoline parks, swimming pools etc.)	0	0	0	0	0



#### Spring/Summer activities

#### Remember to think about normal life before coronavirus!

28. Please select how often your child typically plays in each of the following places <u>during Spring and Summer.</u>

You should respond thinking about day-to-day life, not whilst on holiday away from home and do not include screen time.

	Every day	4-6 times per week	2-3 times per week	Once a week	Once a month	Less than once a month	Never
At home or in other people's homes	$\circ$			$\circ$	$\bigcirc$	$\bigcirc$	$\bigcirc$
Outside at home or at other people's homes (e.g. garden/yard/balcony)	$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$		$\circ$	
At a playground							
In trees/forests/woodland/grassy spaces (not including the garden at home or other people's homes)		$\circ$		$\circ$	$\bigcirc$	$\bigcirc$	
In the street or public space close to your home (e.g. in your street, on the pavement in front of your home etc.) (not including local playgrounds)		0		0		0	
Outdoors near water (e.g. at the beach, in the sea, near a river, lake or cliffs)	$\bigcirc$	0		$\bigcirc$	$\bigcirc$	$\circ$	$\bigcirc$
At indoor play centres and pools (e.g. soft play, trampoline parks, swimming pools etc.)	0	0	0	0	0	0	0

29. On a day when your cleach place during Spring a		a place listed, plea	ase select how lo	ong your child typ	pically plays for i
If they never play in a part	icular place selec	ct N/A.			
You should respond thinking screen time.	ng about day-to-c	day life, not whilst	on holiday away	from home and	do not include
	Less than half an hour	Around an hour	2-3 hours	4 hours+	N/A
At home or in other people's homes	0	$\circ$	$\circ$	$\circ$	0
Outside at home or at other people's homes (e.g. garden/yard/balcony)		$\bigcirc$	$\circ$	$\bigcirc$	$\bigcirc$
At a playground		$\bigcirc$			$\circ$
In trees/forests/woodland/grassy spaces (not including the garden at home or other people's homes)					0
In the street or public space close to your home (e.g. in your street, on the pavement in front of your home etc.) (not including local playgrounds)	0	0	0	0	0
Outdoors near water (e.g. at the beach, in the sea, near a river, lake or cliffs)	$\circ$	$\circ$	$\circ$	$\circ$	$\bigcirc$
At indoor play centres and pools (e.g. soft play, trampoline parks, swimming pools etc.)	0	0	0	0	0



#### Adventurous play

Adventurous play is play that is thrilling and exciting where your child might experience some fear and uncertainty.

Adventurous play can include playing high up, moving so fast they feel that they might lose control, playing near open water or a cliff, play fighting, playing with tools that could be dangerous or playing somewhere they could get lost and are out of sight of adults. For example, jumping off something very high, climbing high, riding a bike very fast, exploring woodland alone or with a friend, would all be examples of adventurous play.

You will be asked how adventurously your child plays at each place, please indicate your response using the five options below.

Very low levels of adventure – Play might be fun but levels of excitement, challenge and risk are low. Mild levels of adventure – Some excitement but rarely feels any fear/thrill or takes any significant challenge and risk.

Moderate levels of adventure – Excitement with some fear/thrill and some minor challenge and risk-taking.

High levels of adventure – Excitement with clear fear/thrill, challenge and risk-taking.

Maximum levels of adventure – Very exciting with lots of thrilling emotions and fear and obvious challenge and risk.

