

The MOVEMENT and PLAY (M.A.P) Sack Project

To encourage children and families to power off their electronic devices and connect to nature, libraries across the district have partnered to offer Movement and Play (M.A.P) Sacks. The M.A.P Sack Project was a part of *Power Off and Play*, the fourth and final theme of the Healthy Kids Community Challenge.

The M.A.P Sack project is essentially nature themed backpacks which contain books and gadgets such as binoculars, notebooks, bug catchers and nets that families can borrow from their local libraries. The sacks encourage families to get outside to MOVE, PLAY and EXPLORE. Libraries have also connected to local agencies to include local trail maps, provincial and national park information. This project was adapted from the Leeds Grenville area libraries.

Has your child ever wondered what animal track was left in the mud or snow? There's a SACK for that! *Animal Tracks and Traces* is just one of the 40 themed bags that will visit your community. Other themes include wetlands, camping, winter and reptiles, just to name a few. Find the right sack to inspire and engage your children.

Children are spending more time on electronic devices and less time in nature. Local community partners want to support families to live a balanced life and provide opportunities to be screen free. It is our hope that these M.A.P sacks will be just another opportunity to engage families to find connections to the nature right in their back yards. After all, the research is clear; connecting to one another and to nature is good for overall well-being!