



# Painting Playgrounds for Movement Stencil Kit: Contents & Overview

August 10, 2016

Thank you for your commitment to enhancing community environments to support active play! Please reference the Painting Preschool Playgrounds for Movement guide for information on how to use these stencils, tips on playground design, and paint day preparations:

<http://www.cdph.ca.gov/programs/NEOPB/Pages/EarlyCareandEducation.aspx>

Please note that the stencils are rather large and heavy so you will need to work with the community to ensure proper transportations of these items. The original packages that were shipped in the Fall of 2015 consisted of three boxes (shrink-wrapped together). The largest box measured 54" x 85" x 6' and it weighed approximately 110 pounds.

The California Department of Public Health (CDPH) Supplemental Kit, shipped in the summer of 2016 and described below, was packaged in two boxes, the largest of which was 42" x 54" x 1". All the stencils are constructed from corrugated plastic, much like cardboard, but lighter and reusable. When transporting the stencils, it is recommended to unbundle the shipping boxes but to save them for storage. The original kit, the CDPH supplemental kit, and the MyPlate stencils are described below. Each "Stencil Kit Host or Coordinator" is expected to share and lend the stencils to community agencies and partners as well as maintain a simple tracking usage log. For inventory, borrowing, and implementation purposes, it may helpful to number and/or label the individual stencil pieces.

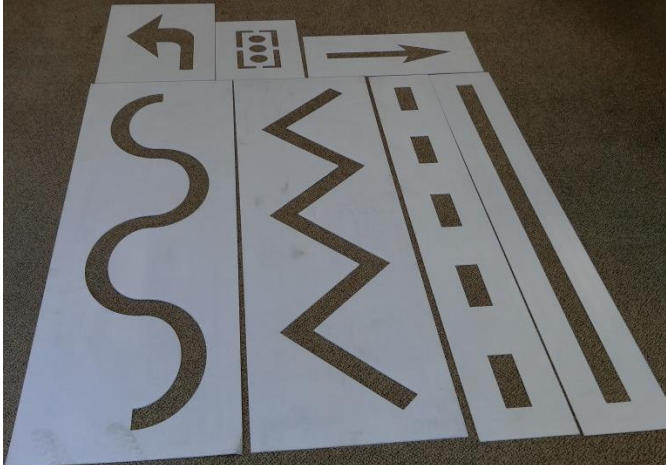


CDPH/Nutrition Education and Obesity Prevention Branch (NEOPB) is interested in hearing from those who are getting results (kids engaging in more physical activity) by the implementation of these stencils in their play areas. Please share your stories, before and after pictures with us!

Please note that CDPH/NEOPB is unable to replace lost or damaged stencils. For questions or comments about the Stencil Kits, contact [Melba.Hinojosa@cdph.ca.gov](mailto:Melba.Hinojosa@cdph.ca.gov) or [Jeffery.Rosenhall@cdph.ca.gov](mailto:Jeffery.Rosenhall@cdph.ca.gov). You may also call the general NEOPB telephone line at (916) 449-5400.



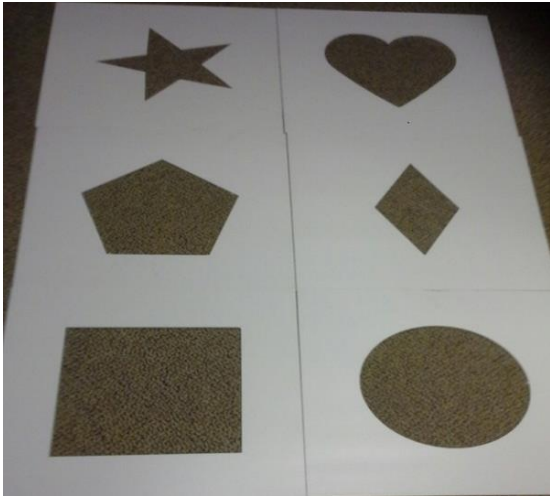
## **Original Stencil Kit Contents:**

1. Playground Paths
2. Number Hopscotch
3. Letter Hopscotch
4. Bull's Eye Toss
5. Shapes
6. Numbers 0-9
7. Letters A-Z
8. Playground Pond
9. Words (can be used with the pond layout)
10. Wall Target Toss
11. Footprints
12. Foursquare
13. **Supplemental CDPH Stencils:** Fruits, Vegetable, Traffic signs (crosswalk, bicycle, Spanish letters, etc.
14. **MyPlate Stencil**

