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Sommario/riassunto	Children's play throughout history has been free, spontaneous, and intertwined with work, set in the playgrounds of the fields, streams, and barnyards. Children in cities enjoyed similar forms of play but their

playgrounds were the vacant lands and parks. Today, children have become increasingly inactive, abandoning traditional outdoor play for sedentary, indoor cyber play and poor diets. The consequences of play deprivation, the elimination and diminution of recess, and the abandonment of outdoor play are fundamental issues in a growing crisis that threatens the health, development, and we

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