



Why HIGH FIVE®?

Many people and organizations get involved with HIGH FIVE because they believe in the power of making a difference in children's lives through giving them the 'best way to play'.

HIGH FIVE helps others understand the importance of providing quality and positive recreation and sport experiences to children - experiences that will last for a lifetime!

Why HIGH FIVE Works

- **Recognized as the quality standard in Canada for children's sport and recreation**
- **Holistic in its approach**
- **Evidence based through years of research**
- **Measurable through use of training, scientifically-validated tools and resources**
- **A quantifiable advantage for organizations involved**

HIGH FIVE holds true to the following five Principles of healthy child development that the research indicates are essential for quality programs.

Read about HIGH FIVE's definition of quality at www.HIGHFIVE.org/what-high-five/studies-research

Why HIGH FIVE Matters

- **Integral to equipping children to excel in life through positive experiences in sport and recreation**
- **Increases the chances that children will remain active for life**
- **Addresses challenges that society is facing, including children's mental health and childhood obesity**
- **Assists the sport and recreation sectors in understanding the emotional, social and cognitive needs of children**
- **Provides parents with a recognizable standard that allows them to feel that their child is in good hands**
- **Because quality matters!**



A Caring Adult



Friends



Play



Mastery



Participation

