

What's Next?

The City of Cambridge has **over 50 outdoor playgrounds**. Future improvements to this system will be guided by the Healthy Parks and Playgrounds goals, in order to provide a variety of play environments that are physically motivating, challenging, creative and imaginative, and serve all ages and all levels of ability throughout the year.



Future Efforts

- Public outreach and education
- Evaluating existing parks and playgrounds
- Forming an Advisory Committee
- Collaboration among departments (Community Development, School Department, Public Works, Recreation)
- Exploring partnership opportunities and grant funding sources

VISIT US ON THE WEB!

www.cambridgema.gov/healthyplaygrounds

- ➔ Read the report of Cambridge's Healthy Parks and Playgrounds Task Force (completed fall 2009)
- ➔ Sign up for future e-mail announcements about Healthy Parks and Playgrounds efforts
- ➔ Learn about upcoming community meetings and events
- ➔ Contact us with your questions or ideas
- ➔ Support "healthy play" in your neighborhood!



Questions? Call 617-349-4639

City of Cambridge

City of Cambridge

HEALTHY PARKS & PLAYGROUNDS in Cambridge



Check our website
for info about
upcoming events
in Fall 2010!

www.cambridgema.gov/healthyplaygrounds

What is Play? Why is it Healthy?

Play is an integral part of human nature. It is enjoyed by people of all ages and backgrounds, everywhere and at all times. For children in particular, play is a necessary part of life. Kids seek opportunities to play regardless of whether they are told to do so.

Play happens for its own sake.

Unlike work, play does not achieve a specific outcome. It is unstructured, self-directed, improvisational, and messy. It can be experimental and is sometimes risky. It can be social or solitary.



Play is good for you. It supports overall health and fitness and develops motor skills and coordination, especially in children. It exercises creative thinking skills and stimulates the imagination. The risk-taking elements of play teach self-confidence and understanding one's limitations. Playing with others is part of learning about relationships and being a member of a larger society. Playing outdoors is a way to learn about the natural and built environment.

It is important that everyone, of all ages, backgrounds, and levels of ability, has opportunities to play in their everyday lives. Based on this idea, the **City of Cambridge's Healthy Parks and Playgrounds Task Force** developed the goals on the following page.

Goals for Healthy Parks & Playgrounds

Create **integrated play environments.**

A playground is more than just a collection of parts.



Balance the need for a **reasonable level of safety** with the need for **challenge, adventure and risk-taking**



Support **curiosity, creativity and imagination**

Stimulate **physical activity** with many different types and combinations of movements



Provide a **diverse range** of environments to serve a **full range of age groups and interests**

Make play environments **community places**



Provide meaningful play opportunities to children of **all levels of ability**

Provide play opportunities during **all seasons, all weather conditions**

