

Start

Pre-Step:

The site must be trained in CATCH prior to requesting a stencil project. In general, a good timeline for a project is 3 months from start to finish. Make sure to set your paint dates in advance and check weather forecasts. Before getting started, read through the [Painting Preschool Playgrounds for Movement](#) guide developed by California Department of Public Health.

Step 1

Step 1:

Identify health behaviors the project intends to promote (PA, healthy eating, other). Identify how you will integrate activities your program is already providing at this site into the stencils (SLM, gardening, direct ed., CATCH, etc.). Discuss vision with site administrators and key staff and incorporate their vision.

Step 2

Step 2:

Once you know the purpose and vision collaborate with site staff and stakeholders to determine their high priority needs. Be creative with your design; incorporate educational opportunities and the sites' high priorities where appropriate. You may want to use Appendix A – Preschool Playground De-sign Assessment Tool from the [Painting Preschool Playgrounds for Movement](#) guide to help determine the stencil

Step 3

Step 3:

Determine readiness of project site. Invite all staff, parents and key stakeholders to be part of the design and implementation, including janitorial staff. The number of painters needed depends on the design but try not to exceed 15 people at one time. Volunteers can include: staff, educators, administrators, parents, community members, and students/youth. An adult should supervise all youth volunteers. Post volunteer event opportunities in the newspaper or other social media sites.

Design: Take measurements of the area that will be painted and develop a sketch of the playground stencil design in detail.

Design

Assessment: Complete the Pre Playground Stencil Assessment while observing the playground during free play.

Step 4:

Determine what materials and supplies you need based on the design. Try to get donations and financial support from local paint and supply stores, teachers, the PTO, parents, and the community. Once the design is laid out, identify what colors you want to use, where the paint colors go and how much paint you need. The design will help to identify how much paint to order.

Step 4

Materials

- 1) Sketch of stencil project
- 2) Stencils: can be purchased or homemade
- 3) Paint: asphalt or curb paint recommended
- 4) Paintbrushes: 1-2 inch brushes recommended, such as angled sponge brushes
- 5) Sturdy containers to transfer paint (i.e. plastic bowls or large yogurt containers)
- 6) Clean up supplies: paper towels, rags, & wipes
- 7) Tarp (paint station)
- 8) Masking tape
- 9) Chalk (variety of colors)

Step 5

Step 5:

Complete the [CalFresh Healthy Living, UC Stencil Project Request Form](#). You will need to complete Steps 1-4 in order to fill out the request form. Allow 3-4 weeks turnaround time for the State Office to provide feedback on your request. See request form for additional information.

Materials

Maintenance:

Paint more than one coat and ensure the coats are heavy. To minimize paint from fading over time, and to prevent major touch ups, paint in layers. Paint a minimum of two layers.

Design



STENCIL PROJECT CHECKLIST

The checklist below should be used after submitting the [Stencil Project Request Form](#) and after approval has been secured.

PREPARING FOR PAINT DAY

2 Weeks Before:

- Be sure you have site administrator approval
- Determine how volunteers will be helping and divide them up into different stations
- Have instructions written/drawn out for each station
- Develop flyers
- Notify the media of the event
- Post the event on the organization's website
- If the painting is stationed at a school, have the administration do an "all call" to families
- Buy and organize supplies
- Have a large design map for all to see and smaller design maps for the volunteers to get a visual

1 Week Before:

- Send out flyers to families to attend event
- Complete the **Pre Playground Stencil Assessment**.
 - ◆ If interested, please contact Angie Keihner at akeihner@ucdavis.edu.

1 Day Before:

- Clean and prep, scrub the asphalt to remove dirt and debris
- Sweep the area clean before painting
- Chalk out the design/tape down the stencils

PAINT DAY

- Have a paint and cleanup station to prevent paint from getting on the ground
- When the volunteers arrive, have them sign up, wear a nametag, and sign a photo release form
- Provide a stencil-training demo for all volunteers
- Make sure the community and media attend
- Paint 1st coat in the AM, paint 2nd coat in the PM; if painting in a large area, you may need 2 paint days
- Paint the details last
- Let the paint dry for at least 12 hours before use
- Wrap up and cleanup; begin cleanup 30 minutes before the end of the predetermined time

If You Plan 2 Paint Days:

- Paint second coat and additional details

AFTER THE PAINTING

- Provide a ribbon cutting ceremony for the organization and unveil the project
- Invite media, community leaders and officials to the unveiling after approval from site administrator.
- Demonstrate to teachers and students physical activities that can be used with the stencils
- Train the staff on how to use the playground to meet learning and physical education standards
- Optional:* Complete the **Post Playground Stencil Assessment**. If interested, please contact Angie Keihner at akeihner@ucdavis.edu.
- Send the State Office pre/post photos and any success stories associated with the project