

IT ALL STARTS WITH A GREAT IDEA

Inspire children, youth and families to Go Outside and Play in your community! Here are some great ideas that encourage active outdoor play:

- Enhance play spaces by adding lighting, plants and more green space for kids to discover
- Host a family-friendly learn to program
- Run a low-cost or free program for kids or families to explore nature
- Celebrate your community's history with a unique trail system
- Build a natural play space



Natural Play Spaces

WHY ACTIVE PLAY?

Access to active play in nature and outdoors – with its risks – is essential for healthy child development. We recommend increasing children's opportunities for self-directed play outdoors in all settings: at home, at school, in childcare, the community and nature.

-Position Statement on Active Outdoor Play

HERE'S WHAT EXPERTS HAVE FOUND:

- When kids are outside, they mope more, sit less and play longer
- Kids spend an average of only 6 minutes in nature a day
- Time spent outdoors can increase curiosity, creativity and problem solving ability in kids

WHAT'S NEXT?

Register your great initiative in this year's challenge!

Nothing can replace the fresh air, sunshine and adventure of an afternoon playing outdoors. It's important to create environments and opportunities in our communities that support active outdoor play for kids.

Community registration closes February 15, 2017 @ 11:59 pm CST



Register before December 15, 2016 @ 11:59 pm CST to qualify for the early bird prize of an additional **1,000** Physical Activity Minutes!!