



# Play Forward

**Who?** Anyone ... individuals or groups

**What is Play it Forward?** Recreation can transform lives by providing purpose, pleasure, health, and well-being. The Rockford Park District believes there are endless benefits to recreation. It's a great tool to grow and learn. Recreation enables people to make friends, have fun, and develop a new skill. We encourage those who play to help others play, especially if you or your group received financial assistance from the Rockford Park District. The best way you can say "thanks" is to help someone else "enjoy life!"

**How Do I/We Play It Forward?** Individuals or groups can "Play It Forward" by volunteering time or creating an experience for others through recreation. Be creative! Do something that you like to do, and share it with someone else.



## PLAY IT FORWARD IDEAS:

- Start a neighborhood game of kickball or street hockey
- Take a neighborhood senior for a walk on a recreation path
- Help someone with an arts or craft project
- Organize a game for a group of younger kids at your community center
- Volunteer at a Rockford Park District event, or adopt a park  
Contact Sue Cichock at 815-987-1608
- The list is endless!

## WHAT'S IN IT FOR ME/US?

1. Seeing someone else smile
2. Meet a new friend, create a new memory
3. Kindness helps relieve stress, and has a positive effect on the immune system
4. The chance to receive an RPD Fun Pack - Email a photo and brief description of what you did to "Play It Forward" to [playitforward@rockfordparkdistrict.org](mailto:playitforward@rockfordparkdistrict.org) or #playitforward. Groups can like and share with your audience via social media sites acknowledging the Help Me Play donation from the Rockford Park District. We will select stories or photos to be featured throughout the Rockford Park District, and to receive an RPD Fun Pack!

## Help Me Play

PROGRAM DONATION

## LOOKING FOR ANOTHER WAY TO PLAY IT FORWARD??

Make a \$1, \$5, or \$10 donation to help someone else experience recreation through the Help Me Play program. Donations can be made at any Rockford Park District facility, or online at [www.rockfordparkdistrict.org/helpmeplay](http://www.rockfordparkdistrict.org/helpmeplay).



### ROCKFORD PARK DISTRICT

[rockfordparkdistrict.org](http://rockfordparkdistrict.org) | 815-987-8800



We welcome the opportunity to assist guests with disabilities. Call for info.

CONNECT WITH US!

