

Open Space: Health Gains & Happiness

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PlayBoard is the lead agency for children's play in Northern Ireland, working to improve the quality of children's lives by increasing their opportunity to play.

We do this in a number of ways including:

Research

Advocacy

Training

Campaigning

Lobbying for Play funding and Play space

Workforce development

*'play is freely chosen, personally directed,
intrinsically motivated behaviour that actively
engages the child'*

(Bob Hughes)

'Performed for no external goal or reward'

(Play Education, 1982)

‘Play can be fun or serious. Through play children explore social, material and imaginary worlds and their relationship with them, elaborating all the while a flexible range of responses to the challenges they encounter. By playing, children learn and develop as individuals, and as members of the community’

(National Playing Fields Association, Children’s Play Council and Playlink, 2000)

Lack of PlaySpace and Mobility

Adulterated Play Narratives

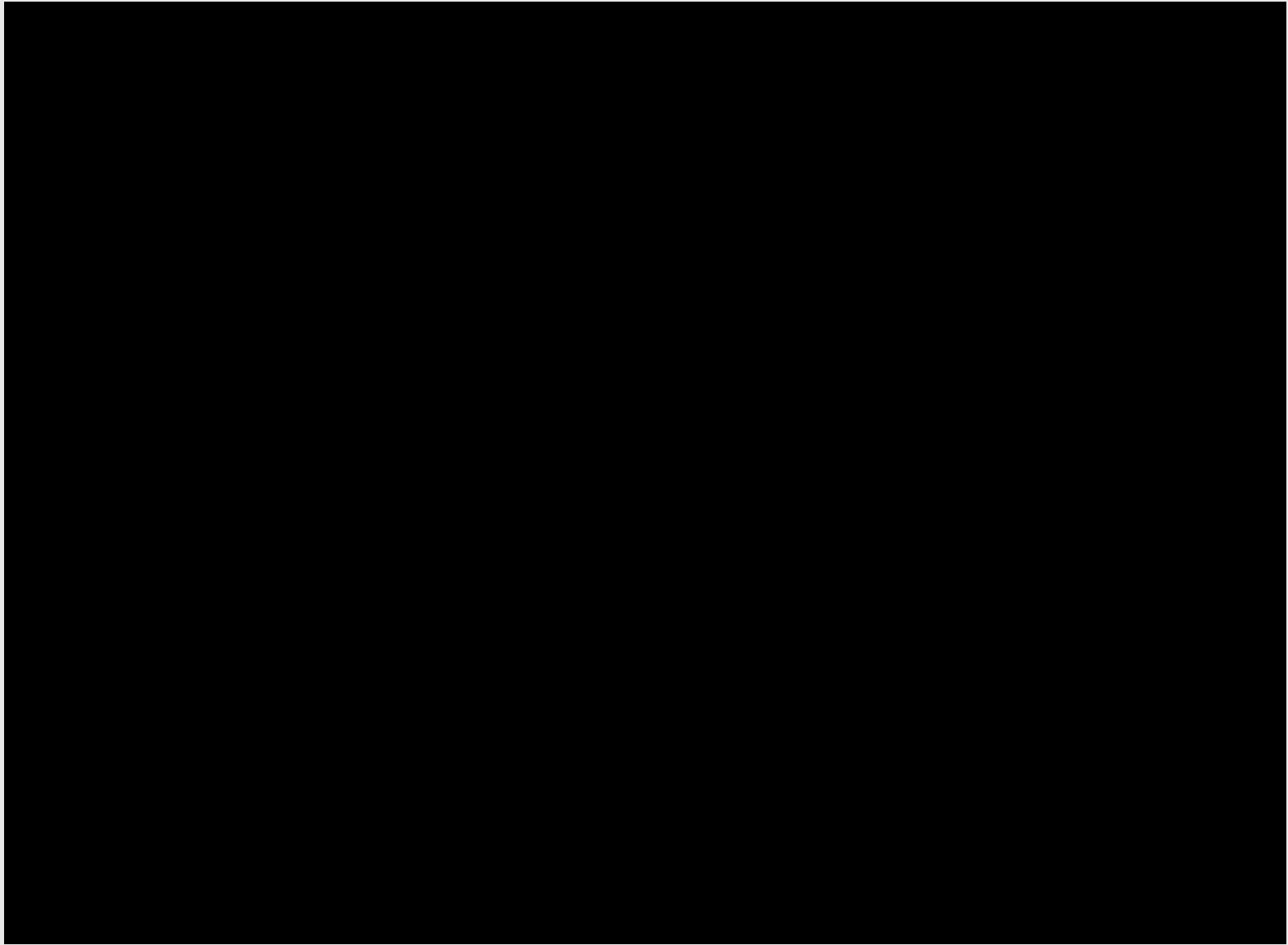
The Risk Conundrum

Negative Stereotypical Images

Childhood Obesity

Mental Health and Bullying

Medicalisation of Challenging Behaviour



FIT FOR PLAY & HEALTH GAINS

Improve long-term health & well being of children, reducing obesity & preventing coronary heart disease, stroke and cancer

- Providing opportunities for outdoor play
- Promoting and encouraging healthy eating patterns
- Promoting and encouraging physical play

Fit For Play

- Promotes outdoor play & opportunities for children to play in environments such as local green spaces
- Aims to encourage safe, accessible & appealing physical and outdoor play opportunities
- Promotes physical play which contributes to health & well being including children's holistic development
- Promotes provision of healthy snacks

PLAY & HAPPINESS/WELL BEING

“Research into children’s mental health has also shown a link between restrictions on children’s access to challenging unsupervised play and rising levels of stress and mental health problems. The benefits of exercise are enormous, not just for the body but for the mind. Increasing the heart rate speeds up the blood flow for the brain which makes us think faster, feel more alert and above all, feel happier.”

Prof. R Winston (BBC’s Child of Our Time)

HEALTH PROFILING PILOT

