

The British Children's Play Survey
Modified Version

Source: Dodd, Helen F., Lily FitzGibbon, Brooke E. Watson, and Rachel J. Nesbit 2021. "Children's Play and Independent Mobility in 2020: Results from the British Children's Play Survey" *International Journal of Environmental Research and Public Health* 18, no. 8: 4334. <https://doi.org/10.3390/ijerph18084334>

Survey for Parents/Guardians/Caregivers of children aged 5 to 11

This survey is on the topic of your child's wellbeing, what they do in their spare time and your thoughts about children taking risks.

1. Are you the parent/ guardian of children of any of the following ages? (Please select all that apply. If you do not have any children, please select the "Not applicable" option)
 - a. Under 6 months old
 - b. Between 6 and 12 months old
 - c. 1 year old
 - d. 2 years old
 - e. 3 Years old
 - f. 4 years old
 - g. 5 years old
 - h. 6 years old
 - i. 7 years old
 - j. 8 years old
 - k. 9 years old
 - l. 10 years old
 - m. 11 years old
 - n. 12 years old
 - o. 13 years old
 - p. 14 years old
 - q. 15 years old
 - r. 16 years old
 - s. 17 years old
 - t. 18 years old
 - u. Older than 18 years old
 - v. Not applicable, I do not have any children

If you have more than one child, please think about your oldest child as you answer the following questions.

2. What is the gender of this child?
 - a. Male
 - b. Female
3. Which ONE of the following best describes your relationship with this child?
 - a. Mother
 - b. Father
 - c. Step-mother
 - d. Step-father
 - e. Grandmother
 - f. Grandfather
 - g. Other, please specify:

4. Which ONE of the following BEST describes who this child's primary care giver is?
- a. I am this child's primary caregiver
 - b. Someone else is this child's primary caregiver
 - c. I share the role of being the child's primary caregiver with someone else
5. Generally, how many days a week do you usually spend with this child?
- a. 7 days
 - b. 6 days
 - c. 5 days
 - d. 4 days
 - e. 3 days
 - f. 2 days
 - g. 1 day
 - h. 0 days (i.e. never)
 - i. Prefer not to say

The following questions will ask about where **your child** plays at different times of the year, how long they spend playing in these places, and how adventurously they play.

By 'play', we mean an activity that a child does for enjoyment when there is no serious or practical purpose, e.g. lessons and sports training do not count as play here, but playing with a ball with friends does count as play.

Please think about play in children's day to day lives, NOT when they are on vacation, or in school, childcare or organized sports, or when they are using a screen (e.g. watching TV, playing on a games console etc.).

6. Thinking about the past 6 months... Approximately how often did your child play outdoors (excluding when at school)?
- a. Never
 - b. Once a week or less
 - c. Often 2 to 3 times a week
 - d. 4 to 5 times a week
 - e. 6 to 7 times a week
 - f. 8 times a week or more
 - g. Don't know/ can't recall
7. You previously said that in the last 6 months, your child has played outdoors. Approximately how often was this without adult supervision?
- a. Never
 - b. Once a week or less
 - c. Often 2 to 3 times a week
 - d. 4 to 5 times a week

- e. 6 to 7 times a week
 - f. 8 times a week or more
 - g. Don't know/ can't recall
8. Thinking about the places that your child typically plays in autumn and winter (i.e. from September to February) How frequently, if at all, does your child play in each of the following places in autumn and winter? (Please select one option on each row)

Frequency of Play in Autumn and Winter (September – February)

	Everyday	4 to 6 times a week	2 to 3 times a week	Once a week	1 to 3 times a month	Less than once a month	Never
At home or in other people's homes							
Outside at home or at other people's homes (e.g. in a garden, yard, a balcony etc.)							
At a playground							
In trees/ woodlands/ grassy spaces (not including a garden at home or in 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 a beach, in the sea, near a river, lake or cliffs etc.)							
At indoor play centers and pools (e.g. soft play, trampoline parks, swimming pools etc.)							

9. You previously said that your child spends time playing in the following places in autumn and winter (i.e. from September to February)... Thinking about a typical day that they play in each place, for approximately how long does your child play in each place in autumn and winter? (Please select one option on each row)

Length of Play in Autumn and Winter (September – February)

	Less than half an hour	Half an hour to 1 hour	1 to 2 hours	2 to 3 hours	3 to 4 hours	More than 4 hours
At home or in other people's homes						
Outside at home or at other people's homes (e.g. in a garden, yard, a balcony etc.)						
At a playground						
In trees/ woodlands/ grassy spaces (not including a garden at home or in 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 a beach, in the sea, near a river, lake or cliffs etc.)						
At indoor play centers and pools (e.g. soft play, trampoline parks, swimming pools etc.)						

10. Thinking about the places that your child typically plays in spring and summer (i.e. from March to August)... How frequently, if at all, does your child play in each of the following places in spring and summer? (Please select one option on each row)

Frequency of Play in Spring and Summer (March to August)

	Every day	4 to 6 times a week	2 to 3 times a week	Once a week	1 to 3 times a month	Less than once a month	Never
At home or in other people's homes							

Outside at home or at other people's homes (e.g. in a garden, yard, a balcony etc.)							
At a playground							
In trees/ woodlands/ grassy spaces (not including a garden at home or in 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 a beach, in the sea, near a river, lake or cliffs etc.)							
At indoor play centers and pools (e.g. soft play, trampoline parks, swimming pools etc.)							

11. You previously said that your child spends time playing in the following places in spring and summer (i.e. from March to August)... Thinking about a typical day that they play in each place, for approximately how long does your child play in each place in spring and summer? (Please select one option on each row)

Length of Play in Spring and Summer (March to August)

	Less than half an hour	Half an hour to 1 hour	1 to 2 hours	2 to 3 hours	3 to 4 hours	More than 4 hours
At home or in other people's homes						
Outside at home or at other people's homes (e.g. in a garden, yard, a balcony etc.)						
At a playground						

In trees/ woodlands/ grassy spaces (not including a garden at home or in 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 a beach, in the sea, near a river, lake or cliffs etc.)						
At indoor play centers and pools (e.g. soft play, trampoline parks, swimming pools etc.)						

The following questions ask about adventurous play. By 'adventurous play' we mean play that is thrilling and exciting where your child might experience some fear and uncertainty. This includes playing up high, moving so fast they feel 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.

We are going to ask you how adventurously your child aged X plays in each of the places you have told us that they play, using a scale outlined 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 and some minor challenge and risk taking
- Maximum levels of adventure = Very exciting with lots of thrilling emotions and fear and obvious challenge and risk

12. You previously told us that your child plays in each of the following places... Generally, how adventurously, if at all, does your child play in each of the following places? (Please select one option on each row)

Level of Adventure at Play Location

	Very low levels of adventure	Mild levels of adventure	Moderate levels of adventure	High levels of adventure	Maximum levels of adventure	Don't know
At home or in other people's homes						
Outside at home or at other people's homes (e.g. in a garden, yard, a balcony etc.)						
At a playground						
In trees/ woodlands/ grassy spaces (not including a garden at home or in 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 a beach, in the sea, near a river, lake or cliffs etc.)						
At indoor play centers and pools (e.g. soft play, trampoline parks, swimming pools etc.)						

13. Now thinking about your child aged X again... Does your child's school have an outdoor space to play?

- a. Yes, it does
- b. No, it doesn't
- c. Don't know
- d. Not applicable - my child doesn't go to school

Thank you for taking part in this survey.