



What is Play Days?

PLAY is...

- Engagement in activity for enjoyment and recreation.
- Freely chosen, personally directed, intrinsically motivated behaviour.

Inspired by ParticipACTION's 150 Play List, Recreation Newfoundland and Labrador's (Recreation NL) special event 'Play Days' is a multi-community event designed to celebrate play by encouraging children, youth, adults, families and communities alike to get out and play. These province-wide events will promote the benefits and value of recreation and play for all ages, and will encourage individuals to spend time engaging in play-focused activities to meet their daily and weekly recommended physical activity level (outlined by the Canadian Physical Activity Guidelines).

Recreation NL will promote the power of play by working with each of the regional directors to host 3-5 Play Days events in their region between September 2017-September 2018. Each event will be regional/locally organized with regional directors deciding where each of the events will be held.



Host community will receive a small funding grant from Recreation NL to help organize and implement the play days event, as well as promotional items and an active Play Days Kit.

To become a host community:

- Regional directors will work with communities in their region to determine locations of events.
- Each hosting community must submit a hosting request form to their regional director. Each regional director will then submit this form to Carla at physicalactivity@recreationnl.com. This form must be submitted at least 4 weeks prior to event date.

Play Days Grants:

Half-Day Event: \$500.00

Full-Day Event: \$1, 000.00

Two-Day Event: \$1,500.00

Each hosting community will be required to complete a post event summary form and submit to Carla via email at physicalactivity@recreationnl.com.