



# 2018 PLAY DAZE PLANNER

**Brought to you by:  
The North Carolina Active Play Alliance.**

This event is being held to celebrate Play Daze 2017.  
[www.beactivekids.org](http://www.beactivekids.org)



Today's children, like the generations before them, can reap the many benefits of free play. Play offers children opportunities to work independently or together, to plan and live out adventures, make up games and rules, and explore the world and all it has to offer. It requires supervised, unstructured time where children are free to explore and use materials provided or found. With the reduction of recess in schools, the limited engagement in community activities and an increase in sedentary options, children are not engaged in active play as much as they need to for healthy development. North Carolina has the 16th highest rate of childhood obesity in the country. Now is the time for North Carolinians to examine what kind of activities are available to their children and to increase opportunities for play.

### ***What is Play?***

- ★ PLAY is communication and expression, combining thought and action; it gives satisfaction and a feeling of achievement.
- ★ PLAY is instinctive, voluntary and spontaneous.
- ★ PLAY helps children develop physically, mentally, emotionally and socially.
- ★ PLAY is a means of learning to live, not a mere passing of time.
- ★ PLAY, along with the basic needs of nutrition, health, shelter and education, is vital to develop the potential in all children.

### ***What are the Benefits of Play?***

- ★ Health benefits from physical activity
- ★ Pleasure and enjoyment
- ★ Emotional regulation
- ★ Stress relief
- ★ Learning and creativity
- ★ Development of confidence

#### **Article 31 of the United Nations' Convention on the Rights of the Child states:**

*“parties recognize the right of the child to rest and leisure, to engage in play and recreational activities appropriate to the age of the child, and to participate freely in cultural life and the arts”.*

### ***What are the Barriers of Play?***

- ★ Lack of time
- ★ Lack of informal places to play
- ★ Lack of inclusion
- ★ Fear of risk, injury, litigation and social ridicule

(Modified from the IPA Declaration of the Child's Right to Play - <http://ipaworld.org/category/about-us/declaration/>)

### ***What is North Carolina doing to join forces and support play?***

In 2010, Be Active Kids® received a grant from the Blue Cross Blue Shield of North Carolina Foundation to create the North Carolina Early Childhood Active Play Alliance (Active Play Alliance). The Active Play Alliance brought together professionals from parks and recreation, government agencies, the NC Zoo, universities and colleges, pediatricians, child care, non-profit organizations and more to focus on promoting practical efforts to improve the health of young children through playful experiences and opportunities.

Teaming up with NC Parks and Recreation Department, towns and cities, faith communities, schools, neighborhoods, museums, and all types of for profit and nonprofit organizations, the Active Play Alliance has led the campaign to promote participation in the ***North Carolina PlayDaze***, the third weekend in September each year. Sponsored events from the mountains to the sea have encouraged children of all ages to be physically active and engaged in all forms of play! PlayDaze continues today and we hope that this planner will give event organizers the tools they need to create a successful, active and unique day of play any day of the year.

# WHAT IS PLAYDAZE?

**North Carolina's PlayDaze** celebrates the value of play and is designed to provide diverse play activities for toddlers to grandparents! Schools, child care centers, organizations, churches, families, and communities are urged to create an event and participate in PlayDaze for one hour up to a weekend-long event. An organized event can be as small as an intimate neighborhood gathering or as large as a massive park event.

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, and to share in the joy of discovery and interaction without the need for competition. Children of all ages need opportunities for play.

The PlayDaze Planner is the recipe for fun! It includes the ingredients to make your unique day of play a success. The planner includes the following content to help your team get started on the right foot:

- I. Planning
  - a. Learning more about PlayDaze
  - b. Coordinating a Planning Team
  - c. Deciding on a Location and Date
  - d. Creating a Plan and Getting Organized
  - e. Registering your Event
  - f. Funding your Event
  - g. Getting the Details Right
  - h. Promoting Your Event
    - i. Sample Media Release
  - i. Planning the Fun Stuff
    - ii. Games, Activities, and Equipment
    - iii. Obtaining Loose Parts
- 2) Websites & Additional PlayDaze Ideas
- 3) Additional Resources
  - a. PlayDaze Settings Checklist
  - b. PlayDaze Quick Check
  - c. PlayDaze Quick Check for Committees
  - d. Play Diary (Participant Evaluation)
  - e. PlayDaze Registration
  - f. Donation letter
  - g. Sample Media Release Form
  - h. Photo/Video Release Form
  - i. PlayDaze Success Report
  - j. Sample PlayDaze Flyers
  - k. Tips for Community PlayDaze Event
  - l. Tips for Neighborhood PlayDaze Event
  - m. Orientation Handout for Adult Volunteers

*The North Carolina Play Daze Campaign  
raises awareness about the value of play.*

## *The Value of Play*

Playing is fun: it is how children enjoy themselves, each other and their families.

Play can promote children's development, learning, imagination, creativity and independence.

Play can help to keep children healthy and active.

Play allows children to experience and encounter boundaries, learning to assess and manage risk in their lives; both physical and social.

Play helps children to find out about themselves, their abilities, their interests and the contribution they can make.

