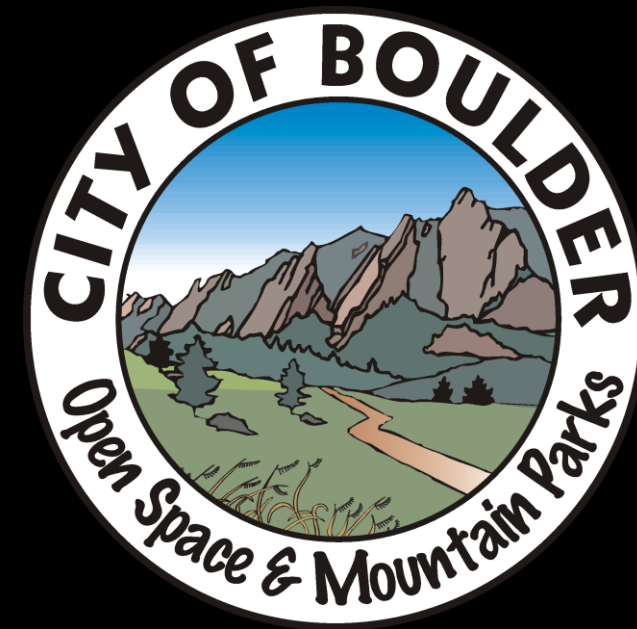


Getting Into Your Animal Mind




Getting Into Your Animal Mind

- Introduction
- Exercise: Favorite Memory, Animal Mind?
- Why Natural Play? Research, Wild-o-meter
- Structural
- Programming
- Materials to support natural play development

Exercise:

- Small groups work on natural play ideas (15mins)
- Report out and wrap-up (10 mins)



- 
- A scenic view of a pond with tall reeds in the background and a rocky bank with fallen leaves in the foreground. The water is calm and reflects the sky. The reeds are tall and thin, with some showing signs of being cut or broken. The foreground is filled with a thick layer of dry, brown leaves, interspersed with some green plants and ferns. The overall atmosphere is peaceful and natural.
- 1) In your memory, where were you?
 - 2) What were you doing?
 - 3) What objects/materials were you using?
 - 4) How did you feel?
 - 5) What details of smell, sight, sound and touch do you remember?

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WHAT ARE NATURAL PLAY AREAS?

Natural Play Areas are outdoor spaces designated for play that incorporate natural components such as plants, logs, water, sand, mud, boulders, hills and trees. These components represent the larger wild environment in a way that feels safe and manageable to young visitors while inviting imaginative and explorative play, *from the backyard to backcountry*



"My best memories of childhood are from walking through the woods with my sister and climbing what we then called 'mountains; exploring creeks for hours and looking up at the sky from grassy fields. I hope my children and grandchildren are able to enjoy those same experiences:'- M. Lowen, an Oregon parent

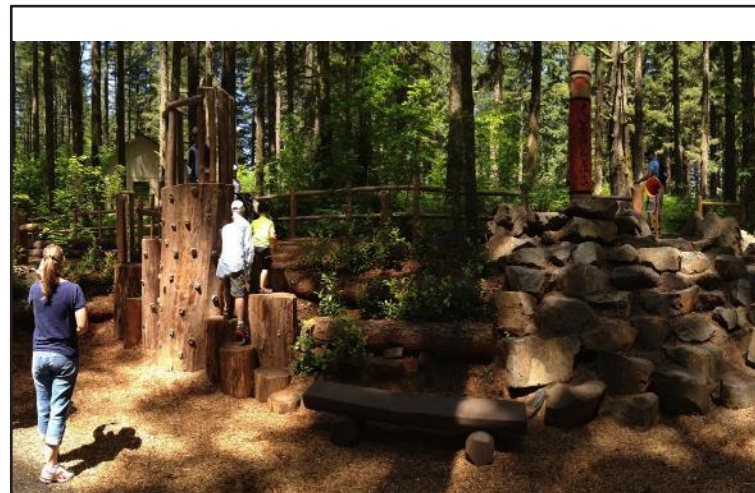
Natural Play challenges and fascinates children and teaches them about the wonders and intricacies of the natural world while they explore and play within it. It is intuitive and unstructured, constructive, and timeless, encouraging interaction with natural materials, features, indigenous vegetation, and creative landforms.

