| **Topic** | **Summary** | **Type of material** | **Where to get it** |
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| The Benefits of Outdoor and Risky Play | Supported by extensive research and a new [Position Statement on Outdoor Play](http://www.participaction.com/wp-content/uploads/2015/03/Position-Statement-on-Active-Outdoor-Play-EN-FINAL.pdf)the key message is that **‘the biggest risk is keeping kids indoors’.**  **Webpages dedicated to different age groups. Outline of guidelines for physical activity and what counts as active.** | - one page position statement  - infographic and poster  - summary and full research report  - tip sheet & fact sheet  - webinar  - physical activity and sedentary guidelines by age group | Position Statement : <https://www.participaction.com/sites/default/files/downloads/Participaction-PositionStatement-ActiveOutdoorPlay_0.pdf>  Highlight report: <https://www.participaction.com/sites/default/files/downloads/Participaction-2015ReportCard-HighlightReport_1.pdf>  Google outdoor play infographics and click [images](https://www.google.ca/search?q=participaction+outdoor+play+statement+infographics&dcr=0&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwimipWdn8PXAhUG0YMKHTD6DFMQsAQIRw&biw=1024&bih=689) for a variety of infographics  All Participaction Reports: <https://www.participaction.com/en-ca/thought-leadership/report-card/archive>  Guidelines: <https://www.participaction.com/en-ca/thought-leadership/benefits-and-guidelines/0-4> |
| Nature Play information and tips | A [UK blog](http://www.nature-play.co.uk/articlesblog.html) that digs into all things relevant to Nature Play while keeping it practical | * Online blog * Could be shared with parents | Adult Role in Child-Led Play  <http://www.nature-play.co.uk/blog/the-adult-role-in-child-led-play-how-to-become-a-learning-ally>  Understanding Play Schemas (ie. kids urges to play in certain ways):  <http://www.nature-play.co.uk/blog/schemas-in-childrens-play>  How to dress kids for play in the winter:  <http://www.nature-play.co.uk/blog/going-outdoors-in-the-winter-how-to-dress>  All articles: <http://www.nature-play.co.uk/articlesblog.html> |
| Developing skills to be physical active and confidently move and play (physical literacy) | **Active for Life.com** offers resources for educators, caregivers, camp leaders, and after-school program leaders who want to deliver physical literacy instruction to children.  Sport oriented with general info also available. | - website  - information for parents  - Adaptable LESSON PLAN builder for ages 0 -12 (timed, adaptable, printable)  - instructional and assessment videos and plans for basic movement skills  - infographic and video on Physical Literacy  - postcards with simple messages that can be ordered | <http://activeforlife.com/>  >under ‘PRO Resources’  *Lesson Plan builder:*  <http://activeforlife.com/lesson-plans-and-resources-2/>  *Instructional and Assessment videos and plan for basic movement skills*:  <http://activeforlife.com/lesson-plans-and-resources/>  *Infographic and video:*  <http://activeforlife.com/physical-literacy-2/> |
| Nature Play Activity Cards | A Canadian Resource about rediscovering play in natural spaces. Practical, simple and easy to apply today! | - Basic intro to Nature Play  - 18 activity cards for simple nature activities | <http://s3.arpaonline.ca/docs/nature-play_flash-cards_web.pdf> |
| Local website with local recreation program database, resources and events related to ‘active living’ | SouthShoreConnect.ca is a ‘one-stop’ website for information about Active Living in our South Shore region of Nova Scotia. This is the starting point for families to find recreation, sport, and physical activities in Lunenburg, Queens, Shelburne, and Yarmouth County. | - searchable database for local activities and options for recreation, sport, outdoors and physical activity (called the ‘Active Living Guide’)  - website with news, events, resources, funding assistance | <http://southshoreconnect.ca/>  > Under Resources:  *Why Kids Need to go Outside:*  <http://southshoreconnect.ca/project/the-biggest-risk-is-keeping-kids-indoors-2015-participaction-report/>  Local All Outdoors After School Program (District of Lunenburg)  <http://southshoreconnect.ca/wp-content/uploads/2015/08/Trailblazer-Report-v5-nobleed-lowres.pdf>  Facebook: <https://www.facebook.com/exploresouthshore> |
| Physical literacy development through Sport | Physicalliteracy.ca offers coaches, recreation professionals and health practitioners’ access to a wide range of resources that can help people become physically literate. | - videos  - assessment tools | <http://www.physicalliteracy.ca> |
| Play Space Design | Produced through [Evergreen.ca](http://www.evergreen.ca/), this guide offers extensive guidance on designing a play space: Landscape and Child Development – A design guide for early years play-learning environments  While focused on early learning the information is very transferable and/or will offer inspiration for your project. Substantial reference and publication list. | - full guide to designing a play space with learning in mind  - examples of other play space  - tree and shrub guidance  - Video about naturalizing school playgrounds and contribution to learning | <http://www.evergreen.ca/downloads/pdfs/Landscape-Child-Development.pdf>  [https://www.youtube.com/watch?v=\_pot8EhKUdI#t=150](https://www.youtube.com/watch?v=_pot8EhKUdI%23t=150) |
