ALL IN
GLASGOW 2026

Supporting campaigns: Together We Move and All In

INSPIRING SCOTLAND

Context:

With the build up to the Commonwealth Games, we have created adaptable Active Play ideas, inspired by the Commonwealth Games. Activities can be used to build excitement around key moments such as **International Day of Play (11th June)** and **Movement Day (18th June).** This pack includes Active Play ideas and also a fortune teller activity which has been designed to encourage children and families to move more, and explore different ways to be active.

Remember to capture and celebrate your activity - take photos or short videos (where appropriate) and share them on social media to showcase how you're bringing All In and Together We Move to life in your community.

Purpose:

Build national momentum around Glasgow 2026 -All In

Promote inclusive activity through Together We Move

Activate around key dates:

- **International Day of Play (11th June)**
- **Movement Day (18th June)**

Encourage more children, families and communities to move and play in ways that work for them

Core Messages:

- All In: We're All In for Glasgow 2026 – celebrating community, pride and local activity.
- Together We Move: All movement counts – it doesn't have to be sport
- Play and Movement: Use International Day of Play and Movement Day to highlight the importance of play and everyday movement.

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Commonwealth Games - Active Play Games

The below Active Play games provide simple, inclusive activities inspired by the Commonwealth Games. They are designed to help practitioners and families bring the excitement of Glasgow 2026 into everyday play and movement sessions. For more information on Active Play, visit Actify's website where you can also sign up for training.

1) Clear the Stadium

Focus: Throwing, spatial awareness, teamwork
Children prepare the stadium before competition begins.
Split into two Commonwealth teams. Objects represent equipment on the stadium floor.
Aim: clear equipment to the other side before the opening ceremony countdown ends.
Adaptations: Roll instead of throw; change movement styles (walk, jog, hop).
Games Fact: Athletes from many countries march together at the opening ceremony.

2) Commonwealth Mascots Mission (Kangaroos and Frogs)

Focus: Jumping, balance and coordination.
Teams represent different Commonwealth countries using animal movements.
Collect medals and return them to your team zone.
Adaptations: Change animals and movements to suit abilities.
Games Fact: Every Commonwealth Games has an official mascot.

3) Five Nation Pass (five Pass)

Focus: Throwing, catching and teamwork.
Teams represent Commonwealth nations and aim to complete five passes.
Players cannot move while holding the ball.
Adaptations: Change type of pass or reduce the pass count.
Games Fact: Team sports such as netball and rugby sevens feature at the Games.

4) Opening Ceremony Fireworks

Focus: Agility and evasion.
Balls represent fireworks at the opening ceremony.
If hit, complete a celebration movement instead of sitting out.
Adaptations: Roll balls or reduce the playing area.

5) Relay Baton Dash

Focus: Running, dodging and reaction.
Selected children hold relay batons while athletes run to qualify.
Tagged players join the relay team.
Adaptations: Walking instead of running; varied start positions.

6) Stadiums and Officals (Islands and Sharks)

Focus: Spatial awareness and speed.
Hoops are stadiums; officials try to catch athletes.
Remove hoops gradually to increase challenge.
Adaptations: Add movement commands such as sidestep or hop.

7) Medals Up and Down (Cups and Saucers)