Unstructured
Play
is
Natural Play

SETTING - Wild-O-Meter



CONTINUUM - Types of Play



Oneonta Gorge

West Columbia River Gorge, OR



The gorge staircase drops down from the Historic Columbia River Highway.



Oneonta falls is a rewarding destination for all.



Abundant opportunity to build rock cairns.



About 1/2 way up the gorge, this massive log jamb provides a challenging but conquerable climbing and balance puzzle.



The narrow gorge is dappled with textures.

- Free Play
- Nature Play
- Nature Themed Play
- Play Ground

Age Range: 6-Adult

Description:

Park area is confined within existing trails and marked visibly by interpretive sign posts at the perimeter.

Setting:

Natural, a 2-mile round-trip hike up a creek canyon.

Activities:

Go for a hike, look for insects, make a rock carin, swim, or play hide and seek.

Play Elements

- Trees, shrubs, sticks, branches, pebbles and rocks.
- Climbing, hiding.
- Hands will get dirty.

Play Activity

- Movable Materials
- Natural Vegetation and rocks
- Topography

Component Costs:

- Location sign. \$ NA
- Staircase. \$ NA

Total : \$ NA

Contacts

USFS, Columbia River Gorge National Scenic Area
902 Wasco Street, Suite 200
Hood River, OR 97031
(541) 308-1700

Silver Falls Nature Park

Sublimity, OR



Panorama of the Cougar Play pod that hosts a naturalistic rock climbing wall, balance and climbing stumps, and a megaphone for audible expressions.

- Free Play
- Nature Play
- Nature Themed Play
- Play Ground

Age Range: 3-Adult

Description:

Park area consists of play pods and is connected by a 1/4 mile loop trail that creates a forested center island.

Setting:

Forested and natural, adjacent park campground facilities.

Activities:

Go for a hike, look for insects, build and construct, or play hide and seek.

Play Elements

- Accessible loop path.
- Stone climbing wall.
- Wood climbing features.
- Nest building.
- Movable pieces.
- Topography.
- Growling loudspeaker.
- Hands will get dirty.

Play Activity

- Secret Paths, Create Your Own Paths
- Climbing/Balancing.
- Assembly.
- Hiding, Viewing.
- Noise Making.

Component Costs:

- Design Workshops. \$9,300.00
- Cougar Pod. \$35,000.00
- Bear Pod \$28,000.00
- Bird Pod. \$15,000.00
- Additional expenses. \$12,700.00

Total : \$104,000

Contacts

Steve Janizzewski
Oregon Parks and Recreation, State Parks
725 Summer Street NE, Suite C
Salem, OR 97301
(503) 390-0639 ext. 222



The Bird Play pod hosts different types of alterable nests and movable materials.



Example of an artist built nest, with eggs and straw bedding.



The Bear Play pod emphasizes wood play, climbing, tracks, and a memory game.



A gravel looped path connects the different themed nature play pods while creating a buffered natural island for kids to discover and play within. A web of dirt trails was started by Park staff to encourage kids curiosity and encourage exploration.

Westmoreland Nature Play Area

Portland, OR



The making of the creek and wetland play feature.

- Free Play
- Nature Play
- Nature Themed Play
- Play Ground

Age Range: 0-12

Description:

Creative nature play area with a quiver of natural play elements, trails, skatepark, and nature play area.

Setting:

Westmoreland park is a linear 43 acre park with a central riparian corridor.

Activities:

Climb, hide & seek, climb on boulders, build and construct in sand, splash in water, crawl through tunnel.

Play Elements

- Creek and wetland.
- Boulders.
- Logs.
- Willow tunnel.
- Sand pit.
- Loose parts.
- Hands will get dirty.

Play Activity

- Splashing, learning.
- Climbing/Balancing.
- Climbing/Balancing.
- Crawling/Exploring.
- Build/Construct.
- Build/Construct.

