

**KIDS COLLAB**  
activating bodies and space




# PLAY PARKS

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# WHAT IS THE PROBLEM?

## Inactivity and Sedentary Behaviour in Children

- ✓ Up to 80% of children are not meeting their recommended daily physical activity levels
- ✓ Preschool children are sedentary for around 70% of their day
- ✓ 94% of toddlers and preschool children exceed screen time guidelines
- ✓ 39 million children under the age of 5 are overweight or obese



# KIDS COLLAB

Kids Collab exists to empower parents, caregivers, educators, and community shapers on methods to improve children's physical development and overall well-being.

We concentrate specifically on early intervention with a focus on children ages 2-9. Our Online Digital Platform and accompanying Programmes are developed by a team of healthcare professionals, introducing methods to improve physical activity levels, healthy habit-building, and social and emotional learning in young children.





# Play Parks

The Play Parks initiative is a community-centred programme that aims to provide free and accessible physical activity sessions for children, fostering their fundamental movement skills, social connections, and engagement with their local community. It is designed for children aged 2-9 years and can be implemented in communities of diverse demographics, ensuring that children from all areas can benefit from the programme.





# Objectives

- Creating an inclusive environment for all children to participate in fun physical activity sessions
- Allowing children to create healthy habits around exercise and being active
- Uplifting communities by providing an opportunity for children to engage with one another within a safe space
- Upskilling and upliftment of community members





# Key Concepts

- Weekly sessions hosted in local parks
- Free and accessible
- Combination of structured and unstructured play
- Fun, non-competitive environment
- Run by trained Community Members- Play Park Leaders and Community Shapers (volunteers)
- Supported by Kids Collab Physical Activity Programmes





# How does it work?

- **Step 1:** Parents Register their child online (once off) on the Kids Collab website
- **Step 2:** Receive a confirmation email or notification with the specific details of the Play Parks sessions along with their child's barcode
- **Step 3:** Arrive to Play Parks and sign in by scanning your barcode
- **Step 4:** Children participate in a free 1-hour session with Play Park Leader and Community Shapers



# KIDS COLLAB

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