



Play to Learn!

June 1, 2022

Edmonds Park

Time: 10am - 1pm

**Improving Children's Health
and Well-Being through
Physical Literacy**

Let's Move!

*Play is natural to children. It helps them explore the world.
They learn how the world around them functions.*

What is Physical Literacy?

- The motivation and ability to do all sorts of movements like running, crawling, and skipping.
- Improves academic performance, cognitive skills, mental & emotional health, and social skills.
- Promotes a healthy lifestyle.

Did you know?

*Emotional and social intelligence are predictors
of greater happiness and success in life.*



Unstructured Play

Give your child lots of time for unstructured free play inside and outside. Use items around your home to foster free play, like

- Some old boxes
- Clothing for dress up
- A sheet thrown over a table or a couple of chairs
- Pots and pans
- Mud, sand, and water
- Hoops and balls
- And so much more

Please see handouts for activities.

