

Brooklyn Park Nature Based Play



Samuel Gustafson, Samuel Duchow, Adam Bulgach



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Resilient Communities Project

University of Minnesota
330 HHHSPA
301—19th Avenue South
Minneapolis, Minnesota 55455
Phone: (612) 625-7501
E-mail: rcp@umn.edu
Web site: <http://www.rcp.umn.edu>

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The contents of this report represent the views of the authors, and do not reflect those of RCP, CURA, the Regents of the University of Minnesota, or the City of Brooklyn Park.



What is Nature Based Play

Nature based play can be defined as someone engaging with nature in a playful way. Engaging in natural areas rather than artificial ones.

The following activities are some of the ways in which children participate in nature based play:

- Climbing on rocks

- Skipping rocks on a pond

- Hide and seek in the woods

Impacts of Nature Based Play

More active in the environment

Encourages social activity with other children in a healthy environment

Problem solving skills can be improved at a young age

Promotes outdoor activity/healthy lifestyle

Promotes well being

Objectives and Goals

The objective of this project was to visit a number of parks in Brooklyn Park, and collect data relevant to nature based features that were either present or not present.

The goal of this project is to produce recommendations of natural features that stimulate nature based play, that the city of Brooklyn Park could add to the parks.

Inputs

Research of nature based play elements

Time spent in the parks

Time spent evaluating the project

Money that renovations would cost

Staff needed for renovation

Outputs

Parks that have more natural features and elements that stimulate and encourage nature based play.

Increase in visitation and usage of parks within the city as a whole.

More children participating in nature based play.

Increased mental health of children in the city

Park Evaluations

The group went through a developed checklist at each site that consisted of:

- A defined checklist

 - Natural features

 - Safety features

 - Physical Features

 - Does the area...

