

# Building Playgrounds

Mae Na Chorn Children`s Home takes care of 50 children, mainly from the Karen hill tribe. Most of them come from very difficult family backgrounds, and have important abandonment issues, which lead to alienation from the environment and conflict.

Playgrounds are an important educational tool that improves the children`s physical and mental health, as well as motor-skill development. Children construct knowledge through discovery in free play as well as through social interactions, and learn by having meaningful experiences and making relevant connections to the world around them.

Being able to play in a healthy environment is something these children haven`t had the opportunity to do in their life; this is why we decided to build playgrounds in our children`s homes.

## ***How can you help?***

Building a playground costs 1,400€. This covers the costs of materials, transportation and manpower. With your donation you can help us provide these children with the opportunity they didn`t have of playing and experimenting in a free environment.

