

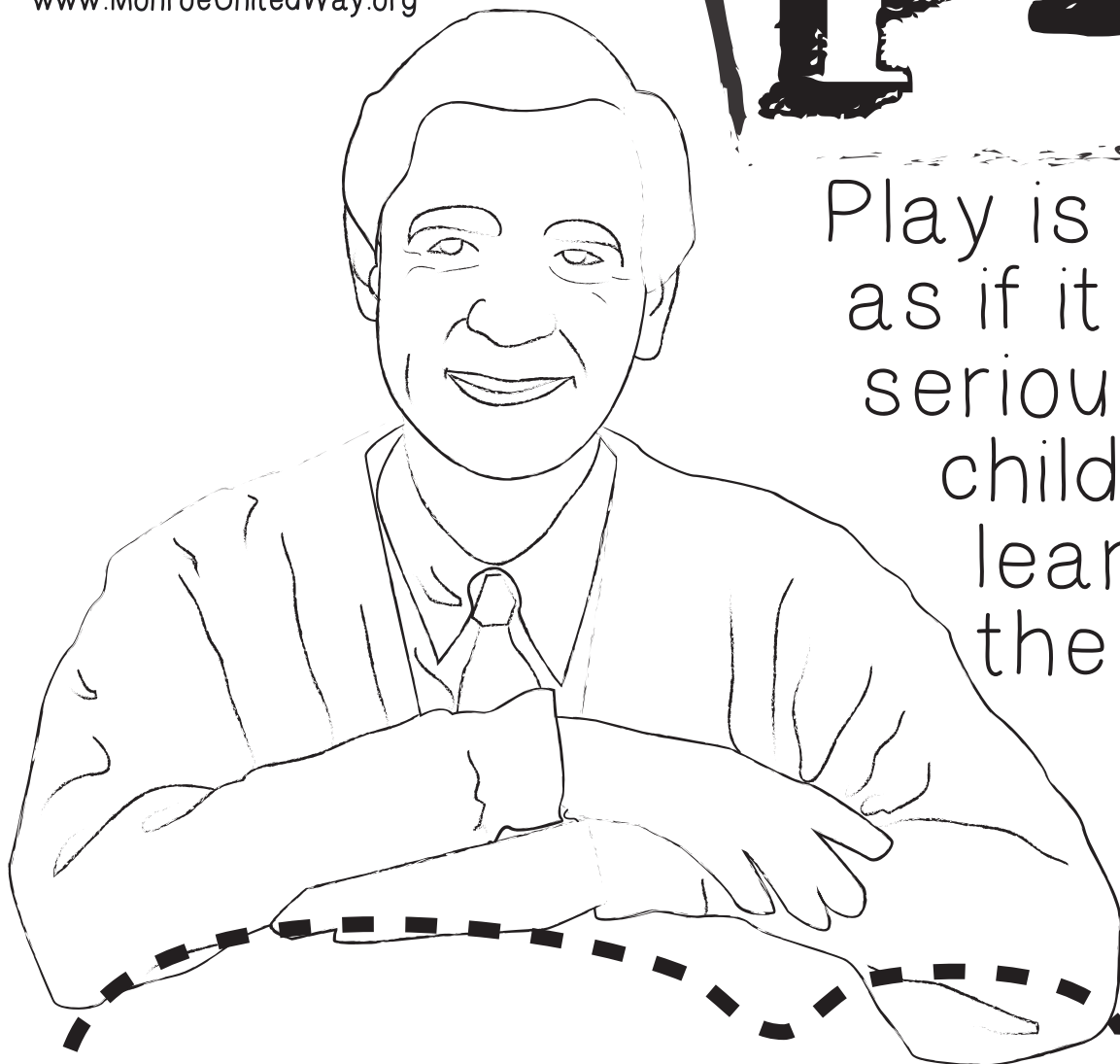
**LIVE UNITED**

**United  
Way**

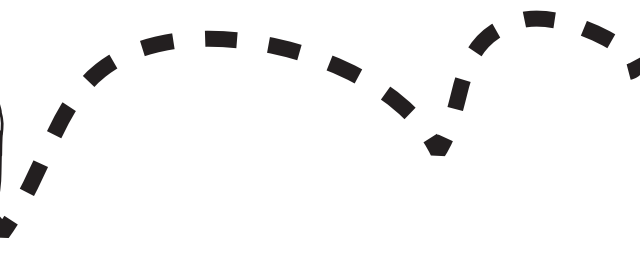


United Way  
of Monroe County  
[www.MonroeUnitedWay.org](http://www.MonroeUnitedWay.org)

