

IPA Canada National PlayDay

Play is the heartbeat of childhood. At home, in the neighbourhood, at the beach, or in community parks children embrace the opportunity of making their own fun through play. On August 4, join the International Play Association (IPA) Canada and celebrate National PlayDay. Encouraging self-directed play is more important than ever to help counter impacts from the pandemic. The positive benefits of play for cognitive, social and physical development are well documented. Play helps children cope with feelings of anxiety especially after months of not being able to play with their friends. As public health restrictions ease there will be greater scope for children to spend time together and do what they do best – explore, build, create, play.

To assist your family, neighbourhood, community, or municipality plan and celebrate National PlayDay, IPA Canada has produced a manual that offers practical tips to help create a memorable play event. Download the PlayDay manual here: www.ipacanada.org/resources/ Hosting the 2017 IPA Triennial World Conference in Calgary inspired IPA Canada to relaunch its National PlayDay program which had been in abeyance for a number of years. In 2019, there were 26 PlayDays across Canada. Due to the COVID-19 pandemic, only one play day was registered for National PlayDay 2020.

IPA Canada's National PlayDay is aligned with the date for the United Kingdom's event which takes place the first Wednesday of August. If you are unable to organize an event for August 4, please consider selecting another day that week.

For more information about prioritizing play especially in times of crisis, please view our website blog at www.ipacanada.org/blog

This summer, we invite you to join us and prioritize play. For more information, contact us – ipac@ipacanada.org

August 4th 2021



SPECIAL CONSIDERATIONS FOR COVID-19

Due to the varying public health regulations across the country and the uncertainty as to how the summer will unfold, National PlayDay 2021 may take on a different look, just as it did for 2020.

IPA Canada is encouraging families or bubbles of friends to put on a loose parts playday if and where they can. It may be in the living room or back yard or in a community space where possible. The goal is to shine a light on the importance of play and to build awareness for the fact that play is a fundamental necessity for the well-being of children, especially during times of crisis.

Don't forget to register your play day with IPA Canada and send us photos for our Canada play day map. Send to: ipac@ipacanada.org

