

# Every Child Deserves a HIGH FIVE®!

**We practice the HIGH FIVE® guiding principles for healthy child development in recreation and sport:**

## 1 - Mastery

Mastering new skills is a key way that children develop self esteem and a positive identity. Quality programs help children develop their unique talents, and make them feel like winners.

## 2 - Play

Play that stresses fun, creativity and cooperation is the ideal medium for growth. Play gives children the freedom to shape their environment and who they want to be. Children need to enjoy the activities they are involved in.

## 3 - Participation

All children must have the opportunity to participate in their own development. They need to have a voice to make choices, and to be able to do things by themselves. Offering children a chance to influence what happens, shows them that they are respected and valued.

## 4 - Friends

All children need opportunities to make friends. Friends help introduce children to the bigger world beyond their family. Friends create a safe environment where children can talk about feelings, learn new skills and work out conflicts.

## 5 - A Caring Adult

Each child needs to know that there is a trustworthy adult in the group, who consistently cares about him or her. A special relationship can help a child overcome adversity, and set a positive example for children's future relationships.

For more information visit [www.highfive.org](http://www.highfive.org).



The best way to play™