

Date of Hearing: March 16, 2026

ASSEMBLY COMMITTEE ON RULES  
Blanca Pacheco, Chair  
ACR 156 (Hoover) – As Introduced March 3, 2026

**SUBJECT:** National Day of Play.

**SUMMARY:** Recognizes National Day of Play on March 21, 2026; and, recognizes the importance of social connection for mental, physical, and social development, and encourages people to put their electronics down and play. Specifically, **this resolution** makes the following legislative findings:

- 1) “Play” can be defined as an activity that is self-chosen, intrinsically motivated, and conducted in an active, but relatively stress-free, frame of mind. Play is fundamentally connected to social connection, as it provides space to develop and practice essential social skills, such as communication, cooperation, empathy, and negotiation.
- 2) Play promotes brain development, executive function skills, stress reduction, creativity, and problem-solving skills, while also strengthening relationships and fostering healthy social-emotional growth.
- 3) Children today spend up to 35 percent less time playing freely outdoors due to a combination of factors, including increased screen time. Excessive device use has detrimental physical and mental health impacts.
- 4) Excessive device use can foster an absent presence, in which individuals are physically together, but mentally disengaged, leading to reduced quality in face-to-face interactions and increased feelings of social isolation.
- 5) The Surgeon General of the United States has formally declared an epidemic of loneliness and social isolation, highlighting its health impacts, such as higher risk for anxiety, depression, heart disease, and dementia, and a shorter life span.
- 6) A National Day of Play advocates for and celebrates the essential role of play and social connections.

**FISCAL EFFECT:** This resolution is keyed non-fiscal by Legislative Counsel.

**REGISTERED SUPPORT / OPPOSITION:**

**Support**

None on file

**Opposition**

None on file

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