PLAYWORKS

Playworks

Revolutionize schools—and kids' lives—through play.

Playworks' mission is to improve the health and well-being of children by increasing opportunities for physical activity and safe, meaningful play.

Playworks is the leading US nonprofit leveraging play before, during, and after school to transform school culture and children's physical and emotional health. Play is crucial to learning, offering a physical release, a mental reset, and the opportunity to master essential skills such as sharing, collaboration, problem-solving, and more.

FREE PLAYWORKS RESOURCES:

Playworks provides open resources at no cost to ensure everyone has equitable access to information on safe, healthy play. The following resources are available on our website and linked directly here:

Game Library: Explore hundreds of games by group size, available space and equipment, appropriate ages, and developmental skills. Our games are designed to keep all kids playing. You will see lots of games where everyone is "it", ground-rules that keep games manageable for recess supervisors, skill-building variations on students' favorite sports, and other adaptations that make games fun and inclusive for everyone.

Play at Home: School closures are significantly changing day-to-day life for kids across the country and the world. Families are looking for ways to keep their kids engaged, active, and having fun. Playworks has created this collection of Play at Home resources to help families and children with ready to go games.

- Play at Home live videos: Kids can play along live with these videos that feature games led by Playworks Coaches. Simply hit play and start playing!
- Play at Home Playbook: Families can download a printable Play at Home Playbook that features games that they can play at home together.
- Play at Home Playbook videos: This playlist includes video tutorials that demonstrate how to play the games included in the Play at Home Playbook.

Work Play Balance: This playbook is designed to leverage play to engage adults (with or without kids) working at home. Learn to play lively virtual group games that foster collaboration and teamwork—skills as vital for children as they are for adults. We hope you can find some joy through the power of play while staying connected to colleagues and kids while you balance work and play at home.

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Safe Return to Play & Recess Guidelines: For the past 24 years, Playworks has partnered with elementary schools to help kids stay active and build valuable social-emotional skills through play. As schools continue to plan, we want to help provide resources for implementing both in-school and virtual play or recess experiences. We developed Recess Guidelines to include options for what recess could look like based on CDC and state guidelines as of July 2020. We know states, districts, and individual schools are developing many plans for reopening, and no matter what variation of online or in-person experiences they offer this school year, or beyond, Playworks is here to help.

School Re-Opening Workbook: This is an unprecedented moment for kids, teachers, families, and schools. Re-opening our schools will involve decisions based on incomplete information that must be made in an environment that, at best, would be described as uncertain. The Playworks School Reopening Workbook is a free resource and workbook aiming to bring a bit of ease to this transition. This book offers guidance around how infusing play and playfulness into the process can help, and gives you practical tools to try it on.

Playworks' Blog: is updated regularly with ideas about the importance of play and strategies for incorporating more play into the day whether at school, out of school time or at home. Check out some of these recent blog posts to add to your toolbox.

- **Play Builds Serious Skills:** Playtime is many things. It's fun for children. It's an escape for busy parents. But it's much more than that. Play is not frivolous—it enhances brain structure and function, and promotes Executive Function development. This distinct set of skills is imperative to school readiness and academic success.

- **How Equity, Trauma and Play Intersect**: Play is critical for healthy child development as it is a safe way for kids to experiment and practice building relationships and cooperating with others. And yet, even in normal circumstances before COVID-19, there wasn't an equal opportunity for every kid to play. We need to make sure this disparity does not get worse in the return to school this year.

- **Using Play to Foster Social Connections and Physical Activity**: When we play, we engage our bodies, minds, and senses, creating opportunities for increased physical activity, learning, and connection with others. Play can even help relieve stress and support the development of important social-emotional skills, including communication and cooperation. And, when we encourage routine play, it can provide a powerful *tool for healing* that reduces the effects of *trauma* by building trust and boosting positive emotions.