

PLACE AND WELLBEING OUTCOME BRIEFING

Spaces: Play and Recreation



Play and recreation can have a positive impact on people when everyone can access:

- A range of high quality, safe, well-maintained, accessible places with opportunities for play and recreation to meet the varying needs of different population groups and the community itself.

This is why it is one of Scotland's Place and Wellbeing Outcomes.

The evidence tells us:



Play and recreation is beneficial for adults and children's health through the encouragement of physical activity and social interactions.



More deprived areas are less likely to have good-quality spaces for children to play or have unsafe recreation areas compared to less deprived areas.



Play is important to the cognitive, physical, social and emotional development and wellbeing of young children.



Creating places where people can come together to share their skills, ideas and resources in an open, playful and equitable way, can help build confidence, connectedness and a legacy of collaboration in local places.



Play in outdoor environments can help develop children's motor skills, understanding of risk and environmental awareness.



Outdoor play and activities in children is linked with greater environmental awareness and connections with nature as adults.



Play can contribute to children's sense of fun, happiness, sense of achievement, quality of life and wellbeing.



Natural play areas outdoors can help encourage biodiversity, nature and wildlife in spaces.



Perceptions of poor design, quality and safety can lead to children and young people not using play and recreation spaces.



Undertaking play or recreation in natural spaces and accessing them through active travel has benefits for the environment.

Briefings for all of the other Place and Wellbeing Outcomes can be found on the [Improvement Service website](#).

Source

1. [Evidence Behind Place Standard Tool and Place and Wellbeing Outcomes](#)

Visit the [website](#) for more information on the Place and Wellbeing Outcomes. Follow us on X (@place4wellbeing) to keep up to date with our latest news and place-based resources.