Play can be therapeutic. It helps children to deal with difficult or painful circumstances such as emotional stress or medical treatment.

Play can be a way of building and maintaining important relationships with friends, caregivers and family members.

*Source: Charter for Children's Play, Play England 2007*

# DEVELOP A PLAN

## Learn more about PlayDaze

A great way to get started in your PlayDaze planning is to gain a better understanding of what a PlayDaze is, how one works, and what happens during a PlayDaze. Great ways to learn more about PlayDaze include reading over information, talking to people who have PlayDaze experience, or taking part in a PlayDaze. First, Be Active Kids provides information about PlayDaze on the PlayDaze website through written information and through a PlayDaze webinar. We encourage planners to view this information before planning of a PlayDaze begins. Second, a great way to gain a better understanding of PlayDaze is to reach out to Be Active Kids staff and other PlayDaze veterans. Be Active Kids staff and those that have been doing PlayDaze for years, welcome others who are wanting to hold a PlayDaze to connect with them and learn more about this great initiative. Another great way to learn more about a PlayDaze is to visit a PlayDaze. There are a few large, yearly PlayDaze events that are great examples of what a PlayDaze should look like. Be Active Kids would gladly provide you with the information to connect with the organizers of these events if you wish to attend. No matter how you gain more knowledge of PlayDaze, we know that providing more active play opportunities for children will be the result.

## Coordinate a Planning Team

A planning team is key in the success of a PlayDaze. A planning team can take many shapes and sizes; you can get together with neighbors or friends to plan a neighborhood event, join with other organizations in the community to hold a larger community-wide event, or rally the staff to have an event at a school or center. The possibilities are endless! The goal is to pull together team members with varied abilities that will work together as a team and balance one another's skills. Make sure to include team members of all ages as children should have input in the planning and preparation too. Organize and coordinate committees to work on publicity, distribute invitations or flyers, plan games and activities, purchase or borrow equipment, find volunteers, refreshments, and other logistics necessary to make the event a success.

## Decide on a Location

The location for your PlayDaze can be in the mountains or at the beach, indoors or outdoors, in a park or at a child care center or school, at a church or museum, on a farm or in a field, at a river or on a beach, or on a street that is closed off to traffic ... PlayDaze can be held anywhere!

When deciding on the location of your event, take into consideration the following:

- Access to restrooms
- Parking
- Accessibility to all
- Access to water for play areas and for hand washing
- Unique features; creek, bamboo forest, trees for climbing, etc.

## Decide on a Date

Be Active Kids has designated the third weekend in September, as North Carolina's official PlayDaze weekend. However, groups are welcome to hold a PlayDaze events on any day they wish. Many PlayDaze take place in the spring during the Week of the Young Child or during the fall when it is a little cooler. Any day is a great day for a PlayDaze, so hold an event on the date that works best for you or your organization.

*For more information about other Play Day Activities in the month of September, check out KaBOOM! at [www.KaBoom.org](http://www.KaBoom.org) and Take a Child Outside Week at [www.takeachildoutside.org](http://www.takeachildoutside.org).*

## Create a Plan and Get Organized

Using the Play Setting Checklist on page 12 as well as the PlayDaze **Quick Check Forms** provided on pages 13 & 14 will provide your team with tools to plan your PlayDaze. The Play Setting Checklist form will help you organize and plan the activities that will be the center of your PlayDaze. (Remember these are just tools, and depending on the size of your PlayDaze, may or may not be necessary.) Additionally, the Quick Check Form will help you organize and appoint the committees needed to prepare for the event. Each committee gets a copy of the second form, the Quick Check Committee Form to use to organize their efforts. Space is provided for the name of chairperson, the committee members, and their contact information. Each committee will get a list of tasks they might need to do along with target dates for completing the tasks.

Do you want to have 1,000 people in attendance for your PlayDaze/Day of Play, or do you want to invite 10 of your closest friends? What do you want the participants to gain from the event? How can you promote the importance of play and give participants a greater knowledge for the need of physical activity? Goals can and should be written down to help the organizers plan for the different aspects of the PlayDaze.

Additionally, you have the opportunity to make a difference by having participants make a commitment to getting more physically active and put play in their day by filling out the bottom portion of the **Play Diary** on page 15 & 16. By completing the commitment, you will have the information needed to follow-up with the participants and see if they are still being active.

## Registration

Register your PlayDaze Event **online** or by filling out the **Registration Form** located on pages 17 & 18 of this PlayDaze Planner. You may return your completed **Registration Forms** in one of three ways:

**MAIL TO:**

Be Active Kids  
Attn: PlayDaze  
P.O. Box 525  
Morrisville, NC 27560

**FAX TO:**

919-510-5033

**SCAN & EMAIL TO:**

[info@beactivekids.org](mailto:info@beactivekids.org)

## Funding Your Event

How much will PlayDaze cost? How much is your organization willing to spend? Remember, that PlayDaze celebrates the right for children to engage in free, unstructured play. Balls, tug-of-war ropes, jump ropes, and sidewalk chalk can be borrowed or donated for the day's use. Get creative and use items that you already have. It's a great way to reuse and repurpose, and the price is right-FREE! You can also use natural resources that can be used to stimulate creative play; sticks, rocks, moss, sand, water, mud and soil can be used to have fun on a reduced budget. You can also solicit local merchants for in-kind donations, like healthy drinks and snacks, or t-shirts or toys. Remember, your event can be as simple as having children and adults set aside some time to play. This simple concept of interacting with our children and community doesn't need to cost a thing, but it is priceless.