Dutside at home or at other deople's homes (e.g.		Very low levels of adventure	Mild levels of adventure	Moderate levels of adventure	High levels of adventure	Maximum level of adventure	N/A
people's homes (e.g	At home or in other people's nomes	0		0			$\circ$
n rees/forests/woodland/grassy spaces (not including the garden at home or other people's homes)  In the street or public space close to your home (e.g. in your street, on the pavement in front of your home etc.) (not including local playgrounds)  Outdoors near water (e.g. at the beach, in the sea, near a giver, lake or cliffs)  At indoor play centres and yools (e.g. soft play, rampoline parks, swimming yools etc.)	Outside at home or at other beople's homes (e.g. garden/yard/balcony)	$\circ$	0	$\circ$	0	0	0
rees/forests/woodland/grassy spaces (not including the parden at home or other specifies to your home (e.g. in rour street, on the pavement on front of your home etc.) (not including local playgrounds)  Outdoors near water (e.g. at the beach, in the sea, near a liver, lake or cliffs)  At indoor play centres and yools (e.g. soft play, rampoline parks, swimming yools etc.)	At a playground						
close to your home (e.g. in Front of your home etc.) (not including local playgrounds)  Dutdoors near water (e.g. at the beach, in the sea, near a giver, lake or cliffs)  At indoor play centres and cools (e.g. soft play, rampoline parks, swimming pools etc.)	n rees/forests/woodland/grassy spaces (not including the garden at home or other people's homes)	$\circ$	$\bigcirc$		$\bigcirc$		0
the beach, in the sea, near a liver, lake or cliffs)  At indoor play centres and pools (e.g. soft play, rampoline parks, swimming pools etc.)	n the street or public space close to your home (e.g. in your street, on the pavement in front of your home etc.) (not including local playgrounds)	0	0	0	0	0	0
pools (e.g. soft play, rampoline parks, swimming pools etc.)	Outdoors near water (e.g. at he beach, in the sea, near a iver, lake or cliffs)	$\circ$	$\circ$	$\circ$	$\circ$	$\circ$	0
	At indoor play centres and pools (e.g. soft play, rampoline parks, swimming pools etc.)	0	0	0	0	0	0
31. Is there another place where your child regularly plays in an adventurous way?  No  Possibly but I don't know where because they are unsupervised  Yes (please specify)	No Possibly but I don't kno	·	-		dventurous w	ay?	



Other 32. How often does yo	our child play in	this place?				
sz. How oiten does yt	Never/Hardly ever	Occasionally	Once or twice a month	Once a week	A couple of times a week	Every day
During Autumn/Winter						
During Spring/Summer	$\bigcirc$	$\bigcirc$		$\bigcirc$	$\bigcirc$	
3. On a day when yo laying?	Less than half ar		ound an hour	2-3 hours	it to spend of	4+ hours
During Autumn/Winter						
During Spring/Summer						
34. How adventurousl		Mod	they play here?  derate levels of adventure	High levels of adv		ximum levels of
adventure	Mild levels of adv	enture	auventure	riigirie vele er dav	renture	adventure
	Mild levels of adv	enture	auventure		verillare	adventure



)	ther
	35. Is there another place where your child regularly plays in an adventurous way
	No  Possibly but I don't know where because they are unsupervised
	Yes (please specify)



Other	Time survey -	Part 1				
36. How often does yo	our child play in t	his place?				
	Never/Hardly ever	Occasionally	Once or twice a month	Once a week	A couple of times a week	Every day
During Autumn/Winter						
During Spring/Summer	$\bigcirc$	$\bigcirc$	$\bigcirc$		$\bigcirc$	$\bigcirc$
37. On a day when yo olaying?	ur child does pla Less than half an		e, how long doe	s your child ge 2-3 hours	t to spend or	average  4+ hours
During Autumn/Winter						
During Spring/Summer						0
88. How adventurously  Very low levels of  adventure	y does your child	Mod	hey play here? erate levels of adventure	(select n/a if the	Max	y here). ximum levels of adventure



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	39. Is there another place where your child regularly plays in an adventurous wa	y?
	○ No	
	Possibly but I don't know where because they are unsupervised	
	Yes (please specify)	



Other 10. How often does yo	our child play in	this place?				
,	Never/Hardly ever	Occasionally	Once or twice a month	Once a week	A couple of times a week	Every day
During Autumn/Winter						
During Spring/Summer	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	$\bigcirc$	
1. On a day when yo laying?	our child does pla	ay in this plac	ce, how long doe	es your child ge	et to spend on	ı average
	Less than half an	hour Ar	ound an hour	2-3 hours		4+ hours
During Autumn/Winter						
During Spring/Summer						
2. How adventurousl  Very low levels of  adventure	y does your chil	Mod	they play here? derate levels of adventure	High levels of adv		kimum levels of adventure
		Mod	derate levels of	High levels of adv		