

## YouTube Channel for National Child Day Calgary

Check out these fun and engaging videos celebrating National Child Day and young people's right to play and healthy development!

### National Child Day Channel

<https://www.youtube.com/channel/UCuCX4CyoTKeA2InBfAunpqO>

### Community Nature Adventure Playground

The City of Calgary Recreation values play in raising successful young people! Hear from Jen Smith, Recreation Program Specialist, about how their programs support a child's right to play and its critical role in development.

<https://youtu.be/9SLf3pnKiK4>

### Indigenous Youth Traditional Games

Diamond Willow Youth Lodge celebrates young people's rights through play and connection to culture! Hear from Amaira, Peter, and Tamara about how traditional games support youth rights and the healthy development of self-esteem, cultural identity, and leadership skills. <https://youtu.be/UKJmleSLyY4>

### Autism Asperger's Friendship Society of Calgary

Hear from Scott Godfrey and Bryce about the benefits of supporting children's rights through play, friendships, and adapted golf!

<https://youtu.be/lcZhqB7e9iA>

### Get Outside & Play for National Child Day

Hear from Christina Pickles from [getoutsideandplay.ca](http://getoutsideandplay.ca) about the importance of outside play in a child's development. She shares 4 reasons getting outside is important and presents a challenge to find meaning in your outside play!

[https://youtu.be/XFuPUX\\_8Tm8](https://youtu.be/XFuPUX_8Tm8)

### Thinking about My Screentime and My Right to Health

Dr. Miriam Ramzy and Michelle Bence from Layers of Literacy discuss the research on screen use before bed, how digital screens effect deep sleep & offer tips on how to get a better sleep.

[https://youtu.be/KjrYQs5\\_dWI](https://youtu.be/KjrYQs5_dWI)

### The Children's Link Society

Hear from parent, Teresa, about how inclusive play opportunities support children with exceptional needs to reach their full potential and meaningfully participate in society.

<https://www.youtube.com/watch?v=lOjrIOaraAs>

### TimberNook of Greater Calgary

Hear from Devon Karchut about the 10 Ways to Support Meaningful Play Opportunities

<https://youtu.be/zrzEREFpgzE>