The purpose of PlayDaze is to emphasize the value of play and is designed to provide diverse play activities for children and adults of all ages. The event should be free of charge for participants. Follow these "Tips for Success" to keep the expense of hosting the event to a minimum.

- Solicit financial contributions and in-kind donations from local businesses or organizations.
- Request donations of goods. (e.g., bottled water, paper or plastic bags, sports equipment, gift cards, etc.)
- Collect recycled boxes and scrap materials from builders, lumber yards, appliance and grocery stores, and repurpose "stuff" from around the house.
- Coordinate with an organization (e.g., scout troop, philanthropic organization, teen club, church group) that would volunteer their time at PlayDaze.
- Borrow equipment and supplies that can be replaced if broken or misplaced.
- Use natural resources that can be used to stimulate creative play; sticks, rocks, moss, sand, mud and soil can be used to have fun on a budget.

## Getting the Details Right

### *Make sure to address the following topics when planning for PlayDaze:*

- Be sure to remind participants to **wear play clothing that they do not mind getting dirty**...especially if planned events include fun activities such as mud or clay play!
- Make **drinking water** available throughout the event. Try to make the event as environmentally friendly as possible by asking participants to bring a reusable water bottle to use at the water filling station (a dedicated hose or water cooler).
- Have a designated **photographer** to take pictures of the event. For larger community events, parents should sign waivers for use of photos in the media. A sample **Photo/Video Release Waiver** is included on page 21. Make sure to send your best photos and copies of your waivers to Be Active Kids, ATTN: Active Play Alliance at P.O. Box 525, Morrisville, NC 27560 or via email at [info@beactivekids.org](mailto:info@beactivekids.org).
- Organize volunteers to be **Play Leaders** for the event. A *Play Leader* can be a teacher, administrator, child care professional, Girl Scout or Boy Scout, college student, parent or a community volunteer. Their job is to make sure that the play in their designated area is safe, creative and fun. She/he will want to establish the rules or directions of the game or activity according to the abilities of the participants. Their job is to supervise and facilitate the activity and make creative suggestions when necessary for greater participation. (You will find a Volunteer Orientation sheet on page 27 of this planner.)
- When facilitating play, lay **ground rules** for the children participating ahead of time. Remind children that they may have free reign with the materials and activities as long as they use them appropriately.
- Take the time for **reflection** after the event with both children and adults. This brief reflection or evaluation will be valuable to present to the media, publicizing your next event, and figuring out what does or doesn't work for future events.

## Promoting your Event

### Invite the Guests

Spread the word about your day of play! Use the templates provided or available at [www.beactivekids.org](http://www.beactivekids.org) to develop posters, flyers, and invitations. Distribute posters and flyers, send out invitations, call and invite local groups and organizations that cater to young children (child care centers, churches, after school programs and schools). Inspire families to participate in the activities together. Remember that play is something that can be enjoyed across the lifespan so encourage older adults and Senior Living Centers to promote the event and have residents participate.





## Publicize your PlayDaze Activities

If your event is open to the public, you can seek local media coverage. Contact your town's local newspaper and ask that they write a feature story on the event. A sample media release is available on page 20. Also make sure to utilize local radio station Public Service Announcements (PSA) spots or TV stations that offer a "local happenings calendar" to spread the word about PlayDaze. Post information on your websites, blogs, Facebook, or Twitter. Another simple way to publicize your day of play is to create posters, billboards, banners and other signage that can be displayed across your community.



## Planning the Fun Stuff

Here is the fun part! You can use some of the suggested games and activities included in this section of the planner or come up with your own ideas.

Make sure to coordinate events for all ages attending your event: Toddlers and Preschoolers (or young children) (ages 1-4), Kids, (ages 5-12), and Big People (ages 13 and older). Play is something everyone can and should be doing. You can find a great number of activity ideas and games on the internet as well. The sky is the limit!

**Here are a few tips to keep in mind while planning your PlayDaze:**

- **Plan "ACTIVE" activities.** Include a few that require cooperation, learning and fun! (See ideas for games and activities, as well as what each activity requires on the following page.
- **Involve nature in play activities when possible.** Nature provides an abundance of play materials and experiences at no cost. Using streams for water play, trees for climbing and fort building, and trails for exploring are important to consider when planning a location for your PlayDaze. Think creatively about how to integrate natural loose parts such as rocks, sticks, leaves, etc. The list is endless!
- **Know your venue and audience.** The types of activities or games that you will choose will depend on whether you are playing inside or outside, have little people or big people participating, have individuals with special needs or have a soft surface or a hard surface to play on.
- **Keep it simple.** Introduce activities and games that are easy and creative so that most of the time is spent playing.
- **Purposefully vary activity levels.** Monitor waiting in lines, elimination games, and large group activities to balance the amount of active and sedentary time children experience.
- **Strive for success and challenge.** If activities are too easy, children will get bored. If activities are too difficult, children will get frustrated. Observe their actions and find a mix. If there seems to be a great interest in a particular game, repeat it until just before the enthusiasm is gone.

