



# Healthy Mind Body & Earth

## EXPLORE THE PLAY AND LEARN ISLAND®!

### What is a Play and Learn Island®?

Rancho Cucamonga Public Library Services is proud to present variations on the Play and Learn Island®: Big Build, Discovery Dig, IlluminArt, and Healthy Mind, Body & Earth! A Play and Learn Island® is a grant funded project designed to incorporate play into the library. A Play and Learn Island® has interactive toys, and related book materials to support the particular theme of each platform. The Play and Learn Island® is an interactive discovery space designed for children and their families to explore and enjoy.

*"Play is essential to development because it contributes to the cognitive, physical, social and emotional well-being of children and youth. Play also offers an ideal opportunity for parents to engage fully with their children" (Ginsberg, 2007.)*



FOR MORE INFORMATION (909) 774-3973  
[www.cityofrc.us/library](http://www.cityofrc.us/library)

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## Why play in the library?

For children, play is a way of gaining knowledge (1). Libraries are committed to serving all members of our library community – from babies to adults. Play incorporates many of the basic skills that are essential building blocks for a child's overall development (2). Rancho Cucamonga Library Services developed the Play and Learn Island® to increase our services to children and their families. Children learn best when they are doing hands on, constructive activities (3). Play is a valuable way of learning for our youngest library members.

Children are having fun but also learning at the same time with the Play and Learn Island®. With play, children gain a better understanding of themselves and the world around them (1). Through play, children are learning in a fun and inviting environment. Play helps strengthen relationships with parents and peers by offering an opportunity to interact together in a shared activity (2).



The **Healthy Mind, Body & Earth** Play and Learn Island™ interactive toys and materials will provide children the opportunity to learn about:

- Healthy living and nutrition
- Collecting, sorting and cataloging
- Counting, colors, and weight
- Sharing and collaborating



The **Healthy Mind, Body & Earth** Play and Learn Island® encourages families to learn about a healthy lifestyle in a fun way. Children and families are able to learn about food from farm to table – dig for vegetables, take them to market, and then prepare a healthy imaginative meal. All of these fun activities are teaching fine motor skills and thought patterns that pave the way for early learning and literacy. The **Healthy Mind, Body & Earth** Play and Learn Island® gives families a chance to spend time together, share ideas and experiences, and make memories that will last a lifetime.

### Sources of information:

- (1) Berns, Roberta. *Child, Family, School, Community*. Wadsworth/Thomson Learning Publishing Company: Belmont, CA., 2003
- (2) Ginsberg, Kenneth R. "The Importance of Play in Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds." *American Academy of Pediatrics*. January 2007. [www.aap.org/pressroom/playFINAL.pdf](http://www.aap.org/pressroom/playFINAL.pdf). 23. February. 2010
- (3) Herr, Judy, & Libby-Larson, Yvonne. *Creative Resources for the Early Childhood Classroom*. Clifton Park, NJ: Delmar Learning, 2003