

It All Starts with A Great Idea



Inspire children, youth and families to Go Outside and Play! 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. Here are a couple of examples:



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*

Nothing can replace the fresh air, sunshine and adventure of playing outdoors.

It’s important to create environments and opportunities in our communities that support active outdoor play for kids.

Here’s What Experts Have Found:

- ✓ When kids are outside, they move 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! Complete a registration form at challenge.saskatchewaninmotion.ca/community-registration.

Community registration closes February 7, 2020 at 11:59 pm CST

Register before December 20, 2019 at 11:59 pm CST to qualify for the early bird prize of an additional **1,000 Physical Activity Minutes!!**