- **Vary adult-led and child-led activities.** Some activities should be open-ended such as a loose parts play settings, arts and crafts, bubble blowing and/or sidewalk chalk that allow free exploration.
- **Vary activities and choices.** Allow children to freely move from one activity to another and let them make their own choices allowing them to play in their own way.
- **Risk assessment.** Identify what you can do to minimize the risks in a game or activity being mindful to balance the risks with the benefits of challenging play opportunities. Risk can be a good thing!
- **Play settings.** Include a few of the listed Play settings for a diverse play experience for all.
  - **Fort Building**
  - **Game Creation**
  - **Nature Art** (rock painting, water painting, etc.)
  - **Mud/Dirt Play** (mud throwing, mud café, dirt digging, etc.)
  - **Sand and Water Play** (doll washing, dish washing, loose parts water play, etc.)
  - **Bubble Play**
  - **Active Play** (jump ropes, bike riding, hiking, slack line, tug-a-war, obstacle course, relay race, etc.)
  - **Dramatic Play and Outdoor Theater**
  - **Book Nook**
  - **Adventure Play**
  - **Creek Exploration**
  - **Face Painting**
  - **Fairy Garden/Small World Play**
  - **Sidewalk Chalk**
  - **Clay Play**



# Games, Activities and Equipment Needs

Here is a list of sample activities and the equipment/materials needed for the activity. Use this as a tool to get the creative juices flowing to come up with additional activity ideas to make your PlayDaze Event unique.

TYPES OF ACTIVITIES	EQUIPMENT AND/OR SUGGESTIONS
Old Fashion Relay Races	Potato sack race Bean bag relay Pass an orange from friend to friend under your chin Three legged race Tricycle obstacle course relay
Nature Inspired Activities	Fort Building - ropes, sticks and branches, tarps, sheets, etc Make "Fairy Houses" - loose parts from nature Create a mud or red clay pit filled with water and get dirty Dirt Play-provide a canvas for dirt and mud painting or throwing Set up a water table, puddles, or pools Bubbles with wands and bubble solution Nature Art using natural objects
Action Packed Games	Red Rover Dodge Ball Have a squirt gun fight complete with water balloons Play Leap Frog Hopscotch
Arts and Crafts Activities	Sidewalk chalk drawings Paint pet rocks or sticks Jewelry making with recycled materials Sand art with shallow containers and colored sand Face painting with appropriate paints and brushes for skin Finger painting with paint or mud Create something from aluminum foil Pinecone people Make a musical instrument from recyclables Create a town with boxes from recyclables Build a walnut shell boat and sail them in a tub of water
Obstacle Course Activities	Use natural objects – piles of dirt, bales of hay, mud puddles, trees, stumps, vines, etc
Kite Flying Activities	Paper (newspaper, paper bags, wrapping paper) Plastic (grocery bags, trash bags, plastic liners) Sticks or dowels String Glue or tape
Parachute Activities	Parachutes Playground balls Tennis or foam balls
String and Scarf Activities	Colored scarves Plastic grocery bags Varying weights of string
Hula Hoop Activities	Various sizes
Tug of War	Long ropes Clothing attached together

TYPES OF ACTIVITIES	EQUIPMENT AND/OR SUGGESTIONS
Balloon Activities	Water balloon toss Water Balloon trampoline toss
Jump Rope Activities	Jump ropes of varying lengths
Street Games	Stickball Hopscotch Kick the Can Kickball 4 Square Shoot marbles Simon Says Hide and Seek Jacks Pick-up-sticks
Active Story Telling and Acting	Going on a Bear Hunt Read a Story and Act it Out Write your own commercial and act it out Have a story teller – dress up, tell folk stories, etc
Make it, Play it and Take it	Play doh Goop Paper –mache Sticks Mud Cardboard
Activities for Very Young Children	Finger plays Chasing and blowing bubbles Story telling Go on a walk and skip, jump, and gallop
Sing Silly Songs	Create a campfire (real or pretend) and sing silly camp songs: <i>Head Shoulders Knees and Toes</i> <i>On Top of Old Smokey</i> <i>Do Your Ears Hang Low</i> <i>The Ants Go Marching One by One</i> <i>ABC Song</i> <i>Swing Low</i> <i>Animal Action</i> <i>The Pizza Hut Song</i>
Simple Ball and Racket Activities	Beach ball toss Baseball using a plastic ball and bat Volleyball Badminton Basketball (how about a game of horse?)
Frisbee Activities	Go for a record throw Skip your disk Play catch
Chasing and fleeing Activities	Freeze Tag Hide and Seek Duck, Duck, Goose Mother May I Simon Says Red Light, Green Light