Component Costs:

- Excavation \$ TBA
- Surfacing/Curbing \$ TBA
- Creek Area \$ TBA
- Log Mound \$ TBA
- Mountain Area \$ TBA

Total : \$800,000.00

Contacts

Sandra Burtzos
 Portland Parks & Recreation
 1120 SW Fifth Ave, Suite 1302
 Portland, OR 97204
 503-823-5594



Westmoreland Nature Play Area is scheduled to be completed fall 2014.



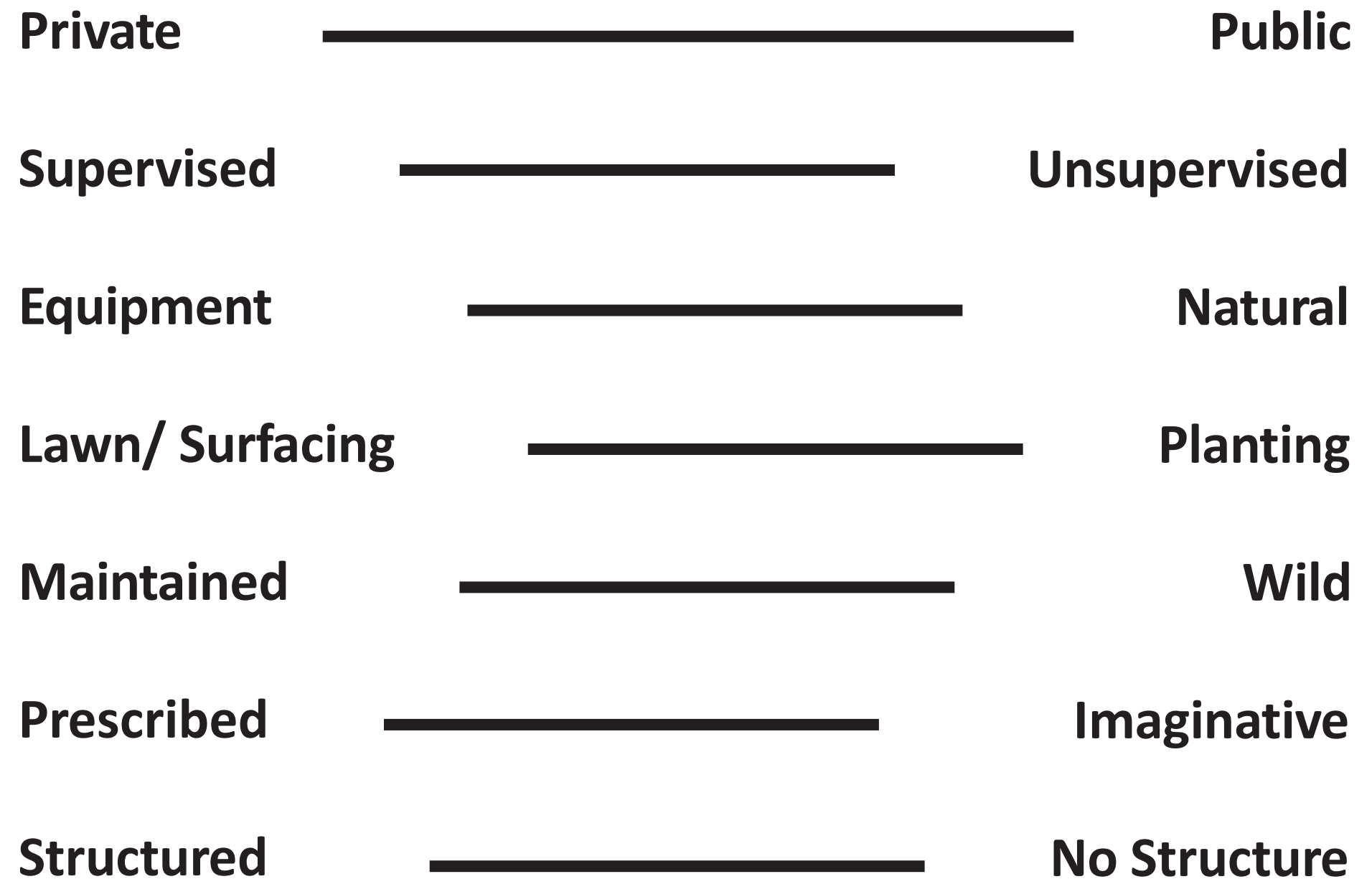
Preparation process

Natural Play Areas

OREGON



The Spectrum of Nature Play



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Silver Falls Nature Park

Sublimity, OR



ANIMAL THEMES

Bird



Cougar



Squirrel



Fish



Beaver



Deer



Frog



Human



Ant



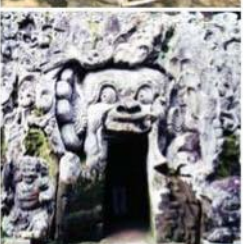
Eagle



Bear



Bat



Fantasy Animal



Silver Falls Nature Park

Sublimity, OR

Activities

- Roaring across the play area
- Climbing trees
- Looking out across play area
- Sitting in the cave / den
- Running and playing in the open area
- Jumping down from the rocks
- Balancing on rocks
- Climbing rocks
- Hiding among the trees

Materials, Elements and Spaces

- Boulders marking the main entryway
- Big hills of rocks / boulders to climb
- Single low, fairly flat boulders (easy)
