



## **Movement and Active Play Policy—July 2019**

At First Generation Farmers we want to encourage movement and active play, as part of a healthy lifestyle and for optimal child development. The following policies currently are in place:

First Generation Farmers works to educate children in an outdoor environment and encourages active play during our Youth Education Classes offered throughout the year. We provide opportunities to work hands on with animals as well as planting and composting. All classes are held in our outdoor classroom.

To that end, our Organization has adopted the following policy:

Our Youth Education Program will offer opportunities for Meditation and Yoga during our Fall and Spring Camps at least one per 3-week session.

First Generation Farmers staff will work to educate the community about the benefits of active play. Benefits include, but are not limited to:

- Maintaining Good Health
- Acquisition of fundamental motor skills
- Increased movement, balance, coordination and reaction time
- Increased mental awareness
- Enhances self-esteem, confidence, and social skills

It is our belief that our community needs a fun and safe outdoor environment for children to explore, play, learn and grow.

A handwritten signature in blue ink, appearing to read 'Autumn Brooks'. The signature is fluid and cursive, with a long, sweeping tail on the final letter.

Autumn Brooks  
Executive Director  
First Generation Farmers  
[autumn@firstgenerationfarmers.org](mailto:autumn@firstgenerationfarmers.org)