

# We are proud to be celebrating International Day of Play



## What is International Day of Play?

- The United Nations declared June 11 International Day of Play in 2024.
- The United Nations Convention on the Rights of the Child recognizes play as a basic right for every child.
- This day highlights the importance of play for everyone, especially children.
- Play is a common way for people to connect, regardless of culture or background.
- International Day of Play encourages action at local, national, and global levels to prioritize play.

## THE 5 BENEFITS OF PLAY

### SOCIAL:

Fostering social connections, building relationship skills, and encouraging positive behaviours.

### PHYSICAL:

Improving coordination, heart health, and muscle development.

### EMOTIONAL:

Enhancing emotional well-being through self-regulation, calmness, self-awareness, and self-reliance.

### SPIRITUAL:

Building a respectful connection to nature and fostering freedom, self-reliance, and personal growth.

### THINKING:

Enhancing thinking by boosting creativity, problem-solving, and focus.

Use the QR code to learn more about International Day of Play.



Play hide-and-peek

Creative Play

Loose Parts Play

Go to the Park!

How can you Celebrate?  
By Playing of course!

Go for a bike ride

Play a Board Game