- Personal judgement

- Unique aspects of the park

Parks Visited

Northwoods Park

Northern Trail Park

Oak Grove Park

Eidem Historical Farm

Founders Park

Willows of Aspen Park

Environmental Nature Area

Oak Grove Park





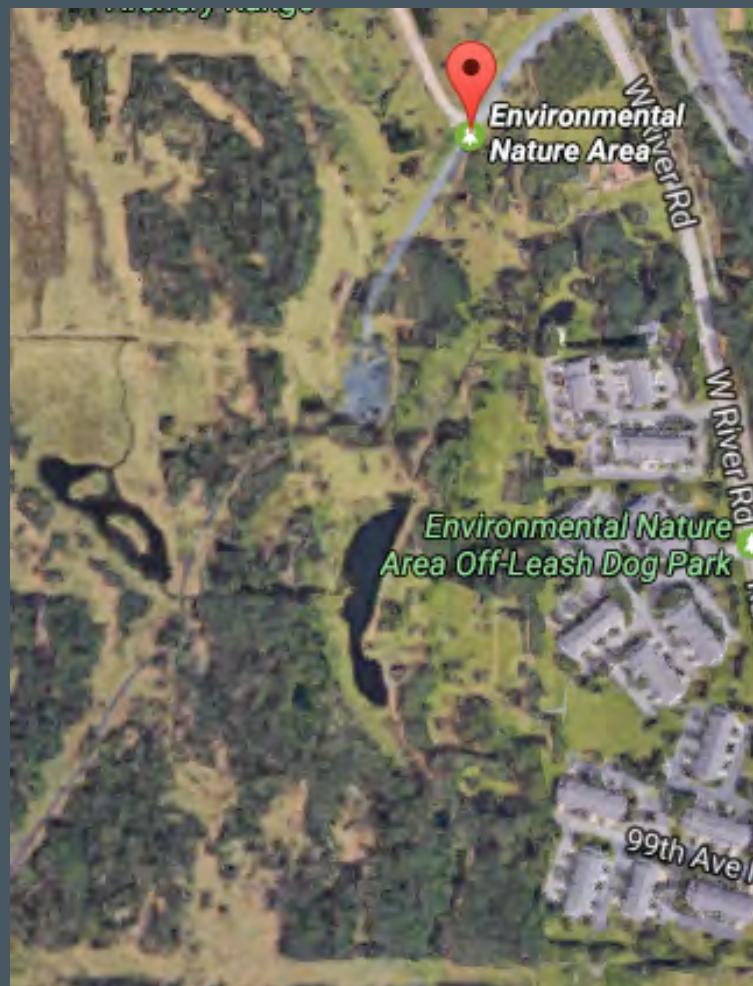
Founders Park





Environmental Nature Area





Northern Trail Park





Northern
Trail Park

Rush Creek Regional Trail

Fallgold Pkwy

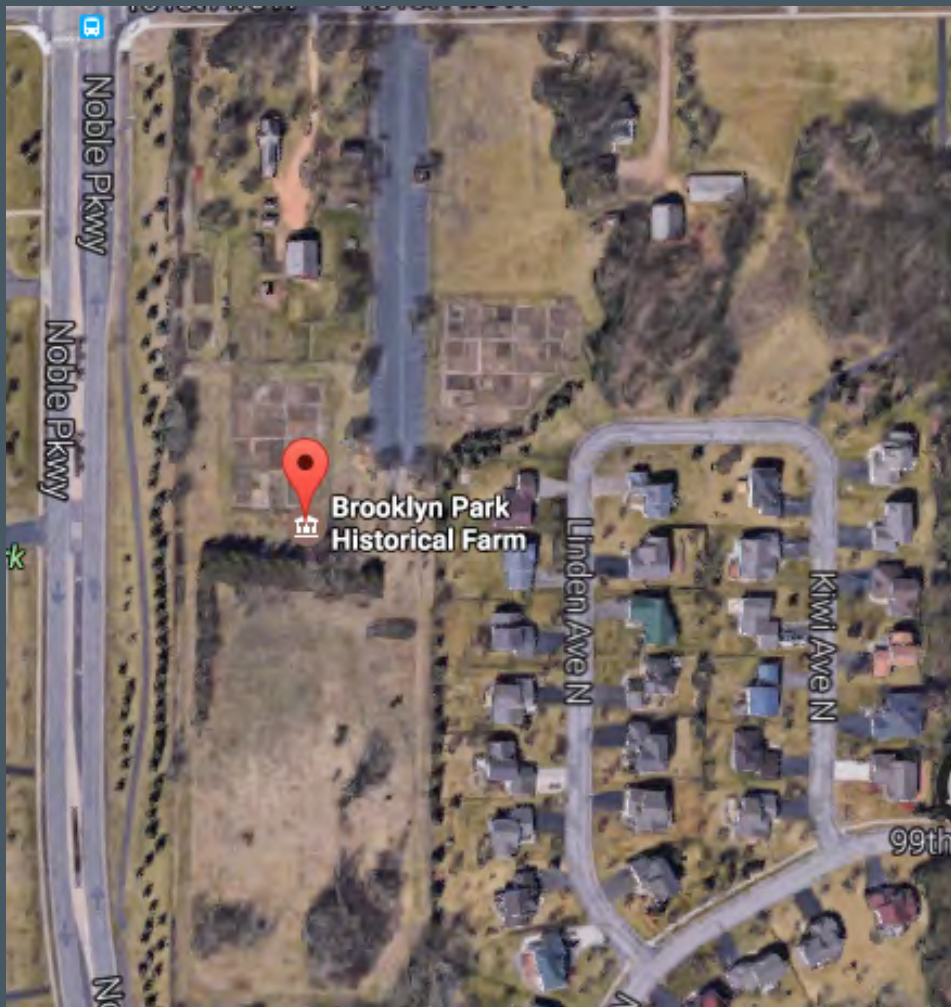
Fallgold Pkwy

Rush Creek Regional Trail

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Eidem Historical Farm





Willows of Aspen





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Aspen Park*

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Video I

North Woods Park



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109th Ave N

109th A



Northwoods
Park

General Recommendations

Parks with large open fields can have potential for larger features like:

Fountains - Ponds - Climbing Structures

Smaller parks without as much space available can have smaller natural features that can be added such as:

Wooden Benches - Boulders - Sand Pits

Other things like hiking and alpine ski trails are more expensive but excellent choices

Dog bags!

Possible Nature Based Play Additions





<https://s-media-cache-ak0.pinimg.com/736x/de/8a/4d/de8a4d3017c26ef7fa67989d87dc9350.jpg>





www.naturebasedplay.com.au

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Thank You for Your Time!