- Piled up groups of boulders (challenging)
- Boulders embedded in hillside (alternatives)
 - A shady parent den / shelter with benches overlooking habitat
 - Real cougar claws and fur to feel
 - Voice funnels to amplify roaring
 - A central grassy field
- Kid-sized dens as destinations among the boulders and for hiding
- Overhanging boulders with climbing holds (some accessible)
- A wide path / loop trail around boulder area with small trails leading off
- Spaces among the boulders for two people to interact
- Spaces among the boulders for five or more people to interact

Cougar Habitat

Characteristics

Purring

Running fast

Pouncing

Den living

Stalking

Play wrestling

Large territory

Curling up

Roaring

Hiding / camouflaged

Napping in trees

Being very quiet

Eating rabbits

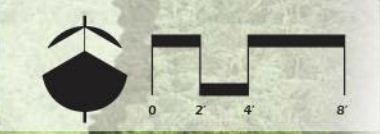
Being powerful

Licking

Having claws

UPPER PLAY AREA BOUNDARY FENCE
 LOG CLIMBING AREA
 PRINTS OF COUGAR CHASING DEER
 SEATING AREA
 SLEEPING LIMBS

COUGAR DEN
 MULCH PLAY SURFACING
 AMBUSH AREA AND SIGN
 MAIN PATH
 STAIRS TO THE UPPER PLAY AREA
 COUGAR GROWL STATION
 HUNTING OVERLOOK
 ROCK SCRAMBLE
 SAND PIT WITH DEER 'REMAINS'
 SHRUB PLANTING



