

Play Nice! Newsletter

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SATURDAY, OCTOBER 1ST
IS NICKELODEON'S
WORLDWIDE DAY OF
PLAY

PP Salutes Nickelodeon

On October 1, 2005, the Worldwide Day of Play, Nickelodeon is asking viewers to make some extra time in their day to PLAY and celebrate PLAY - it could be an hour, an afternoon or the entire day.

The network has also gone one step further when it will go dark for three hours. Viewers will be encouraged to turn off the television and go play instead. To learn more: http://www.nick.com/all_nick/everything_nick/public_wwdop.jhtml

School Talk

"One of the best ways to measure yours and your child's activity is through the use of pedometers," said Dr. Robert P. Pangrazi, one of the authors of *Physical Activity for Children*. Aug. 2005



*WE Count
Pedometer*

Wellness Program
<http://www.peacefulplaygrounds.com/pedometers.htm>

What Goes Wrong on the Average Playground?

Did you ever stop to think about what goes wrong on the typical school playground? We did!

The Peaceful Playgrounds Program was designed around what we found through observational and research methods. We found 5 components of the playground that needed fixing. They are:

1. Conflict Resolution Skills.

When a problem occurred children lacked problem solving skills so we implemented the Walk, Talk, Rock strategies.

2. Conflicting Rules.

We found that many playground problems were a result of children playing by a variety of game rules. Our solution- Our Activity Guides which provide a consistent set of game rules.

<http://www.peacefulplaygrounds.com/products.htm>

3. Not enough Equipment.

Looking out over the typical playground revealed a sparse amount of old and many times worn out equipment. Flat playground balls, broken ball carts, scoops without bean bags, etc. We devised a 10-1 rule. Playgrounds need a minimum of 1 piece of equipment for each 10 students on the playground. See our equipment packs

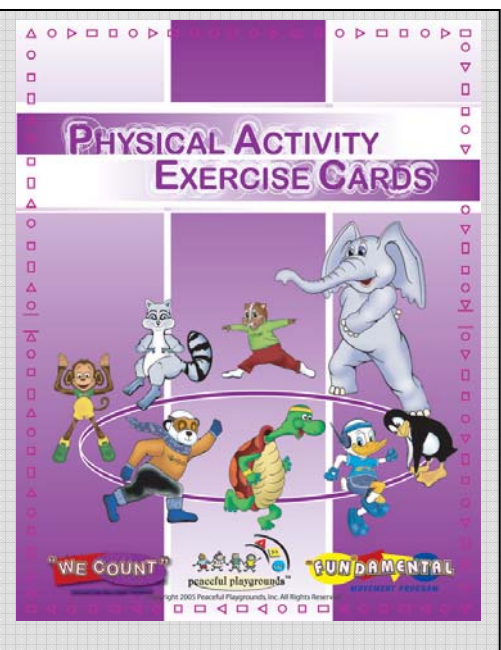
<http://www.peacefulplaygrounds.com/equipment.htm>

4. Consistent expectations for playground behavior are important for peaceful results.

5. Designs.

Most schools do not have the array of game markings needed to keep actively involved in game play.

<http://www.peacefulplaygrounds.com/products.htm>



New Item: Physical Activity Exercise Cards

<http://www.peacefulplaygrounds.com/order.htm>