| Risk awareness and prevention in play spaces | This webinar focuses on risk management awareness and prevention, with an emphasis on reducing hazards and managing risk on active playgrounds with safety considerations for key program activities. | - webinar  - implementation guide and resources | <http://lin.ca/resources/be-safe-and-active-risk-management-programs-ages-6-12-years-online-webinar>  Resources on play and risk  <http://rethinkingchildhood.com/consultancy/reports/>  [*Managing Risk in Play Provision: Implementation Guide (second edition 2013)*](http://www.playengland.org.uk/resources/managing-risk-in-play-provision-implementation-guide) |
| Play and Injury Prevention | **Injury prevention practitioners in Canada are showing an increasing interest** [in the issue of risk taking as a positive contributor to resiliency and injury prevention](http://www.injuryresearch.bc.ca/wp-content/uploads/2015/02/Injury-Insight-February-2015.pdf) **among children.** | - 2 page fact sheet | <http://www.injuryresearch.bc.ca/wp-content/uploads/2015/02/Injury-Insight-February-2015.pdf> |
| Loose Parts | A video of a playground ‘loose parts’ initiative in the UK. The scrap-pod playpods really allow children to use their imagination. Look how engaged they become. | - video | <http://www.playpods.co.uk/>  The philosophy of loose parts: <https://www.youtube.com/watch?v=7X5N4on2ryc>  What it can look like: <https://www.youtube.com/watch?v=LLUkYNAxKb0> |
| Outdoor Play Canada | A brand-new network of leaders and organizations working together to galvanize an outdoor play movement across Canada. It comes from the diverse, cross-sector group that collaborated to create the [2015 Position Statement on Active Outdoor Play](http://www.haloresearch.ca/outdoorplay/). | Forthcoming | <https://www.outdoorplaycanada.ca/> |
| Outdoor Play guides and research | Lin.ca is an information network that compiles public and academic resources all in one spot. | Resource guides  Academic articles | The seven C’s to Outdoor Play Spaces for young children  <http://www.wstcoast.org/playspaces/outsidecriteria/7Cs.pdf>  Why kids should get Dirty  <http://www.nwf.org/pdf/be%20out%20there/dirt_report_2012.pdf> |
| Natural Playgrounds | Various resources on examples, guidance and design of natural playspaces and playgrounds | Video series on natural playspaces. Includes information on transition and impact on learning and play, role of adults.  Nova Scotia Inventory on natural playgrounds in province. | Youtube Channel: [Learning Through Landscapes & Grounds for Learning](https://www.youtube.com/channel/UC0iPpIn0rUxqgQgHSwJPElw)  Video on inclusion of loose parts on a school playground:  <https://www.youtube.com/watch?v=nqi1KyJJeKg>  Available through Central or South Shore Community, Sport and Recreation office of the Department of Communities, Culture and Heritage. List of contacts, info and funding/costs. |

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| **Ongoing Professional Development** | | | |
| Learn to Play Webinars – variety of topics | Each webinar consists of stories about application in the field along with academic research. The content is followed by Q&A from the live audience.  Topics:  Learn to Play in Schools  Play in the Early Years  Parent Engagement | Online pre-recorded webinars, 1 hour each | All webinars: <http://physicalliteracy.ca/education-training/webinars/>  Learn to Play in Schools: <http://physicalliteracy.ca/learn-to-play-webinar-learn-to-play-in-schools/>  Play in the Early Years (until you see the brain synapses slide!):<http://physicalliteracy.ca/learn-to-play-webinar-learn-to-play-in-the-early-years/>  Parent Engagement (focus on Physical Literacy and Sport with many transferable lessons):  <http://physicalliteracy.ca/learn-to-play-webinar-parent-engagement/> |
| Outdoor Play Training | A series of 12 online modules may be completed at your own pace during the defined timeframes listed on the website.  Newly developed in 2017 – current research, practice oriented learning focused on early years learning.  You will have the option to engage in self-reflective options and an assessment activity. | 12 online learning modules, 3 hrs each.  Each module has interactive content that includes slide shows, interactive graphics, discussion forums, and voice recorded content.  Certificate after all 12 completed. | <http://outdoorplaytraining.com/>  Course list:  <http://outdoorplaytraining.com/all-courses/> |
| Risky Play and Parents | An online tool for parents and caregivers about risk and play | Online learning and ‘choose your own adventure’ education for parents  Interactive tools and resources | <https://outsideplay.ca/> |
| Pop Up Adventure Play Spaces | Uses playworker approach to fostering play and uses pop up adventure playground models in some of its works. They do training and consultant work from the UK and US. | Free resources and Training opportunities | <https://popupadventureplaygrounds.wordpress.com/> |
| PLAY Magazine  Family Resource Centre Canada | Keep an eye out for a new magazine dedicated to Play. | Articles, tips and resources.  Available online for download |  |
| **For further information of support** | South Shore Regional Community, Culture and Heritage Office Regional Physical Activity Consultant 902.634-7504 | | |