COUGAR PLAY

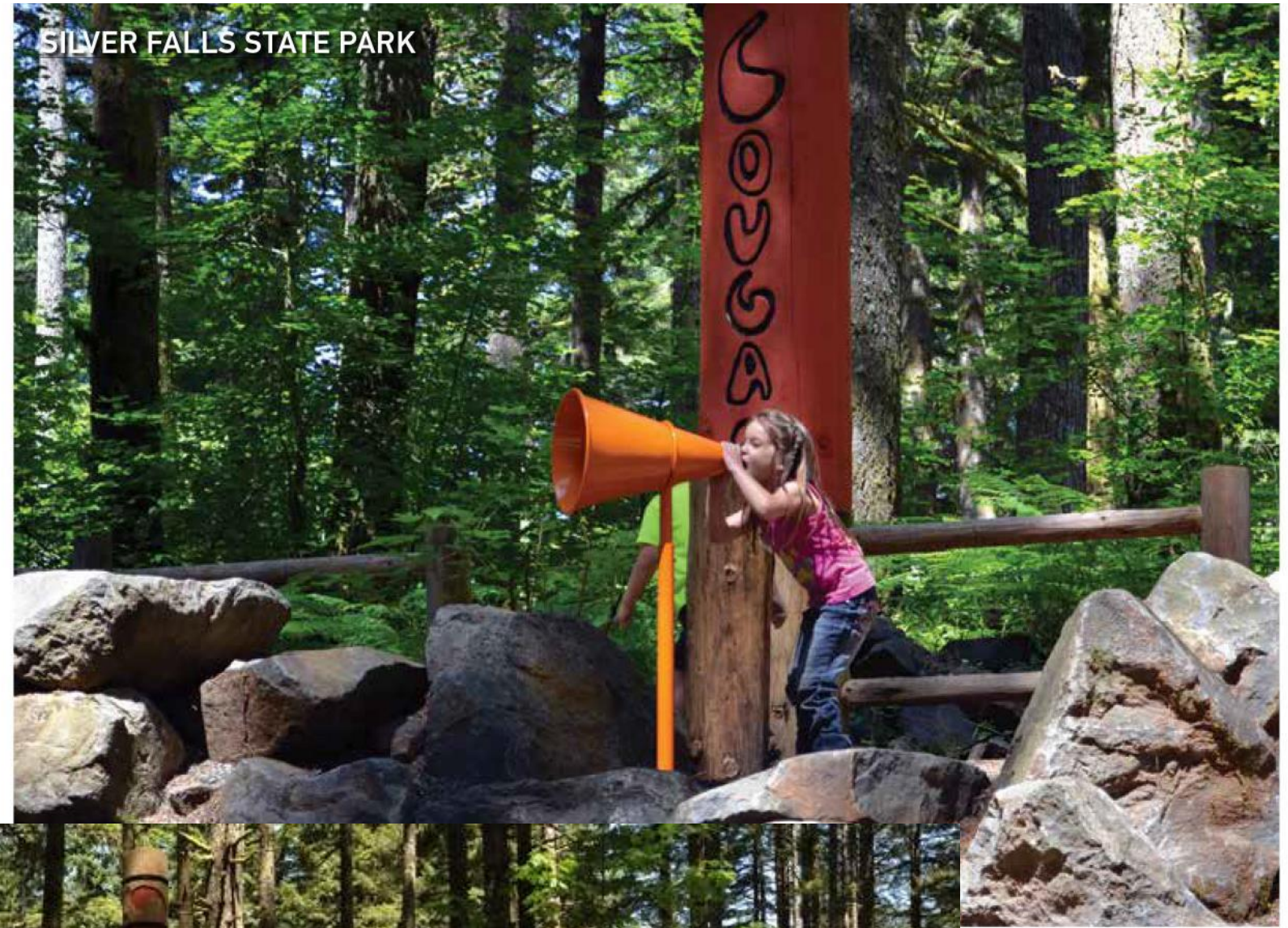
Silver Falls Natural Play

September 2010



Silver Falls Nature Park

Sublimity, OR



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Natural Play Programming

The Pilot

PROJECT TIMELINE

July 2017: Initial research, site evaluation, program development, and messaging

Aug-Dec 2017: Nature Play Pilot series and evaluation

January 2018: Summarize and analyze Pilot outcomes

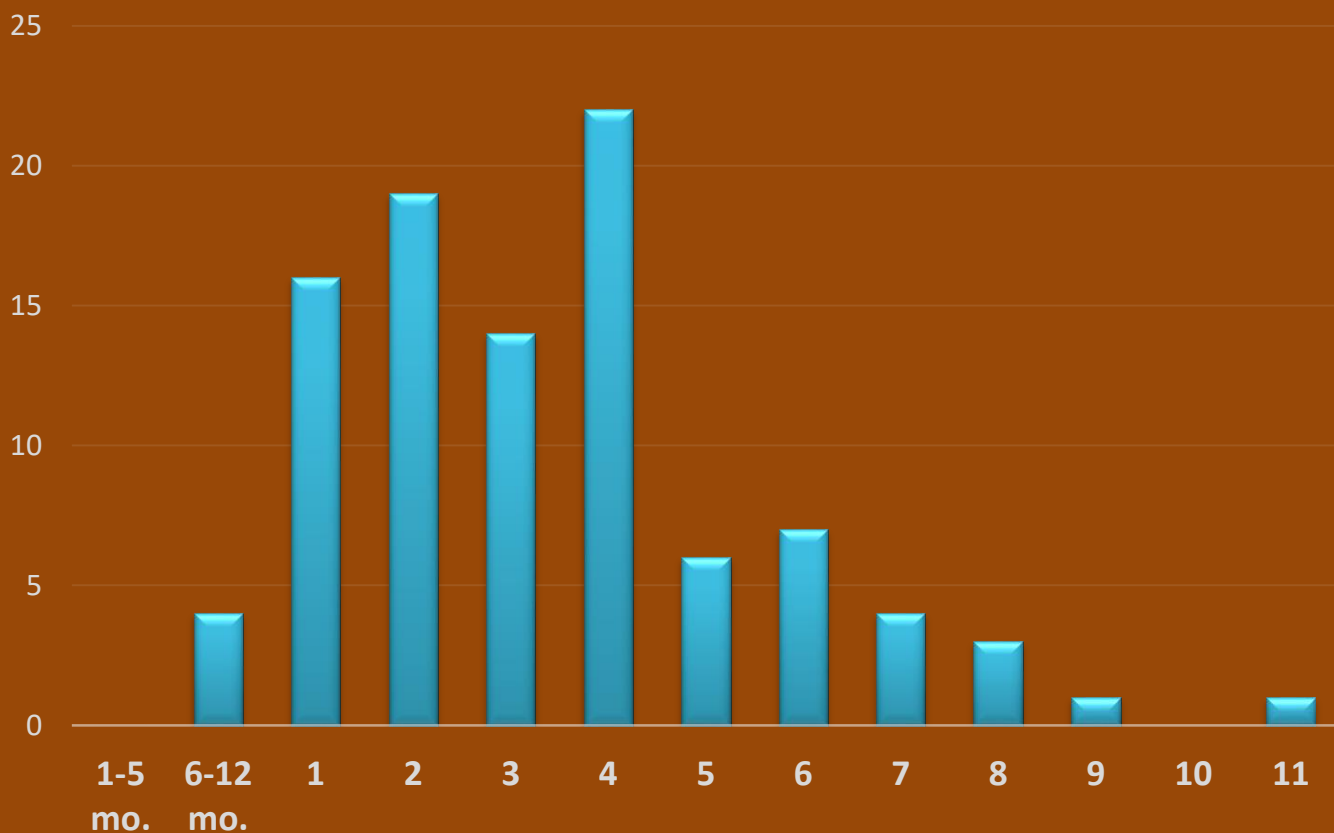
Number of Pilot Programs: 25

Number of Participants: 414

Number of Pilot Sites: 6

Average Attendance: 17

Age Distribution



KEY TAKEAWAYS

- Alternate times for maximum exposure
- Marketing: word of mouth played a major role in success
- Develop Project Management Plan to guide future of program

Project Management Plan

- Project Overview
- Goals
- Site Inventory
- SWOT Analysis
- Target Audience
- Framework
- Project Timeline
- Budget
- Deliverables
- Communication & Marketing Plan
- Follow-up & Evaluation



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HOW DO WE MAKE NATURAL PLAY AREAS: EMOTIONS

CREATIVE

- "Spontaneous invention and change make for true play and sound child development" (Albinson 20).

INDEPENDENT

- "Play is what children do when their time is not being organized by adults...It is a time when children control and manipulate their world into imagined environments" (Albinson 18).

CONFIDENT

- "Mastering physical challenges at their own pace will help children feel a sense of accomplishment and self-worth that carries over into other aspects of learning" (www.arborday.org)
- "Natural playgrounds made with natural play elements, mirror natural world experiences that help children - and young adults - constantly discover new things about themselves and the world around them through experimentation, observation, problem-solving, and manipulation."
(www.naturalplaygrounds.com/resources_article_why-encourage-natural-pla)

PROUD

- "attachment to the land is not only good for the child, but good for the land as well."
(Louv, 157.)

IN WONDER

- "Children live through their sense. Sensory experiences link the child's exterior world with their interior, hidden, affective world...freedom to explore the outdoor environment is essential for healthy development." (Louv, 65)

INTELLIGENT

- "The core of the naturalist intellect is the human ability to recognize plants, animals and other parts of the natural environment." (Louv, 71.)
- "Any natural place contains an infinite reservoir of information, and therefore the potential for inexhaustible new discoveries." (Louv, 67.)

JOYFUL

- "enthraling pleasures of building wigwams in the woods, gathering hickory nuts and apples, hunting frogs, haying and harvesting, and scampering barefoot down long, leafy lanes..."(Louv, 150.)