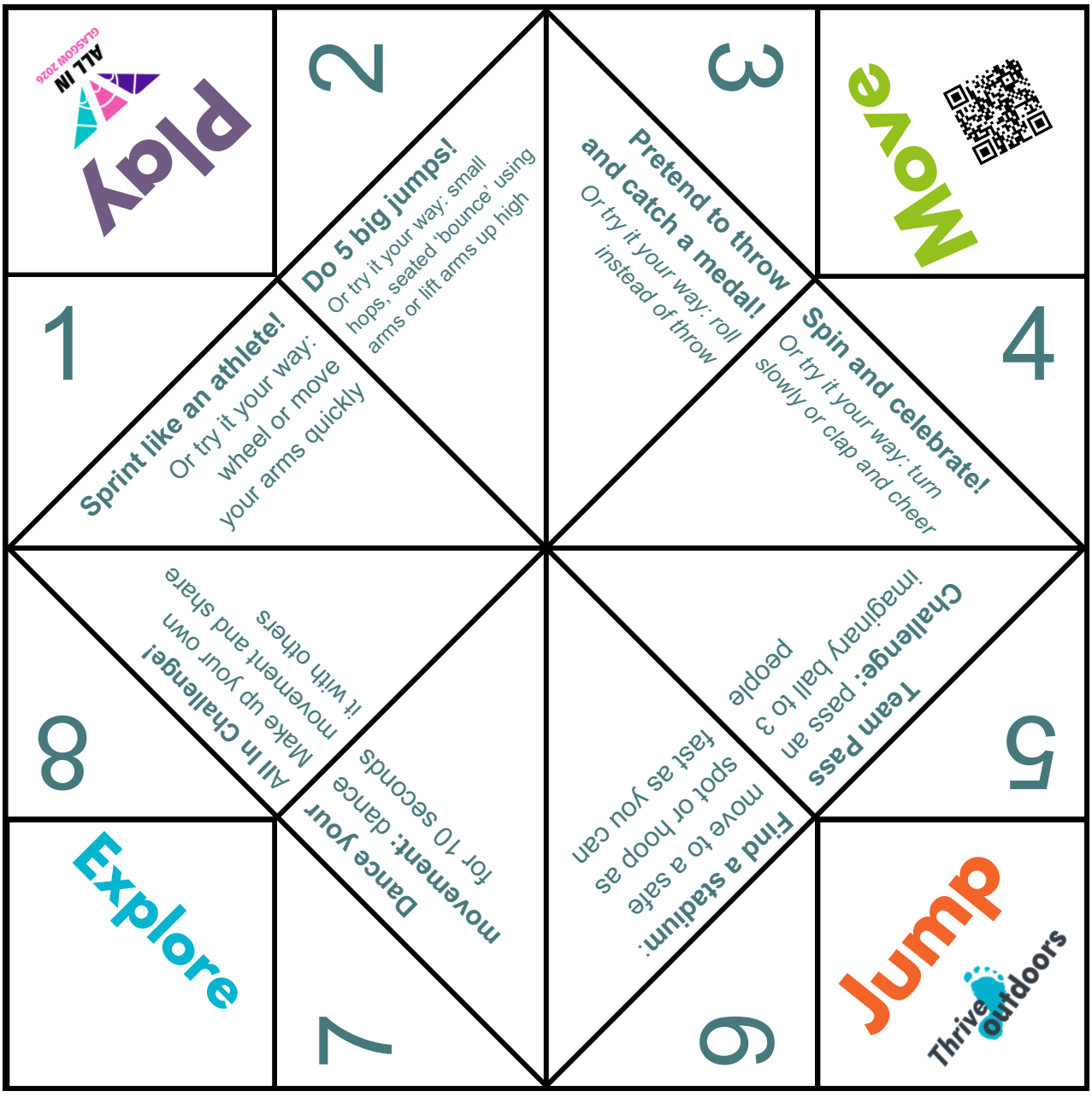
Focus: Speed, bending and teamwork.
Cones represent medals that must be turned gold-side or silver-side up.
Adaptations: One-hand only or travel between cones.
Games Fact: Gold, silver and bronze medals are awarded at every event.

Commonwealth Games Fortune Teller

Our Active Play fortune teller is a fun, interactive way to get children moving and choosing their own activities. Simply fold, pick a number, and reveal a playful movement challenge- whether it's jumping, balancing, dancing or exploring outdoors. It's a quick, low-prep activity to help encourage movement which is fun and simple for everyone.

Here's how to use the final folded object

- Ask the person you're playing with to choose a word from the ones written on the top flaps of the fortune teller
- Spell out the word or count it out to reveal new numbers
- Choose another number and count or spell again
- Ask the person to choose one final number, and lift the flap to reveal the writing prompt



Folding instructions

Fold Diagonally: Fold the square paper diagonally in half, with the printed side facing down, to form a triangle. Open it back up and fold it diagonally the other way. When you unfold it, you should have two diagonal creases that cross in the center.

Fold the Corners to the Center: With the square flat and printed side facing down, take each corner of the paper and fold it toward the center point where the two diagonal creases meet. You should now have a smaller square shape.

Flip and Repeat: Flip the paper over so the folded flaps are facing down. Again, fold each corner to the center point. You'll end up with an even smaller square.

Create Creases for Opening: Fold the smaller square in half horizontally, then unfold it. Then fold it in half vertically and unfold it again. This will create creases that make it easier to manipulate the fortune teller.

Form the Pockets: With the folds facing up, gently lift the paper and slip your fingers under the four flaps (pockets) created on the back side. Pinch the sides together to form a 3D shape.

Shape It for Use: Once your fingers are in place, you can move the flaps back and forth by pinching and pulling with your fingers. Your fortune teller is ready!

Example Sequence

- The person picks "Play" You spell out "P-L-A-Y" while moving the fortune teller in and out.
- They see the new numbers inside and pick "7." You move the fortune teller 7 times.
- Finally, they pick "2." You open up the flap for "2" and reveal a writing prompt underneath.