**play**



Play is often talked about  
as if it were a relief from  
serious learning. But for  
children play **is** serious  
learning. Play is really  
the work of childhood.  
– Mr. Rogers



# play by ages and stages

toddlers  
side-by-side  
independent play  
with friends

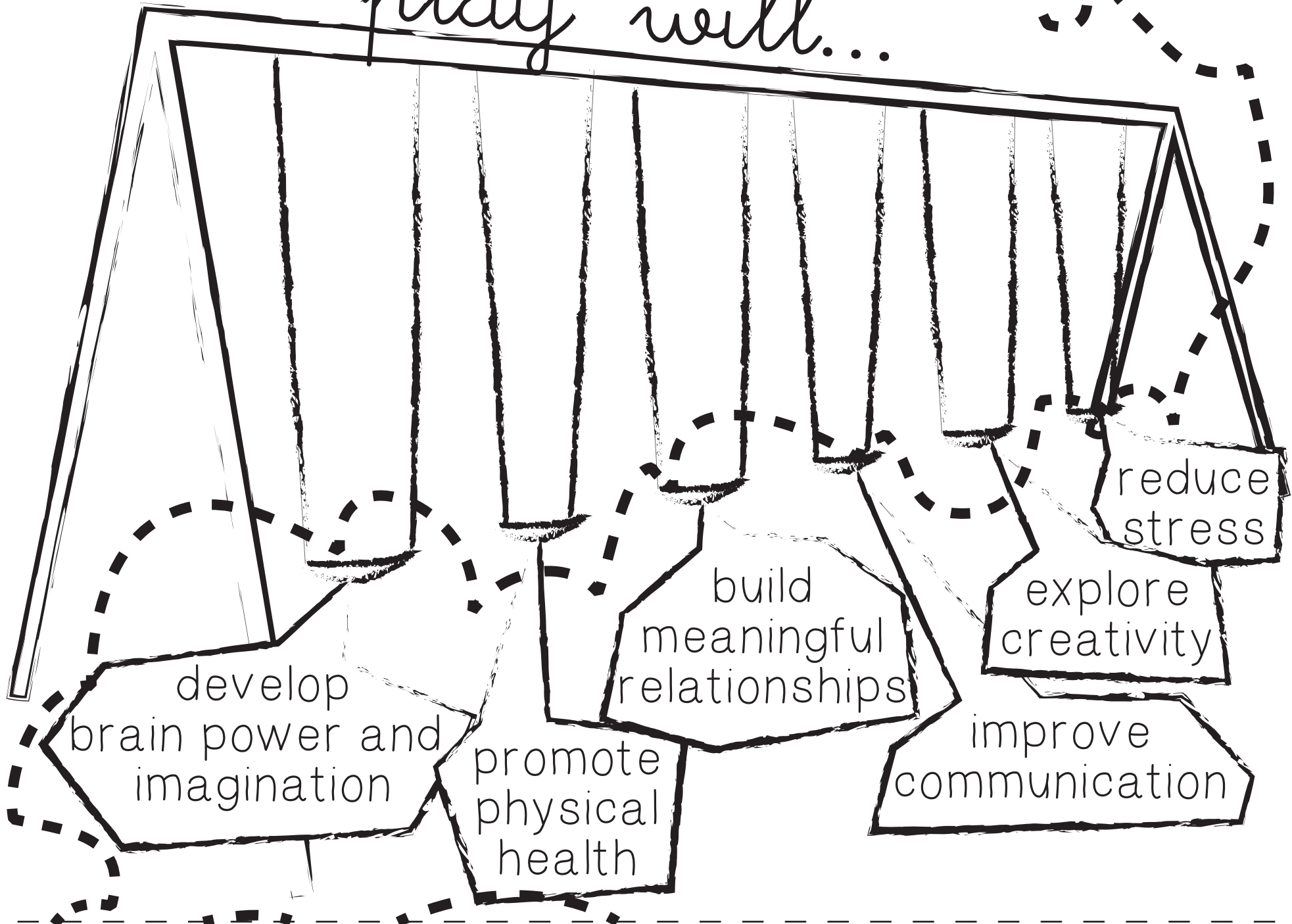
young  
preschoolers  
playing in a group  
but still "doing  
their own thing"

infants &  
young toddlers  
sensory exploration  
and cause-and-  
effect

preschool  
activities such as  
tumbling or making  
faces with other  
children

preschool to  
kindergarten  
group play  
involving rules

play will...