TYPES OF ACTIVITIES	EQUIPMENT AND/OR SUGGESTIONS
Simple dances	Hokey Pokey The Chicken Dance Square Dances Creative movement, folk dances Cha-cha Slide Cupid Shuffle Cotton Eyed Joe Hold a Dance Contest
Dramatic Play	Pretend play with props – cardboard boxes for buildings, stage, spaceship, clothes, and small toys
General	Markers, name tags, duct tape, cardboard, sunscreen, first aid kit, water cooler, hand cart, fire pit
Adventure Activities	Cargo net for climbing Slack lines for balance walk Rope climbing
Construction Activities	PVC pipe of various sizes and shapes Cardboard boxes and tubes Balls of different sizes Hula Hoops Fort Building Creating Games

*(Compiled with ideas from: IPA/USA, **How to Organize and Implement a Play Day, November 2009**)*

**Tips about equipment and supplies:** Equipment should be inexpensive or can be borrowed. Remember, that many supplies can be collected from recyclables, nature, household items or purchased rather inexpensively from Dollar Stores, thrift stores or low cost variety stores. *Children have fun with the little and usually most random things.*

**Example play settings may include:** Fort Building, Fairy Village, Creating Games with Loose Parts, Nature Art, Mud Throwing, Mud Café, Dirt Digging, Sand Play/Water Play (doll washing, dish washing, clothes washing, loose parts water play), Bubbles, Side Walk Chalk, Water Painting, Painting Rocks, Nature Book Nook, Active Play (jump ropes, bike riding, hiking, balls, slack line, tug-o-war, obstacle course, relay race, scavenger hunt, etc.), Dramatic Play and Outdoor Theater Play.

## Game Websites and Additional PlayDaze Ideas

There are countless books and websites that you can find to assist in the planning of your PlayDaze event. Here are just a few suggestions to start with:

### Games

Kids Games	<a href="http://www.gameskidsplay.net">www.gameskidsplay.net</a>
10 Fun Outdoor Games for Kids	<a href="http://www.family.go.com">www.family.go.com</a>
30 Classic Games for Simple Outdoor Play	<a href="http://www.wired.com">www.wired.com</a>
Classic Kids Outdoor Games	<a href="http://www.grandparents.about.com">www.grandparents.about.com</a>
The Source: Outdoor Games	<a href="http://www.thesource4ym.com/games.outdoors">www.thesource4ym.com/games.outdoors</a>
Outdoor Game Players	<a href="http://www.outdoorgameplayers.com">www.outdoorgameplayers.com</a>
Fun Games and Activities	<a href="http://www.funattic.com">www.funattic.com</a>
Go Play Outside: Great Outdoor Games	<a href="http://www.parents.com">www.parents.com</a>
Family Fun-Kids Outdoor Games	<a href="http://www.family-fun.kaboose.com">www.family-fun.kaboose.com</a>

### Organizing PlayDaze

KaBoom	<a href="http://www.KaBoom.org">www.KaBoom.org</a>
OMEP-USNC Children's Day Activity Packet	<a href="http://www.omep-usnc.org/">http://www.omep-usnc.org/</a>
Payday Planner	<a href="http://www.playday.org.uk">www.playday.org.uk</a>
IPA/USA Play Day	<a href="http://ipausa.ning.com/page/play-day">http://ipausa.ning.com/page/play-day</a>
Nickelodeon's Worldwide Day of Play	<a href="http://pro-social.nick.com/world-wide-day-of-play/">http://pro-social.nick.com/world-wide-day-of-play/</a>

## Obtaining Loose Parts

- Collect recycled boxes and scrap materials from builders, lumber yards, appliance and grocery stores, and repurpose "stuff " from around the house
- Coordinate with an organization (e.g., scout troop, philanthropic organization, teen club, church group) and or neighbors to have a loose parts drive. Everyone donates loose parts items they have around their house; pots and pans, piping, sheets, tarps, bungee cords, building materials, costumes, ropes, etc.
- Borrow equipment and supplies that can be replaced if broken or misplaced.
- Use natural resources that can be used to stimulate creative play; sticks, rocks, moss, sand, mud and soil can be used to have fun on a budget.



## Play Setting Checklist

Activity Center	General function	Materials/ Loose Parts	Site Description	Notes
<b>Fort Building</b>	Creating forts	Boxes, sheets, tarps, twine, tape, scissors, bamboo, loose parts/play props	Bamboo Forest and other wooded areas near the open field	Area supervision required



# PlayDaze Quick Check

Site: \_\_\_\_\_

Date: \_\_\_\_\_

Tasks	Person Responsible	Date Completed	Key Tasks/Notes
Select Coordinators			
Appoint Committees			
Site/Date/Theme			
Activities/Special Events			
Volunteers/Play Leaders			
Refreshments			
Fund-Raising			
Publicity			
Celebrities/ Special Invited Guests			
Equipment/Materials/Props			
First Aid Station			
Information Booth/ Lost and Found			
Parking Signs			
Security			
Evaluations			
Clean-Up			

Source: IPA/USA / The American Affiliate of the International Association for the Child's Right to Play



## PlayDaze Quick Check for Committees

Site: \_\_\_\_\_

Date: \_\_\_\_\_

Theme: \_\_\_\_\_

Anticipated Attendance: \_\_\_\_\_

Committee : Chairman: Co-Chairman:			Members:	
Tasks	Person Responsible	Target Completion Date	Date Completed	Notes

Source: IPA/USA / The American Affiliate of the International Association for the Child's Right to Play





## Play Diary – Sharing Your Play Experience

Thanks for attending our PlayDaze Event. We hope that you had a great time at PlayDaze and are willing to tell us about your experience. Please fill out this **Play Diary** before you leave this event. The information collected will help the North Carolina Early Childhood Active Play Alliance and your PlayDaze Committee plan for future events.

