

# SIGN THE

# PLAY PLEDGE



Outdoor free play is an essential part of every child's healthy growth and development. As parents, educators and caregivers, we can playfully encourage positive social, emotional, physical and cognitive development.

It's as simple as this: **PRIORITIZE PLAY.**

Commit to a goal of an hour of outdoor play **EACH AND EVERY DAY.** It can be at home, at school or both. It can be at a park or school playground, or simply outside playing games.

*I pledge to commit to an hour of free play each and every day.*

\_\_\_\_\_  
Kid Signature

\_\_\_\_\_  
Parent Signature



**Play Activities** can include but are not limited to:

- Sliding
- Swinging
- Rocking
- Ball games
- Jumping rope
- Biking
- Playing catch
- Climbing
- Chase games
- Hide & go seek
- Running
- Exploring nature
- Spinning
- Hiking
- Sledding
- Tumbling