# every day kids need...

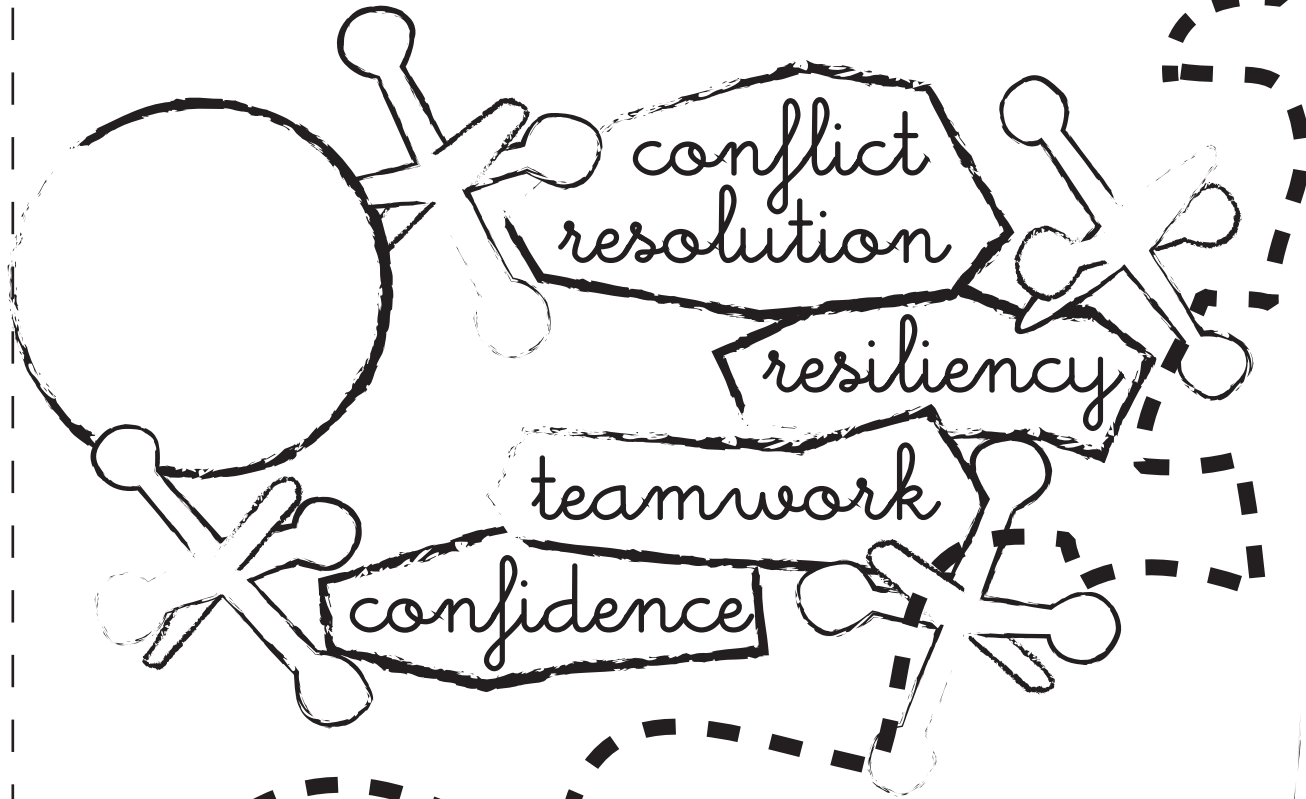
not to be still  
for more than  
**60** minutes  
at a time.

At least **60**  
minutes of  
active free play.

**60** minutes  
of games  
or sports.

Active play  
contributes to muscle  
and bone development  
and helps prevent  
childhood obesity.