HOW DO WE MAKE NATURAL PLAY AREAS:

ACTIVITIES

<p>Sliding: Down hills In winter In summer Down slides Water Metal Wood</p>	<p>Hiking: Up mountains In forests In fields Through rivers Through deserts In canyons To peaks</p>	<p>Walking: Along streams Under bridges On bridges Through trees Through tunnels In fields</p>
<p>Hiding: In leaves In logs Behind trees Between rocks In shrubs Under tall grasses</p>	<p>Making: Wreaths Daisy chains Mud pies Feather and leaf boats Miniature dams in shallow streams</p>	<p>Running: On trails Through fields In water Through trees On roads Up hills</p>
<p>Swinging: On swings Rope Tire Plastic Wood</p>	<p>Balancing: On beams On logs On rope On boards On pillars</p>	<p>Digging: In dirt In sand With shovels With hands</p>
<p>Voice: Loudly for an audience Quietly to oneself Singing Camp songs</p>	<p>Knowing: How to set up a tent What kind of animal it is What kind of plant it is</p>	<p>Building: Fortresses with rocks and tree limbs Fires Rafts Traps</p>
<p>Touching: Fuzzy flower buds Rough tree bark Sand Mud Water</p>	<p>Seeing: From high above In close detail The nighttime sky A deer in the woods</p>	<p>Boating: Canoeing Rafting Kayaking</p>
<p>Swimming: In a lake In the ocean In a deep river pool</p>	<p>Camping: In a tent Under the stars In a vehicle</p>	<p>Tasting: Sour Oxalis Sweet berries Salty sweat</p>
<p>Throwing (and catching): Stones Sticks Balls</p>	<p>Playing: Capture-the-flag Skipping stones Sharing</p>	<p>Jumping: Over waves Over logs</p>
<p>Pushing: Swings Water Pulling Rope</p>	<p>Cooking: On a fire In an oven With a barbeque</p>	<p>Seeking: Friends who are hiding Frogs in ponds Insects under stones</p>
<p>Other: Adventure play Archery Ball games Bicycle games CATCHING! DARING! DISCOVERING!</p>	<p>EATING! Fishing HIDING! Horse riding IMAGINING! LISTENING! MAKING! Napping Picnicking</p>	<p>PLAYING ALL DAY! Rest and Quiet play Sand Play SMELLING! Stargazing WATCHING! Water play Wildlife viewing Winter play</p>

HOW DO WE MAKE NATURAL PLAY AREAS:

Materials and Form

<p>Exploratory topography: Mounds Curves Pits Berms Stone walls Sand pits Water courses Mud areas Natural amphitheaters</p>	<p>Variety of spaces: Trellises Low walls Bridges Willow fencing Changes in level Changes in plants Playgrounds on water</p>	<p>Small pieces: Blocks Wooden boxes Tree cookies Fabric Shovel Magnifying glass Journals Guidebooks Compass</p>
<p>Things to show change: Rain collection ponds Rain gauges Shadow-play Sundials</p>	<p>Malleable & loose materials: Sand Water Leaves Clay</p>	<p>Places for first-hand interaction: Butterfly observation areas Frog ponds Birdhouses Nature paths</p>
<p>Physical challenges: Balance beams Logs Ropes Climbing areas Trails Digging areas Boulders Log steps Crawl-through log</p>	<p>Resting spots: Gazebos Pergolas Arbors Shade tents Benches Grassy areas Tables</p>	<p>Outdoor art: Wall murals Play sculpture Sound gardens Land sculptures Vegetation sculptures Fountains Children's art</p>
<p>Plantings: Wild areas Native plants Wildlife attracting plants Design with nature Shade Focal points</p>	<p>Opportunities for performance: Rain sticks Marimba Bongo Akambira Dancing scarves Acting stages</p>	<p>Climbing: Up rocks Under logs Up hills and mountains On boulders Up trees On ropes Up ladders</p>
<p>Opportunities to learn / teach: Amphitheaters Interpretation signs Experimentation stations Educational trails</p>	<p>Other: Unprogrammed spaces Live animals Different abilities Places for children to rest Separate activities for older children and younger children</p>	<p>Make up your own...</p>

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