



## The Benefits of Free Play in Nature

A training for parents and providers.

Thursday, March 18, 2010  
1-2pm  
FIRST 5 Santa Clara County  
4000 Moorpark Ave,  
Community Room  
San Jose, CA 95117

Come and participate in a training with Karen Payne and David Hawkins, co-founders of Wild Zones ([www.wild-zone.net](http://www.wild-zone.net)). They have served over 400 families through their Wild Zone “Family Play Days”.

Learn how outdoor play allows young children to:

- Increase physical activity
- Build cognitive skills
- Promote social interaction
- Develop focused attention and
- Enjoy emotional well-being

We will discuss recent research in cognitive and emotional development, the role of adults in child-directed play, and the vital importance of outdoor play for individual, family and community health.



RSVP by March 16 to:

Jo Seavey-Hultquist, FIRST 5 Santa Clara County, at  
[Joanne@first5kids.org](mailto:Joanne@first5kids.org). For more information please contact  
Jo at (408) 260-3720.

Presented by the FIRST 5 Santa Clara County Early Childhood Obesity Collaborative, The Children in Nature Collaborative and The Santa Clara County Fatherhood/Male Involvement Collaborative