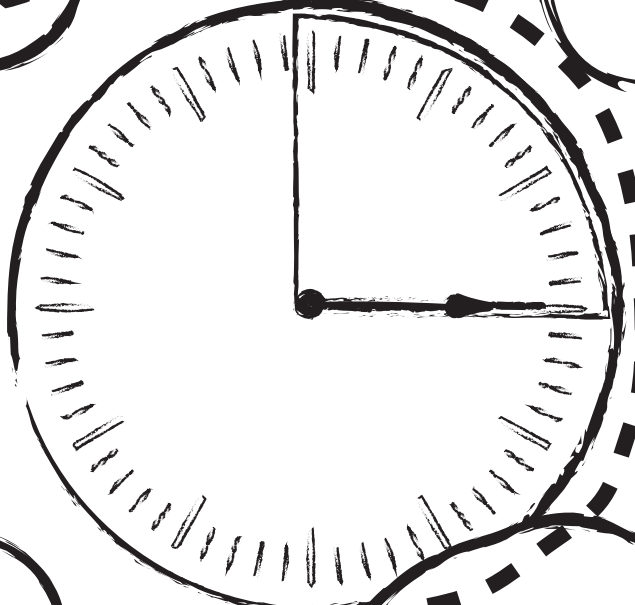
Through play, kids learn...



Play helps children be school ready! Kids develop the skills to interact with others, turn thought into action, and create!



# get outside!



At least **15 minutes** of sunlight a day builds immune systems, produces Vitamin D, and encourages healthy sleep patterns.

Children spend

**50% less time** outside than they did just **20 years** ago.

Play  
is the highest  
form of research.

- Albert Einstein



# Want to play locally?

Here are some great parks, play spaces, and activity centers to check out!

**City of Bloomington Parks & Recreation** [bloomington.in.gov/parks](http://bloomington.in.gov/parks)

**Monroe County Parks & Recreation** [mcparksandrec.org](http://mcparksandrec.org)

**Monroe County Public Library** [mcpl.info](http://mcpl.info)

**Boys & Girls Clubs** [bgcbloomington.com](http://bgcbloomington.com)

**Owen County Public Library** [www.owenlib.org](http://www.owenlib.org)

**Girls Inc.** [girlsinc-monroe.org](http://girlsinc-monroe.org)

**Monroe County YMCA** [monroecountymca.org](http://monroecountymca.org)

**Owen County YMCA** [owencountymca.org](http://owencountymca.org)

## Sources:

[files.eric.ed.gov/fulltext/EJ877614.pdf](http://files.eric.ed.gov/fulltext/EJ877614.pdf)

[www.regardingbaby.org/2011/11/02/what-is-play](http://www.regardingbaby.org/2011/11/02/what-is-play)

[www.kidsource.com/kidsource/content5/studies.play.html](http://www.kidsource.com/kidsource/content5/studies.play.html)

[www.childcare.org/ccr/newsletter/ccr-news-summer-2007.pdf](http://www.childcare.org/ccr/newsletter/ccr-news-summer-2007.pdf)

[www.cnn.com/2009/HEALTH/08/03/vitamin.d.children/index.html?iref=allsearch](http://www.cnn.com/2009/HEALTH/08/03/vitamin.d.children/index.html?iref=allsearch)

[www.huffingtonpost.com/matthew-edlund-md/why-you-want-your-kids-to\\_b\\_698529.html](http://www.huffingtonpost.com/matthew-edlund-md/why-you-want-your-kids-to_b_698529.html)

[www.washingtonpost.com/wp-dyn/content/article/2009/11/20/AR2009112002391.html](http://www.washingtonpost.com/wp-dyn/content/article/2009/11/20/AR2009112002391.html)

[www.first5la.org/articles/just-how-much-do-kids-need-to-get-out-play](http://www.first5la.org/articles/just-how-much-do-kids-need-to-get-out-play)

[www.ns.umich.edu/Releases/2004/Nov04/teen\\_time\\_report.pdf](http://www.ns.umich.edu/Releases/2004/Nov04/teen_time_report.pdf)

**LIVE UNITED**



United Way  
of Monroe County

[www.MonroeUnitedWay.org](http://www.MonroeUnitedWay.org)