

UNLEASHING THE POWER OF PLAY

Active play is essential for young children because it supports healthy development across every major area of growth - cognitive, social, emotional, physical, and language. Far from being “just fun,” play is how young children learn best. The following resources share simple and engaging play ideas families can enjoy together.



Harvard University – Brain-Building Through Play

Harvard’s Center on the Developing Child encourages brain-building through play by sharing age-appropriate activities that help children develop attention, memory, self-control, and other executive skills.



Pathways – Baby Games

Pathways.org provides a range of games and activities aimed at helping babies reach important developmental milestones. These resources are designed by pediatric experts and are accessible through their website and mobile app.



SHAPE America – Early Childhood Activities

SHAPE America’s early childhood resources share simple ideas and strategies families can use at home- using the space they have, everyday materials, and busy schedules- to encourage healthy habits and physical activity.



Active for Life – Activities & Games

A collection of activities and games that can be sorted by age and skill, developed by physical literacy experts.

