

Play your herts out!

Play is choosing to do something simply because you enjoy it.

In Hertfordshire, we believe everyone deserves the freedom to play - this is our Play Pledge.

We commit to helping Hertfordshire play at every age, so we can thrive at every stage!

Fuel for play

Eating a variety of healthy food gives us energy to play. Exploring new tastes and textures, growing and making our food is fun too!

We commit to supporting people to eat more healthily.

We will continue to create opportunities for people to grow food, and experiment with different foods and ways of cooking.



Play for your body

Moving our bodies while we play makes us stronger, healthier and happier.

We commit to helping people of all ages find fun ways to move their bodies more. We will help people find opportunities which work for them - what feels good is different for everyone.



Play for your mind

Play helps us learn, adapt, connect and regulate our emotions.

We commit to supporting people of all ages to rediscover the power of play. We will support and share a variety of opportunities to suit everyone. We will support schools, early years settings and families to explore different ways to bring play into every day, often for free.



Freedom to play

We are lucky to have many green, blue and safe spaces to create play opportunities in Hertfordshire.

Creating time to play is also important, free from distractions.

We commit to creating even more varied and fun places to play, at home, in education and out and about.

This boosts everyday opportunities for play, a great swap for screens.



Play with others

Playing with people of all ages is good for everyone. When generations come together we learn from each other, build relationships and strengthen communities.

We commit to creating opportunities for people to socialise while playing. Through volunteering, we can support play, nurture green spaces, socialise and enhance wellbeing for ourselves and others.



Play for all

Play is for all - however you move, learn or communicate, and whatever your ethnicity, age, gender, where you live or how much money you have.

We commit to building on and promoting the wide range of free, safe and inclusive places and opportunities to play across Hertfordshire. We will support work to remove barriers from play, creating positive and inclusive environments.



Find out more about play here (link to the Director of Public Health's annual report on play)