### PLAY DIARY: TELL US ABOUT YOUR PLAY EXPERIENCE

Printed Name: \_\_\_\_\_

Number of people you brought to play:

\_\_\_\_\_ Adults      Ages \_\_\_\_\_

\_\_\_\_\_ Children      Ages \_\_\_\_\_

Email Address: \_\_\_\_\_

What new activities did you and your child learn to play?

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What did you like most about **PlayDaze**? \_\_\_\_\_

What should be changed in the future **PlayDaze**? \_\_\_\_\_

Name something that inspired you or something you may do differently because of your participation in PlayDaze.

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Please indicate which activities you or your child(ren) participated in and circle the response that best describes how comfortable you were with it.

**Mud play**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Water play**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Ball games**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Play in the woods**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Construction/Deconstruction**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Arts & Crafts**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Chasing & Fleeing**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Play with natural materials (*sticks, stones, leaves, pine cones, etc*)**  
☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Play with equipment (*hoops, balls, bats, noodles, jump ropes, bikes, etc*)**  
☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Adult-led activities**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

**Child-led activities**      ☐very comfortable      ☐somewhat comfortable      ☐not comfortable at all

Other comments:

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## Registration

Whether your celebration is big or small, please insert your event details in the form below and tell us about your PlayDaze plans. You may also register your PlayDaze event online at [www.beactivekids.org](http://www.beactivekids.org).

Organization Hosting PlayDaze: \_\_\_\_\_

Event Date: \_\_\_\_\_ (mm/dd/yyyy)

Time(s): \_\_\_\_\_

Venue/Location: \_\_\_\_\_

Event Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Event County: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_ (home) \_\_\_\_\_ (other)

Contact E-mail: \_\_\_\_\_

Best time to contact: \_\_\_\_\_

Do you want contact information to appear on the PlayDaze Website? \_\_\_\_\_ Yes \_\_\_\_\_ No

Is your PlayDaze open to the public? \_\_\_\_\_ Yes \_\_\_\_\_ No

Is there a rain date? \_\_\_\_\_ Yes \_\_\_\_\_ No

How many people do you anticipate attending your PlayDaze? Total= \_\_\_\_\_

0-5 \_\_\_\_\_ 6-17 \_\_\_\_\_ 18+ \_\_\_\_\_

Tell us more about your PlayDaze celebration (max. 2000 characters). If you choose to publish your event online, this is a good opportunity to showcase your event both to the local media and event participants.

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Please return completed **Registration Forms** to:

**MAIL TO:**

Be Active Kids  
Attn: PlayDaze  
P.O. Box 525  
Morrisville, NC 27560

**FAX TO:**

919-510-5033

**SCAN & EMAIL TO:**

[info@beactivekids.org](mailto:info@beactivekids.org)

For any additional questions or concerns please contact Be Active Kids at 919.287.7012 or send e-mail requests to [info@beactivekids.org](mailto:info@beactivekids.org).



Date

Name of Business

Address of Business

Address of Business

Dear (GET THE NAME OF THE PERSON WHO AUTHORIZES DONATIONS),

**Type the name of your organization**, in collaboration with Be Active Kids, will be hosting a community wide PlayDaze event on **type your event date**<sup>1</sup>. North Carolina's PlayDaze celebrates the value of play and is designed to provide diverse play activities for toddlers to grandparents. Schools, child care centers, community organizations, churches, families, and communities are urged to create an event and participate in PlayDaze for one hour or for many hours over a long weekend event, the choice is theirs. PlayDaze events can be as small as an intimate neighborhood gathering or as large as a massive park event.

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, and to share in the joy of discovery and interaction without the need for competition. Children of all ages need the opportunity to play.

We are respectfully asking your store to make a small contribution of **type what you are wanting from them** that we need for this event. Generous donors like you are the key to our success and make it possible for **type the name of your organization you are asking for** to provide quality events and programs that benefit young children in this community. We hope that we can count on your support!

Your donation will be listed in our event program, as well as on the event website page. We thank you for your time and consideration. Please do not hesitate to contact me if you have any questions or concerns.

