

What is “Playful City USA?”

Since 2011, Coventry has been named a “Playful City USA” community, among 217 other communities across the nation!

Sponsored by the Humana Foundation, Playful City USA is a national program from Ka-BOOM! that celebrates and promotes local policies that increase play opportunities for children and is a key platform in combating the lack of play among children.

KaBOOM!, the national non-profit organization dedicated to giving kids the childhood they deserve by bringing play to those who need it most, created Playful City USA in 2007 to help local governments address the lack of play and it is through mayors, city council members, parks and recreation departments, school districts and community leaders that the program succeeds in benefitting children.

For more information on Kaboom! and the “Playful City USA” program, go to www.kaboom.org.



Playability

The extent to which a city makes it easy for all kids to get balanced and active play

#playability

Active play makes kids healthier

In neighborhoods without a park or playground, childhood obesity increases by 29%. Children who live within half-a-mile of a park or playground are almost five times more likely to be a healthy weight than those who don't (Singh, 2010).

Active play makes kids happier

Play helps kids feel more connected to their communities. Community playspaces have a positive effect on social cohesion, foster positive attitudes toward racial and cultural diversity, and help reduce feelings of isolation or exclusion. Kids who play build their confidence and learn the social skills that help them become happy, well-adjusted adults.

Active play helps kids learn

Research suggests a strong link between play and academic performance. A study of 11,000 third graders shows that children who have more than 15 minutes of recess time per day are better behaved in class and are likely to learn more than peers who don't (Barros, Silver, and Stein, 2009).

**We're proud to be
playful!**

kaboom.org



playful
city
usa® 

2014

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Did you know that....

Come Out & Play !

About KaBOOM!

KaBOOM! is the national non-profit dedicated to giving kids the childhood they deserve by bringing play to those who need it most. Children today spend less time playing outdoors than any previous generation, a fact that is having disastrous consequences on their health, achievement levels, and overall well-being.

KaBOOM! works directly with individuals, communities and municipal leaders to give children across the country increased access to play and playgrounds. Since 1996 we have built, opened or improved over 15,000 playgrounds, mobilizing 1 million volunteers to bring play to over 6.5 million children in need.



• Only 1 out of every 5 children in the United States lives within walking distance of a park or playground (CDC, 2010).

• Children ages 8 to 12 spend an average of 7.5 hours a day in front of a screen (Kaiser Family Foundation, 2010).

• Since the late 1970s, kids have lost 12 hours of free time per week and experienced a 25% decrease in play and a 50% decrease in unstructured outdoor activities (Juster, 2004).

• Only 1 in 4 kids gets the 60 minutes of physical activity they need every day (CDC, 2010).



KaBOOM! selected Coventry for its outstanding dedication to play. Coventry is actively engaged in using the town's GIS mapping system to create a map of all play spaces. The town has used this information to determine the distance of play spaces from population centers and to explore the possibility of developing new playgrounds.

Coventry's initiatives include:

- Fundraising for Laidlaw Park playscape
- Local trails and parks have been completely mapped
- Safety Inspections of all playscapes
- Spruce Grant for Patriots Park playscape
- Revised town ordinances to make parks more accessible and user friendly
- Installing Young Lungs at Play signs at all parks

Coventry

