

Childhood, Unplugged

EVENT READING AND RESOURCE LIST

“Play is often talked about as if it were a relief from serious learning but for children play *is* serious learning. Play is really the work of childhood.” *Fred Rogers*

This resource guide offers a glimpse into the various organizations and disciplines working to promote play and outdoor learning and is designed to be a starting point for learning more actionable strategies to infuse these concepts in your own settings.

FROM THE EXPERTS

- [Less-Structured Time in Children's Daily Lives Predicts Self-Directed Executive Functioning](#), *Frontiers in Psychology*; Research from Dr. Yuko Munakata’s Cognitive Development Center Lab
- American Academy of Pediatrics [2013 policy statement](#) on the “crucial role of recess in school”

IN THE PRESS

- [It’s Come to This: A Checkup with the Pediatrician May Soon Include a Prescription for Play](#), *Los Angeles Times*, 2018
- [The Case for Building \\$1500 Parks](#), *Fast Company* *Fast Company*, 2018:
- [Why Free Play is the Best Summer School](#), *The Atlantic*, 2014

AUDIO/VISUAL

- [The Decline of Play](#), Peter Gray, TEDx
- [Designing Playgrounds for Happier, Healthier Kids](#), Sarah Konradi, TEDx
- [World Without Fear](#), Invisibilia (NPR Podcast)
- Wild Bees Production- A Forest School Documentary. [Part 1](#), [Part 2](#)

COMMUNITY RESOURCES:

- [Boulder County Environmental Education Guidelines](#) : These E Guidelines were created from a partnership between community environmental education providers and schools and offers resources, best practices, and environmental literacy guidance for teachers and administrators.
- [Brain-Building Power Houses: How Museums and Libraries Can Strengthen Executive Function Life Skills](#) - a deep dive into how museums and libraries can support child executive function development through programming, exhibits, and partnerships.
- [Municipal Action Guide](#) from the National League of Cities and Children & Nature Network gives guidance on how communities can increase outdoor learning and engagement through governmental policy, partnerships, and actions.
- [Equitable Early Care and Education: An Alignment Framework](#), National League of Cities' guide to design governmental systems with young children in Mind
- [US Play Coalition](#), a research and educational center housed at Clemson University
- [Children & Nature Network](#) – Co-founded by Richard Louv, author of Last Child in the Woods, “We are leading a global movement to increase equitable access to nature so that children—and natural places—can thrive. We power this movement by investing in leadership and community capacity through sharing evidence-based resources, scaling innovative solutions and driving policy change.” Tools, Resources, and additional Research on the importance of nature.
- [Raising Generation Wild](#), a new Facebook community group