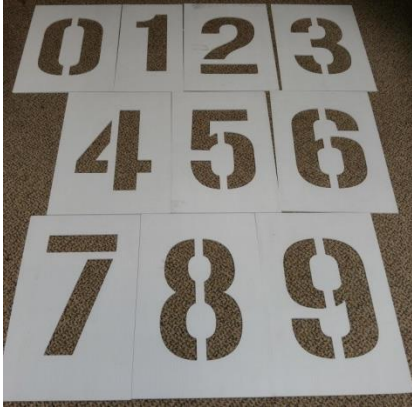


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Name and Description	Dimensions	# of pieces	Picture/Examples
<p>1. Playground paths</p> <ul style="list-style-type: none"> <li>• zig zag</li> <li>• curved</li> <li>• straight</li> <li>• dotted/dashed</li> <li>• curved arrow</li> <li>• straight arrow</li> <li>• traffic signal</li> </ul>	<p>Largest piece is the curved path, measuring 25" x 80"</p>	<p>7</p>	
<p>2. Number hopscotch</p>	<p>Largest piece measures 48" x 70"</p>	<p>2</p>	
<p>3. Letter hopscotch</p>	<p>Largest piece measures 47" x 47"</p>	<p>4</p>	

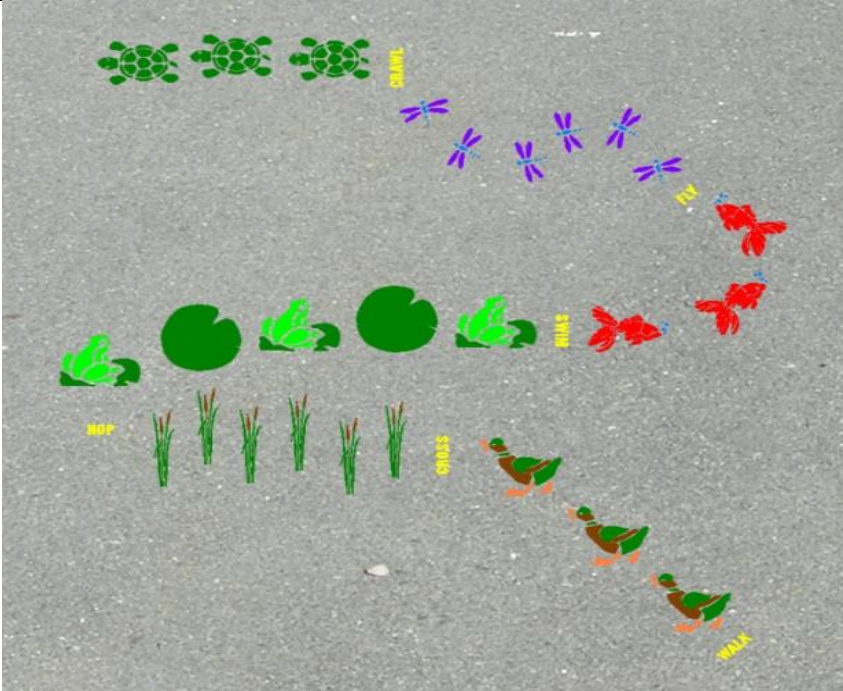


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Name and Description	Dimensions	# of pieces	Picture/Examples
<p>4. Bull's eye toss</p>	<p>Largest piece measures 48" x48"</p>	<p>6</p>	 <p>This is what all 6 pieces put together look like.</p> 
<p>5. Shapes</p> <ul style="list-style-type: none"> <li>• circle</li> <li>• square</li> <li>• diamond</li> <li>• pentagon</li> <li>• heart</li> <li>• star</li> </ul>	<p>20" x 20"</p>	<p>6</p>	



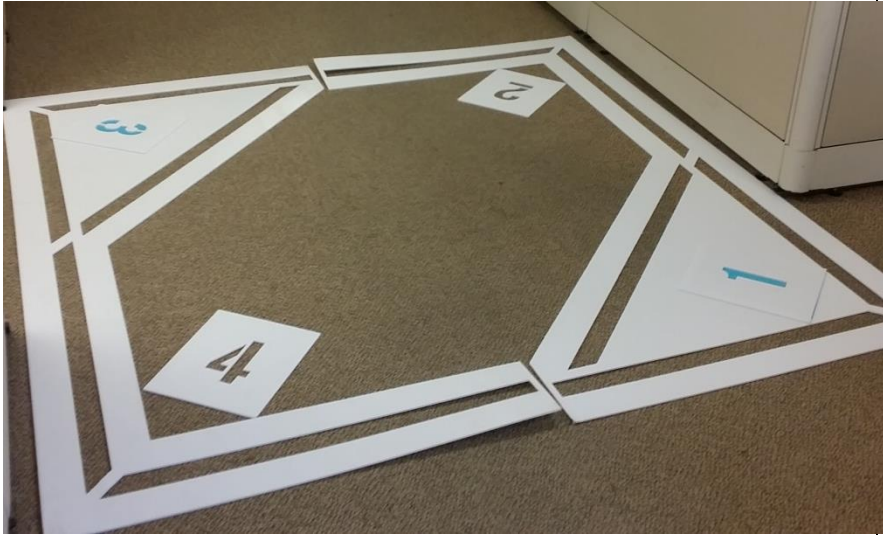
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Name and Description	Dimensions	# of pieces	Picture/Examples
6. Numbers 0-9	12" x 18"	10	
7. Letters A-Z	16" x 18"	26	
8. Playground pond— <ul style="list-style-type: none"> <li>• frog (36" x 48")</li> <li>• lily pad (37" x 38")</li> <li>• dragonfly (25" x 32")</li> <li>• duck (43" x 48")</li> <li>• turtle (33" x 48")</li> <li>• cattails (32" x 53")</li> <li>• fish (36" x 48")</li> </ul>	Tallest stencil in this group are the cattails at 53" and the frog and the fish are the largest overall at 36" x 48"	7	


