



## We need your help to get 25,000 people playing!

Play helps children to be physically active, relax, improve social skills, improve critical thinking, and have fun!

**What:** North Carolina's PlayDaze is an organized event that provides play opportunities for all and celebrates the value of play. It is designed to provide diverse play activities for toddlers to grandparents! The point is to play for the sake of playing, to be physically active, to challenge each individual to be creative in mind and body, to take risks, to make individual choices, to connect with their family, friends, neighbors and community, and share in the joy of discovery and interaction without the need for competition.

**Who:** Churches, community organizations, preschools, childcare centers, schools, health departments

**When:** Any day can be a PlayDaze!

**Register:** [beactivekids.org/forms/playdaze](http://beactivekids.org/forms/playdaze)

Types of Play at PlayDaze: bubbles, fort building, active games, cardboard creation, water play, risky play, sidewalk chalk, game creation, and loose parts play.

Visit [beactivekids.org](http://beactivekids.org) for a step-by-step PlayDaze Planner, posters, postcards, 10 Steps to PlayDaze, and much more.



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PlayDaze!

