

# #AreYouKiddingMe?

**“Active play  
among youngsters  
has plummeted by 50%  
over the last 40 years.”**

-Juster, Ono and Stafford, 2004



Research tells us how play is vital to children's brain development, enabling them to learn by tapping into their natural curiosity and creativity. Playing also enhances children's adjustment, language, and social and emotional stability by 33 to 67%.

After preschool, though, there is an ongoing debate over academics vs. play in elementary schools, especially in cutting back on recess for more test-prep time. Florida changed its approach last spring. Pushed by a group of vocal and visible mothers, legislators put back a recess period into the school day.



Let's remember to get back to basics, and go outside for some sun, fresh air and play! Encouraging play helps develop pathways to the brain and learning.

The  
**Children's  
Movement**  
of Florida



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CHANGING THE CURRENT. 