







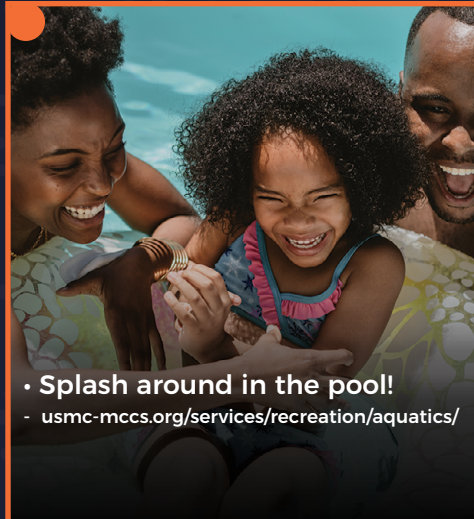





GET UP, GET OUT, AND GO PLAY!

Play is not just all fun and games. Play is the work children do when they are developing. By engaging in active play, children are practicing lifelong skillsets they will need later on in life. In support of Worldwide Day of Play Sept 2023 all families are encouraged to turn off the electronics and “Get Up, Get Out, and Go Play.” Find opportunities to play every day!

BENEFITS	HELPS DEVELOP CHILDREN'S CREATIVITY AND CURIOSITY	IMPROVES COMMUNICATION SKILLS	ENCOURAGES COOPERATION AND PROBLEM SOLVING	BOOSTS PHYSICAL ACTIVITY AND HELPS DEVELOP MOTOR SKILLS LIKE BALANCE AND HAND-EYE COORDINATION	BUILDS RESILIENCE AND HELPS DEVELOP COPING MECHANISMS	PROVIDES AN OUTLET FOR EMOTIONS AND HELPS SET BOUNDARIES
OPPORTUNITIES	 <ul style="list-style-type: none"> Explore a State or National Park <ul style="list-style-type: none"> - americasstateparks.org/find-a-state-park/ - www.nps.gov 	 <ul style="list-style-type: none"> Play games like freeze tag/dance, capture the flag, hopscotch, Simon Says, or Mother-may-I. 	 <ul style="list-style-type: none"> Attend a play group for toddlers & preschoolers <ul style="list-style-type: none"> - usmc-mccs.org/services/family/new-parent-support-program/ 	 <ul style="list-style-type: none"> Walk, bike, or hike one of the many trails aboard your installation 	 <ul style="list-style-type: none"> Seek NPSP referrals for child-focused events, activities, and resources both on and off the installation <ul style="list-style-type: none"> - usmc-mccs.org/services/family/new-parent-support-program/ 	 <ul style="list-style-type: none"> Swing a club at your golf course's driving range or take lessons <ul style="list-style-type: none"> - usmc-mccs.org/services/recreation/golf
BENEFITS	BUILDS EMPATHY AND UNDERSTANDING OF OTHERS	ENHANCES CONCENTRATION AND FOCUS	IT'S FUN!	PLAY IS FOUNDATION FOR LITERACY, MATH AND LANGUAGE DEVELOPMENT	GREAT WAY TO RELIEVE AND MANAGE STRESS	BUILDING PARENT-CHILD RELATIONSHIPS AND SUPPORTING FAMILY COHESION
OPPORTUNITIES	 <ul style="list-style-type: none"> Attend a local cultural event 	 <ul style="list-style-type: none"> Grab your socks and visit your bowling center for fun family time <ul style="list-style-type: none"> - usmc-mccs.org/services/recreation/bowling 	 <ul style="list-style-type: none"> Splash around in the pool! <ul style="list-style-type: none"> - usmc-mccs.org/services/recreation/aquatics/ 	 <ul style="list-style-type: none"> Join a class and learn a new skill <ul style="list-style-type: none"> - martial arts, gymnastics, dance 	 <ul style="list-style-type: none"> Go camping on or off the installation and rent your gear from Outdoor Recreation <ul style="list-style-type: none"> - usmc-mccs.org/services/recreation/camping/ 	 <ul style="list-style-type: none"> Visit a local attraction or amusement park with discounted tickets from ITT <ul style="list-style-type: none"> - usmc-mccs.org/sservices/activities/tickets-travel/ Take the family boating and rent the boat from Outdoor Recreation <ul style="list-style-type: none"> - usmc-mccs.org/services/recreation/outdoor-recreation/ Visit a local attraction or amusement park with discounted tickets from ITT <ul style="list-style-type: none"> - usmc-mccs.org/sservices/activities/tickets-travel/

• For more information, please visit your local [New Parent Support Program](#)

• CYP (Child & Youth Programs) Programming: Child Development Centers use the Early Learning Matters curriculum. More information is available at: virtuallabschool.org

• School Age Care and Youth centers are affiliated with the Boys and Girls Club of America (BGCA). More information is available at: bgca.org

• For many different opportunities to “Find your Fun!”, please visit your local [Semper Fit](#)