



# PlayFacts



## What is active play?

Physically active free choice activities that are self-motivated, enjoyable, process oriented, and include large body movement.

## What is loose parts play?

The loose parts/scrap is collected from area businesses, people’s homes, and scrapstores. The loose part/scrap is clean and safe, but comes predominantly from the waste from commercial operations. Providing these items as a play element supports infinite amounts of play types, play frames, physical development (fine and gross motor skills) and learning experiences. The beauty of using loose parts over traditional play equipment is that the intent of the pieces of scrap is left in the hands of the player. It provides a greater range of flexibility, diversifying its appeal to children. The large collection minimizes bickering over “hot” items such as balls found on typical elementary playgrounds.

## How are they related?

Loose parts play helps children to use their bodies to move or haul items while they are playing. When the children are using the loose parts, they are also using large muscles and fundamental motor skills that will help them to with their gross motor development. Children with greater gross motor development, tend to be more physically active and more successful in sports.

## Why is play important for physical health?

- Helps to maintain good health
- Prevents the development of health risk
- Increases movement of large muscles improving strength
- Improves fundamental motor skills
- Provides some cardiovascular exercise

### LOOSE PARTS LIST

- Natural materials (sticks, rocks, shells, etc)
- Tarps/sheets/blankets
- Ropes/String
- Tubing of various materials and sizes
- Cardboard boxes
- Buckets/Bins/Baskets
- Pool Noodles

## Call to Action

We ask everyone join the grassroots efforts to help increase opportunities for young children to be involved in active play through **PlayDaze**. **PlayDaze** celebrates the value of play and is designed to provide diverse play activities for all North Carolinians, from toddlers to grandparents! Schools, child care centers, organizations, churches, or neighborhoods are urged to participate in **PlayDaze** by creating an organized event in their community where people can come out and play! 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 the joy of discovery and interaction without the need for competition. Events from the mountains to the sea will get more children and families physically active and engaged in all forms of play.



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