



WHY PLAY?

Children don't move enough and sit too much

9%

get the recommended **60 minutes per day** of heart pumping **physical activity**

76%

exceed the recommended **2 hour per day** maximum amount of **screen time**, increasing the risk of obesity, poorer relationships and worse academic performance

20%

are overweight and **13% have obesity** - up **3x** since the 1980s

Children face more limits placed on their play in and out of school



child **independence** and the **distances they roam** without supervision



child perceptions that **play spaces are boring**

Children are having a harder time focusing in the classroom



conduct disorders and **attention-deficit/hyperactivity disorder (ADHD)** especially among males under 15 years old

Child and youth anxiety, depression, suicide, and feelings of helplessness have increased



stress from increasing **academic pressures** and **extra-curricular activities**



poor mental health which has been linked to declining free play ...and can lead to trouble forming/maintaining **relationships** with peers

Increasing access to **outdoor, unstructured play** benefits children

- ✓ Promotes physical health
- ✓ Promotes mental and emotional health and wellbeing
- ✓ Improves social skills, creativity and team work
- ✓ Improves learning and attention at school
- ✓ Improves resilience and risk-management skills



Play is embedded in Article 31 of the Convention on the Rights of the Child. Children need space and time to engage in quality play. This project is funded with the generous support of the **Lawson Foundation**.



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