

**RESOLUTION NO. 2026-037**

**A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF ELK GROVE  
RECOGNIZING THE ANNUAL DESIGNATION OF THE FIRST SATURDAY AFTER  
THE SPRING EQUINOX AS "NATIONAL DAY OF PLAY"**

**WHEREAS**, the U.S. Surgeon General has declared an epidemic of loneliness and social isolation in the United States, which is linked to increased risks of anxiety, depression, heart disease, dementia, and reduced life expectancy; and

**WHEREAS**, current studies indicate that 21% of adults in the U.S. report feeling lonely, and less than 5% of adults engage in the recommended 30 minutes of daily physical activity; and

**WHEREAS**, modern families increasingly experience "alone-together" time, where individuals share physical space, but remain socially disengaged due to excessive device and screen use; and

**WHEREAS**, United States Representative Ami Bera of California's Sixth Congressional District has formally requested that the City Council consider adoption of a resolution expressing support for the annual designation of a "National Day of Play" to counteract these public health challenges; and

**WHEREAS**, play is defined as self-chosen, intrinsically motivated activity that supports brain development, stress reduction, creativity, and social-emotional growth for individuals of all ages; and

**WHEREAS**, designating the first Saturday after the Spring Equinox as a day for community-focused events in parks, schools, and neighborhoods will strengthen social bonds and encourage healthy, screen-free lifestyles; and

**WHEREAS**, supporting the "National Day of Play" aligns with the City's ongoing commitment to fostering a healthy, connected, and engaged community.

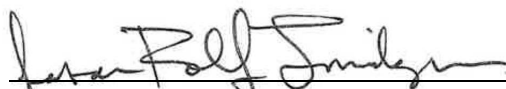
**NOW, THEREFORE, BE IT RESOLVED** that the City Council of the City of Elk Grove hereby recognizes and affirms the annual designation of the first Saturday after the Spring Equinox as "National Day of Play" and encourages all Elk Grove residents to engage in physical activity, seek social connection, and prioritize screen-free time to foster a healthier, more connected community.

**PASSED AND ADOPTED** by the City Council of the City of Elk Grove this 11<sup>th</sup> day of March 2026



BOBBIE SINGH-ALLEN, MAYOR of the  
CITY OF ELK GROVE

ATTEST:



JASON LINDGREN, CITY CLERK

APPROVED AS TO FORM:



JONATHAN P. HOBBS  
CITY ATTORNEY

**CERTIFICATION**  
**ELK GROVE CITY COUNCIL RESOLUTION NO. 2026-037**

STATE OF CALIFORNIA            )  
COUNTY OF SACRAMENTO    )        ss  
CITY OF ELK GROVE            )

*I, Jason Lindgren, City Clerk of the City of Elk Grove, California, do hereby certify that the foregoing resolution was duly introduced, approved, and adopted by the City Council of the City of Elk Grove at a regular meeting of said Council held on March 11, 2026 by the following vote:*

**AYES:            COUNCILMEMBERS:        Singh-Allen, Suen, Brewer, Robles, Spease**

**NOES:           COUNCILMEMBERS:        None**

**ABSTAIN:       COUNCILMEMBERS:        None**

**ABSENT:        COUNCILMEMBERS:        None**

  
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**Jason Lindgren, City Clerk**  
**City of Elk Grove, California**