



LET KIDS BE KIDS AGAIN



Our generation still remembers a time when it was considered normal for children to get their hands muddy and feet wet, to line in the grass and watch the clouds move.

[Peter Gray - Free to Learn](#)



Kids' screen time is 10x than 2011

Common Sense Census – 2017

78% of kids don't meet the physical activity guidelines

United States Report Card on Physical Activity for Children and Youth – 2016

Inmates spend more time outside than kids

Dirt is Good – 2018

Kids spend 50% less time in unstructured outdoor activities.

Alliance for Childhood – 2011

Unstructured play is essential to the well-being of children

American Academy of Pediatrics

Natural playgrounds increase physical activity & are preferred over conventional playgrounds

Children, Youth and Environments - 2014

Schools with natural playgrounds reported increase in vigorous activity and greater appeal

Green school grounds as sites for promoting physical activity - 2008



Natural playgrounds support kids development in multiple domains:

- Motor skill development
- Increase physical & cognitive development (especially in young kids)
- Increase creativity
- Increase risk taking capacity
- Improve immunity to sickness



Biking instills confidence in kids,
develops balance, strengthens
joints, muscles, and bones

Scandinavian journal of medicine & science in sports - 2011

Biking is the most popular
outdoor activity for 6-17 year olds

Outdoor Foundation - 2017

Mountain biking is the fastest
growing high school sport



Site Selection Criteria

Centrally Located in Metro
Highly Visible Location
Mature Trees
Topography
Family Friendly
Year Round Access







Rotary Foundation Goals & Partnership

FM Rotary Foundation

- \$600,000 Fundraising Goal

Partner with a park district:

- Provide park space
- Bathroom/Warming House
- Grant writing
- Provide ongoing maintenance
- Provide a matching grant
- Project financing

