

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 ones 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 & Swarz 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 !