



All ages and abilities can experience the benefits of outdoor play:

Increases physical activity, flexibility, strength and building coordination

Improves cardiovascular and gross motor skills

Increases blood flow to the brain, leading to cognitive development

Improves body awareness, balance, and spatial awareness

Builds strong muscles and endurance

Develop fine and gross motor skills

Increases attention span and ability to focus

Nurtures self-discipline and problem solving skills

Improves and teaches vocabulary

Increases the body's vitamin D levels

Enhances negotiation skills, trying new things and taking risks

Reduces anxiety and improving moods

Improves concentration and focus

Enhances imaginative and creative play

Develops stronger immune systems

Builds self-esteem and confidence

Music stimulates brain, expression and motivates

Encourages imagination and socialization

Accessible to all and promotes multigenerational

Unites diverse people and cultivates an awareness of similarities, over differences.

Builds and reinforces the importance of compromise, compassion, cooperation, and leadership.

Inclusivity, Accessibility & Unity = EVERYONE!!

It's not just a playground for children.

We are not just a special needs playground.

We are a playground for EVERYONE at every stage of life.

Trinity Community Park is a place that encourages kindness and welcomes EVERYONE. When children learn to play with inclusion then it becomes a pattern for the rest of their lives. EVERYONE can experience the benefits of outdoor play including children, aging population, the most vulnerable, and the disabled. It becomes a place to improve the physical, emotional, and mental health for the entire community. An inclusive space where everyone can participate equally and enjoy new opportunities. Appreciating the differences between people and recognizing the similarities.