



Mental health is important at every stage of life, from childhood and adolescence through adulthood. Schools prioritize supporting three critical and inter-related components to promote overall well-being of children: 1) **social** (how we relate to others); 2) **emotional** (how we feel); and 3) **behavioral** (how we act).<sup>1</sup>

PLAYING HELPS CHILDREN THRIVE



When kids play together or with adults, they build relationships. Students who feel connections to peers, adults, and teachers experience<sup>2</sup>:

- Improved academic outcomes
- More engagement in positive healthy behaviors
- Less likely to have persistent feelings of sadness or hopelessness

PLAYWORKS LEVERAGES PLAY TO HELP KIDS RELATE TO EACH OTHER

Playworks' programming supports the cultivation of a culture of connection.

STRONG RELATIONSHIPS

5X  
more

Students are 5x more likely to have a positive interaction with an adult on the playground<sup>3</sup>

POSITIVE  
CHANGE



Playworks Junior Coaches (4th and 5th grade leaders) showed statistically significant positive change in building relationships with adults and peers<sup>4</sup>

SENSE OF BELONGING AND COMMUNITY AT SCHOOL

88%  
more

88% of teachers reported an increase in students' sense of belonging at school (Playing Fair)<sup>5</sup>

POSITIVE  
BONDING



Junior Coaches showed statistically significant positive change in building their sense of bonding at the school (HSAR)<sup>4</sup>

<sup>1</sup> US Dept of Education: Supporting Child and Student Social, Emotional, Behavioral, and Mental Health Needs.

<sup>2</sup> [https://www.cdc.gov/healthyschools/school\\_connectedness.htm](https://www.cdc.gov/healthyschools/school_connectedness.htm)

<sup>3</sup> <https://journals.sagepub.com/doi/abs/10.1177/0017896917700681?journalCode=heja>

<sup>4</sup> <https://www.playworks.org/report/holistic-student-assessment-hsa-retrospective-self-change-rsc-survey/>

<sup>5</sup> <https://onlinelibrary.wiley.com/doi/abs/10.1111/josh.12216>