Sincerely,

Typed Name

Organization

Job Title

Contact information

# Sample Media Release

(you have our permission to copy, paste and edit this sample release)

## MEDIA RELEASE

For immediate release:

### PLAYDAZE CREATES COMMUNITY FUN FOR EVERYONE

**[Name of town/community/region]** promotes Play as part of PlayDaze Statewide Events

[CITY], NC, Date – PlayDaze, the statewide day(s) for play is (are) on [DATE(S)] September 2017, and **[Name of town/community/region]** will be celebrating this **[season]** at **[venue, times]**, with **[list the attractions that will be part of your event]**, organized by **[your organization]**. In addition to celebrating children's right to play, Be Active Kids is leading the state-wide campaign to promote **North Carolina** PlayDaze, the third week of September, the campaign to get more children physically active by participating in all forms of play at the community events being offered from the mountains to the ocean and in between!

The 2017 PlayDaze is organized by Be Active Kids, part of the state-wide early childhood non-profit program. The 2017 PlayDaze is one of KaBoom!'s National Play Day events.

**[It is always best to include a quote from a local spokesperson if you're targeting local media however, if you don't want to, or can't think of what to say, feel free to use the quote below]**

"Children need freedom and space to play in their own communities, and communities want that to happen. Many times there are safety issues, along with a lack of space or limited access so children are not able to enjoy free play as their parents and grandparents once did. And that's something we're campaigning to change," said **Evie Houtz, Be Active Kids Program Specialist**. "PlayDaze is an opportunity to get people talking about the issue, to get communities together to support children's play, and most of all to have a lot of fun in the process. It's about protecting, preserving, and promoting play as a fundamental right for all." North Carolina's children rank 16<sup>th</sup> highest in obesity in the country. More than 1/3 of children do not get the one hour of daily physical activity they need to stay healthy. In addition to the significant health benefits, studies show that students who have both structured and unstructured play achieve stronger development physically, mentally, emotionally, and socially.

**[Talk about what your community or organization is doing to fight childhood obesity and promote health.]**

###

#### Notes for editors:

1. **Add any further details of your PlayDaze event, including opportunities for photographs or other activities that may interest the media.**
2. **Add details of your organization (if applicable).**
3. For more information about PlayDaze and the Our Place Campaign, visit [www.beactivekids.org](http://www.beactivekids.org)
4. In 2010, Be Active Kids® received a grant from the Blue Cross Blue Shield of North Carolina Foundation to create the North Carolina Early Childhood Active Play Alliance. The Active Play Alliance was formed bringing together professionals from parks and recreation, government agencies, NC Zoo, universities and colleges, pediatricians, child care and non-profit organizations focusing on practical efforts for improving the health of young children through playful experiences and opportunities. Teaming up with NC Park and Recreation Departments, towns and cities, faith communities, schools, neighborhoods, museums, and all types of for profit and nonprofit organizations, the Play Alliance is leading the campaign to promote participation in **North Carolina PlayDaze**, to get more children physically active and engaged in all forms of play at sponsored events from the mountains to the ocean and in between!

For further information on this release contact: **Add nominated local organizer/spokesperson**



## Photo/Video Release for Children Under 18 Years of Age

I/We, the undersigned, grant permission to [type your organization] to photograph, tape, film, or make an audio recording of my/our child's participation in the \_\_\_\_\_ event. I/We grant [type your organization] an irrevocable license to reproduce, copy, display, perform, or otherwise use these materials. I/We understand that these materials will be used for the purpose of public information and/or education and may appear in newspapers, magazines, exhibits, television signage, [type your organization] publications or website. I/We also waive the right to approve the final product. I/We agree that my/our child may be identified as a participant in the event being recorded. I/We release [type your organization], its employees, directors, and agents from any liability connected with the publication, reproduction, release, or other use of these materials, and agree not to bring any claims against them growing out of such publication release, reproduction, or other use of these materials.

Name of Child Participant(s): \_\_\_\_\_

***I certify that I am a custodial parent(s) or legal guardian(s) and have the aforementioned rights to assign.***

Name(s) of Parent(s) or Guardian(s): \_\_\_\_\_

Signature(s) of Parent(s) or Guardian(s): \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_





# Success Report

This report should be filled out by the individual or organization hosting the PlayDaze Event and returned to Be Active Kids within 7 days following the PlayDaze Event.

Organization Hosting PlayDaze: \_\_\_\_\_

Event Date: \_\_\_\_\_ (mm/dd/yyyy) Time(s): \_\_\_\_\_

Venue/Location: \_\_\_\_\_

Event Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Event County: \_\_\_\_\_

Number of Participants and Approximate Ages:

Ages 0-5 _____	Ages 19-30 _____
Ages 6-10 _____	Ages 31-49 _____
Ages 11-14 _____	Ages 50-60 _____
Ages 15-18 _____	Ages 60+ _____

**TOTAL NUMBER OF PARTICIPANTS:** \_\_\_\_\_

Approximate cost associated with your PlayDaze Event: \$\_\_\_\_\_

Briefly describe the types of activities featured at your event:

☐ Mud play: \_\_\_\_\_

☐ Water play: \_\_\_\_\_

☐ Ball games: \_\_\_\_\_

☐ Play in the woods: \_\_\_\_\_

☐ Construction/Destruction: \_\_\_\_\_

**PlayDaze Success Report (2)**

- ☐ Arts & Crafts: \_\_\_\_\_
- ☐ Chasing & Fleeing: \_\_\_\_\_
- ☐ Play with natural materials (sticks, stones, leaves, pine cones, etc.): \_\_\_\_\_
- ☐ Play with equipment (hoops, balls, bats, noodles, jump ropes, bikes, etc): \_\_\_\_\_
- ☐ Adult-led activities: \_\_\_\_\_
- ☐ Child-led activities: \_\_\_\_\_
- ☐ Other activities: \_\_\_\_\_

Which PlayDaze activities were most **popular**?