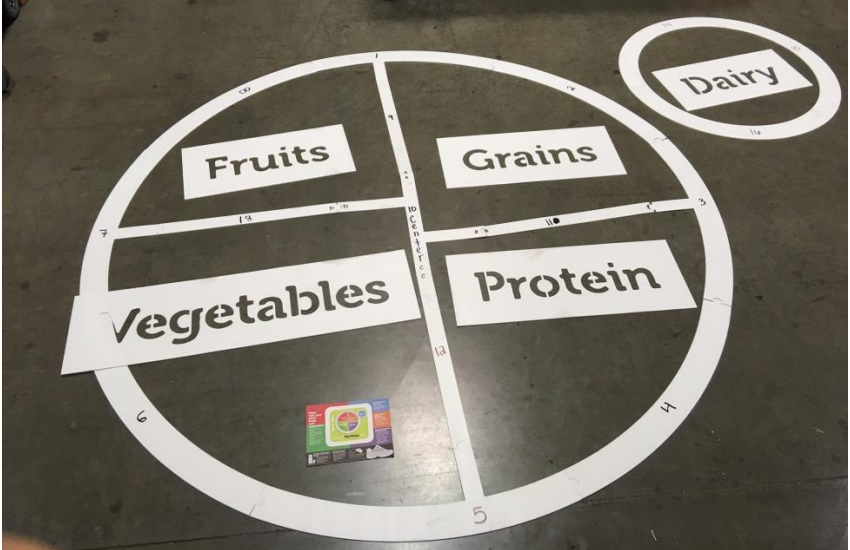
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Name and Description	Dimensions	# of pieces	Picture/Examples
			 <p>Suggested or possible use below but please note that when put all together, this “pond play area” is <b>25 feet by 25 feet</b>:  <a href="http://fastlinestencils.com/stencils/stencilprep/Playground_Pond_Layout_and_Painting.pdf">http://fastlinestencils.com/stencils/stencilprep/Playground_Pond_Layout_and_Painting.pdf</a></p>
<p>9. Words</p> <ul style="list-style-type: none"> <li>• crawl</li> <li>• cross</li> <li>• hop</li> <li>• swim</li> <li>• walk</li> <li>• fly</li> </ul>	<p>The largest piece in this group measures 14” x 31”</p>	<p>6</p>	
<p>10. Wall target toss</p>	<p>This piece measures 37” x 37”</p>	<p>1</p>	

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Name and Description	Dimensions	# of pieces	Picture/Examples
11. Footprints	This piece measures 20" x 40"	1	
12. Foursquare <ul style="list-style-type: none"> <li>Plus the numbers 1-4 to put in the corners</li> </ul>	The largest piece in this group measures 77" X 39". To complete this foursquare, flip the two large pieces to draw the additional corners	10	 

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Name and Description	Dimensions	# of pieces	Picture/Examples
<p>13. CDPH Supplemental Stencils</p> <ul style="list-style-type: none"> <li>• Fruits: apple, pear, grapes, strawberries, oranges, avocado</li> <li>• Vegetables: tomato, corn, root vegetable, pepper, carrot, broccoli</li> <li>• Traffic: bike, cross walk, yield, stop, speed limit</li> <li>• Spanish letters: ll, ch, rr, and ñ</li> </ul>	<p>Largest piece is 30" x 47"</p>	<p>21</p>	<p>These pictures are examples of what are included in the supplemental kit.</p> 
<p>14. MyPlate</p>	<p>Largest piece is 14" x 50"</p>	<p>21</p>	 <p>These stencils are numbered 1-21 (you will need to click on the picture and enlarge it so you can see the numbers).</p> <p>The center cross piece is the key to putting the MyPlate stencil together so it's best to start with that piece in the center.</p>

(revised 8/2/16)