



September 2020



Hi everyone! Happy September! Did you know that every year in September Be Active Kids and the Active Play Alliance hold a grassroots campaign to increase active play opportunities for young children. This campaign is called **PlayDaze** and it is a day dedicated to playing for the sake of play, without competition, simply to play. This year, with COVID, PlayDaze may look a little different; no big community events or schoolwide celebration, but my friends at Be Active Kids hope that schools, childcare centers, churches, and families take time to play in a safe way. It can be for an hour or all day, it can be with your siblings and pets, or maybe with a few friends. PlayDaze can be in nature or in our own back yard, the idea is to have the opportunity to be physical active, to be challenged, to be creative, to take risk, to connect and to share in the joy of discovery.

We know that play is a great for our health. During the stressful and unprecedented time, play offers children of all ages a means of pleasure and enjoyment. It helps to provide stress relief and emotional regulation. Additionally, through play children can learn and be creative. **So let's play, all of us!**

Here are some great ideas to incorporate into a PlayDaze this year (with social distancing in mind):

- Fort Building
- Nature Hikes
- Tree Climbing
- Loose parts play



- Creek play
- Dance Parties
- Bike rodeos
- Bubble play

For more information on active play ideas, check out our Be Active Kids [Pocket Playcards](#) and our daily posts on our Be Active Kids [Facebook](#) page.

Spread the word and **Share** pictures, videos, and stories with Be Active Kids on Instagram, Facebook, Twitter, or through [email](#). We want to see how you are keeping your playful spirit alive and present for all of us to see! The more you share the more chances you have to **win a \$100** gift card! Share a picture = 1 entry, share a story = 2 entries, share a video = 3 entries, and share two or more of these = 4 entries. We will select one **PlayChampion** each week throughout September. Use hashtags and labels: **#caughtbeingactive**, **#wheresblue**, and **@beactivekids**.

My friends at Be Active Kids will be offering another [online Be Active Kids Provider](#) Training. Be Active Kids offers the only comprehensive physical activity, motor skills, and active play professional development in North Carolina aimed at improving the health of children birth to five. These fun and interactive opportunities will prepare you to improve the development of the whole child through movement.

Enjoy your September and we look forward to seeing you in October for Farm to School Month and celebrating the beginning of fall!