



Outdoor Play Canada November 2022 Newsletter

OPC projects and activities encompass all traditional territories of the Indigenous Nations of Turtle Island, within the land we now call Canada.

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\$2 Million Awarded to Launch the Canadian Centre for Outdoor Play!

[Outdoor Play Canada](#), the [Healthy Active Living and Obesity Research Group](#) at the [CHEO Research Institute](#), [Andrew Fleck Children’s Services](#) and [Algonquin College](#) have recently been awarded \$2M for a 5-year project to launch the Canadian Centre for Outdoor Play, a centre of excellence where practice, policy and research will come together to inspire commitment to advancing outdoor play!

Learn more about the [Canadian Centre for Outdoor Play project here!](#)

Save the Date for the 2023 Breath of Fresh Air Summit!

Save the date! The 2023 Breath of Fresh Air Summit will be held from September 27-29th, 2023 in Wesley Clover Parks, Ottawa, ON! Just under one year away! Led by Outdoor Play Canada, [Breath of Fresh Air](#) is a two-day Outdoor Play Summit where thought leaders, practitioners, researchers, and policy makers can connect

and share best practices. The theme for the 2023 Summit is ‘Research, policy, and practice – their intersections for the promotion of outdoor play’. The Summit will feature inspiring keynote addresses and open conversations on how these three elements may promote and shape the future of outdoor play in Canada and abroad.

Learn more about the [2023 Breath of Fresh Air Summit here](#).

Play-Friendly Cities: benefits, influencing factors and actual behaviour of kids

More and more municipalities are working on play-friendly public spaces. However, many policy visions and investments are still based on assumptions made by municipal officials or suppliers of play equipment. This is partly because good evaluations and effect measurement of existing and new play spaces are scarce, especially where informal play spaces are concerned. In this guest blog post for OPC, Dr. Gerben Helleman, researcher at the Hague University of Applied Sciences, shares preliminary results from an ongoing study in the Netherlands focused on the child’s perspective of outdoor play spaces.

[Read the full blog post here](#).

The Effect COVID Has Had on the Wants on Needs of Children in Terms of Play

What happens when you ask 20,000 children the question: “*What could be done to make you happier and healthier in your local area?*” during the global pandemic? In this guest blog post for OPC, Dr. Michaela James from Swansea University describes her research study in which she explored responses to this question from the HAPPEN-Wales study. In the blog post, she describes major findings as well as key recommendations to promote, protect, and facilitate play for children, made by the children themselves.

[Read the full blog post here](#).

Active Toy Guide – Holiday Edition!

We know that people move more, sit less and play longer when they’re outside. Outdoor Play Canada's Active Toy Guide is filled with gifts to help kids of all ages burn off steam, chart an active outdoor adventure or just experience the joy of movement. Now updated with toys for the upcoming holiday season!

[Check out the Active Toy Guide here](#).

How do children imagine the future of their metropolises?

In 2021, Metropolis – a global network of major cities and metropolitan areas – launched a global call for children to draw their hopes for the city of the future. The resulting report: “How do children imagine the future of their metropolises” is the result of an analysis of children’s contributions in response to that call, with insights on elements of the metropolis that are essential to children’s everyday lives, with particular emphasis on outdoor play! Throughout the report there are several recommendations for policymakers including involving children in urban planning, planning with accessibility and resilience in mind, and promoting positive reciprocal relationships between humans and nature.

[Read the full report here!](#)

Inclusive Play Leadership – Online Learning Resource

It's better when we play together! From [The Steadward Centre](#) and [Canadian Tire Jumpstart Charities](#), The Inclusive Play Leadership Resource is an online resource that helps leaders in children's physical activity and recreation create and lead inclusive play experiences for kids of all abilities! Learn how to support games and playground play that are engaging and meaningful for all participants.

Checkout the [Inclusive Play Leadership Resource here!](#)

The Playground Guide for Inclusive Play

Also from [The Steadward Centre](#), The Playground Guide for Inclusive Play is designed to support facilitated playground play with and for children who experience disabilities. These play ideas and suggested games aim to provide the foundation for play program plans. These games and activities were originally developed on the Canadian Tire Jumpstart Inclusive Playgrounds but include tips and tricks to modify and adapt games to any play space and for all abilities. The authors encourage using this guide as a springboard for creativity and flexibility in programming!

Checkout the [Playground Guide for Inclusive Play here!](#)

The 2022 ParticipACTION Report Card on Physical Activity for Children and Youth

The 2022 ParticipACTION Children and Youth Report Card has arrived! The 15th edition of the Report Card contains grades based on data collected during the pandemic to better assess its impact on kids' movement behaviours. A major silver lining shown in the report card was that the introduction of car-free urban spaces, rural trails & paths during the pandemic let kids walk, roll, ride and play more, leading to an increase in this year's active play grade from an F to a D-.

Learn more about [the 2022 Report Card here!](#)

Spirit North Community Impact Report

[Spirit North](#) is a not-for-profit organization that aims to empower Indigenous youth through sport and play. Their [2021-2022 Community Impact Report](#) provides a 5-year overview of their initiatives, shares stories of success, and highlights their reach, impact, and vision. In particular, they highlight how sport and play can serve to advance reconciliation in Canada, by addressing the [Truth and Reconciliation Commission Calls to Action](#) #19 on Health and #89 on sports and reconciliation.

[Read the full report here.](#)

Reminder to Join Us in the New Year!

OPC memberships begin every year on January 1st and expire on December 31st. If you are a current member, don't forget to renew your membership in the new year (we'll send a separate reminder email). If you are not yet a member, join us!

Membership benefits include being highlighted in this newsletter, discounts at Outdoor Play Canada endorsed events, access to resources to support your outdoor-play related work, as well as many professional engagement & development opportunities.

[Learn more here.](#)

We welcome blog posts and summaries of relevant research studies for publication on the [OPC website](#). If you have any items that you think would be of interest to fellow OPC members, please contact info@outdoorplaycanada.ca. We respect the amount of unnecessary emails you receive so the plan is for a maximum of one OPC newsletter every other month. Your feedback and comments are always welcome.