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What would you **change** about the PlayDaze Event?

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Please return completed **Success Report** and any **Play Diary** sheets you have received to:

**MAIL TO:**

Be Active Kids  
Attn: PlayDaze  
P.O. Box 525  
Morrisville, NC 27560

**FAX TO:**

919-510-5033

**SCAN & EMAIL TO:**

[info@beactivekids.org](mailto:info@beactivekids.org)

For any additional questions or concerns please contact Be Active Kids at 919.287.7012 or send email requests to [info@beactivekids.org](mailto:info@beactivekids.org).



**Join us!** North Carolina's PlayDaze celebrates the value of play by providing diverse play activities for everyone from **toddlers** to **grandparents**! Come play for the sake of playing, be physically active, and be challenged to be creative. Everyone has the opportunity to use their mind and body in challenging and creative ways, take risks, make choices, connect with family, friends, neighbors and community, and share in the joy of discovery and interaction without the need for competition.



## Schedule

**Preschool:**  
time – time

**School Age:**  
time – time



[www.beactivekids.org](http://www.beactivekids.org)  
[facebook.com/beactivekids](https://facebook.com/beactivekids)  
[pinterest.com/beactivekidsnc](https://pinterest.com/beactivekidsnc)



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## **Tips for Hosting a Community PlayDaze Event**

1. Partner with other organizations in the area such as parks and recreation departments, local community colleges, county health departments, YMCA's, schools, and local early childhood organizations.
2. Recruit volunteers to help oversee the daily operations of the event. These volunteers can come from partner organizations.
3. Solicit donations from national, state, and local vendors. Create a request donation letter, deliver or send it out via e-mail/mail to those vendors you need to work with. Follow-up with the donation letter recipients with a phone call once they have received the letter.
4. Promote the event through local media outlets (radio, television, newspaper) as well as mailings, posters, flyers, and social media.
5. Invite community schools, child care centers, places of worship, etc. regardless of age to the event.
6. If children of different schools, child care centers, places of worship, etc. are attending the event, suggest each site wear their sites shirt or all wear a specific color. This will help identify groups.



## **Tips for Hosting a Neighborhood PlayDaze Event**

1. Find an area in the neighborhood that is accessible to all, provides ample space, has a water supply, and is safe.
2. Invite all neighbors to participate.
3. Ask other members of the neighborhood to help plan activities, supply materials, and organize the events of the day.
4. Provide layered activities for all ages; toddler to seniors.
5. Events that have a longer duration may require water stations to avoid dehydration.



## Orientation Handout for Adult PlayDaze Volunteers

The overall goal for today's event is **child-initiated, child-directed play!!** This means that as an adult volunteer your role will be a supportive one. Children should feel free to go wherever they want to play within our PlayDaze outer boundaries. Children are **free to take materials from one area to another.**

### ***Role of the Play Facilitator:***

- Be a good observer; truly watch how children play but stay vigilant to your area as well as the larger one.
- Ask good questions to get disengaged children on the road to play.
- Model playing with clay, building a fort, making a game – talk out loud so children can hear how you are going about making your decisions. If you are invited into the play, feel free to join in, otherwise stick to parallel play.
- Wear a vest or identifiable marking so that it is easy for children to pick out adults that they can turn to if they need something or have a question.
- It is fine to switch off with someone else so that you can experience different play areas.
- We need to leave the PlayDaze areas better than we found it.
- Allow children plenty of opportunity to make choices and decisions, to take risk, be responsible and have fun!





*A special thanks to the members of the **North Carolina Early Childhood Active Play Alliance** for their continued dedication to promoting, protecting and preserving play for North Carolina children.*

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<b>Nilda Cosco</b>	<i>North Carolina State University, School of Design, Natural Learning Initiative</i>
<b>Pam Hartley</b>	<i>Marbles Kids Museum</i>
<b>Ronda Hawkins</b>	<i>Sandhills Community College</i>
<b>Lisa Hoffman</b>	<i>Charlotte Nature Museum</i>
<b>Evie Houtz</b>	<i>Be Active Kids</i>
<b>Debbi Kennerson-Webb</b>	<i>NCAeyc</i>
<b>Linda Kinney</b>	<i>North Carolina Zoo</i>
<b>Beth Lake</b>	<i>First Environments Early Learning Center</i>
<b>Robin Moore</b>	<i>North Carolina State University, School of Design, Natural Learning Initiative</i>
<b>Jackie Quirk</b>	<i>NC Child Care Health and Safety Resource Center</i>
<b>Richard Rairigh</b>	<i>Be Active Kids</i>
<b>Rebecca Sprowl</b>	<i>Growing Child Pediatrics, Fast Brain</i>

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