Rosemount Nature Based Play

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Nature Based Play

What is play?

- “Recreational activity, especially the spontaneous activity of children,” (Merriam-Webster)
- Play includes a range of self-chosen activities for one’s own interests and satisfaction.
Nature-Based Play

● No specific definition
● Set of ideals to create Nature Based Play
  ○ Outdoor Spaces made of natural components
    ▪ plants, logs, water, mud, sand, boulders, hills and trees
● Encourages preservation of the earth
Impacts of Nature Based Play

- Encourages community, cultural, and leisure events.
- Engages children in natural world
- Improves children’s social skills, problem solving abilities and interpersonal relationships.
Modern Playgrounds

- Playground structures (typically metal)
- Asphalt courts or trails

These aspects are inducing set outcomes of play and are leaving children to play in nature and not with nature.
Developmental Aspects of Play

- **Physical Development**
  - “Provides time to practice and extend physical skills through the use of space, active imaginary games and use of climbing, riding or games equipment”

- **Cognitive Development**
  - Helps develop children’s decision making skills, problem solving skills, and facilitation skills.
Objective and Goals

- **Objectives:**
  - To evaluate the Nature-Based play ideals implemented by the City of Rosemount in Minnesota.
  - Encourage community, cultural, and leisure events to add vibrancy to their quality of life.
  - Comprehensive Plan to collaborate and provide services to all groups of residents

- **Goal:**
  - To provide the best services and programs possible to the surrounding neighborhoods and communities in the area
Inputs and Outputs

**Inputs:**
- 27 parks (515 acres of land)
  - 7 profit turning parks
- Partnerships
- Grants
- General Funding

**Outputs:**
- Youth Activities
- Special Events
- Adult Sports
- Senior Activities
- Farmers Market
- Learn to Skate Programs
Learning/Behavioral Outcomes

- **Learning**
  - Show communities the beauty of natural world
  - Change in fitness and well-being
  - New perspective of earth and environment

- **Behavioral**
  - Healthy fitness-based habits
  - Change how people treat the environment and themselves
Evaluation Checklist

- Natural Features
- Safety
- Physical Features
- Supportive/Facilitative Features
  - Coded to identify level of correspondence with NBP.
    - Green is high
    - Yellow is mild
    - Red is needs improvement
Questions Asked

● Does the space mimic nature closely? (i.e. Plants and features native to the area)
● Are the children playing (or able to play) with nature and not just in it?
● Are they allowed to pick plants, climb trees, throw rocks in a pond, etc?
● Are there materials around to build things? (i.e. branches/twigs/rocks, etc.)
Park Breakdown

- **Biscayne Park**
  - Community Garden
  - Playground

- **Carroll’s Woods & Scwarz Pond Park**
  - Trails (paved/unpaved)
  - Irish Sports Dome
  - Baseball fields

- **Twin Puddles Park**
  - Ponds
Results

- Help implement a plan in their community
- Improve City’s facilities and services
  - Park Rendering:
Recommendations

- District wide recommendations for all of The City of Rosemount Parks is to simply include more natural features and facilities.
- There is the thought that parks need to be clean-cut, mowed and paved in order to fit into the surrounding neighborhood developments.
- At parks, make use of the features that are already there.
Project Experience

● What Worked Well
  ○ Delegating tasks

● Lessons Learned
  ○ Communication
  ○ Evaluation Process
Thank You!