

*Welcome to*

Session 23:

# Made for each other – connecting children with nature









The average Australian child  
spends less time outdoors than

**a maximum  
security prisoner**

*Griff Longley, CEO Nature Play, based on Planet Ark 2013 report.*



# Factors contributing to the shift from outdoor to indoor play



## Screen time

The time spent watching television and movies, using social media, smart phones and tablets, and playing computer games is increasing



## Urban infill development

The range of natural play spaces is decreasing



## Criminalisation of natural play

Legal, risk and public liability issues are creating limitations to outdoors play



## Structuring children's time

Children's schedules are becoming increasingly controlled or managed, reducing time for 'free' play



## Risk aversion

Parental concerns related to safety and crime restricting outdoor play



## Parent time

Indoor play is increasingly seen as more convenient for time poor parents



## Routine opportunities

Traditionally daily activities such as walking or riding a bike to school are decreasing



## 'Safe' play spaces

Outdoor play areas are increasingly highly designed, synthetic and controlled



## Lost backyards

The traditional Australian backyard is in decline

Chapeltown

**MOTHER:** Vicky aged eight in 1979 was allowed to walk to the swimming pool alone half a mile away.

ROTHERHAM

Grenoside

**SON:** Ed, now eight is only allowed to walk on his own to the end of his street (300 yards).

Concord Park

M1

SHEFFIELD

Moorgate

M1

Treeton

A630

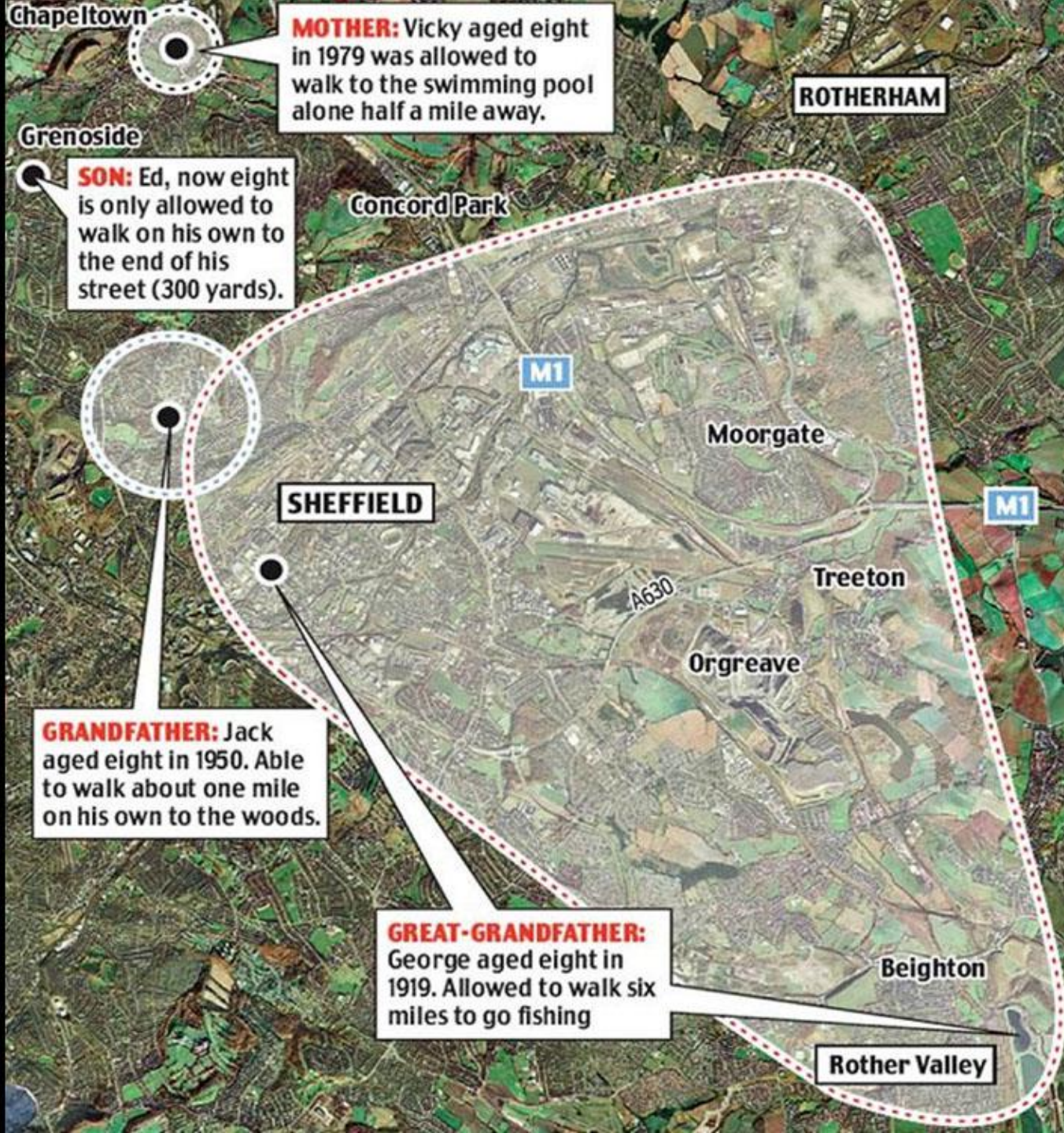
Orgreave

**GRANDFATHER:** Jack aged eight in 1950. Able to walk about one mile on his own to the woods.

**GREAT-GRANDFATHER:** George aged eight in 1919. Allowed to walk six miles to go fishing

Beighton

Rother Valley





of Australian children are  
**overweight  
or obese**

*Planet Ark. 2012. Planting Trees: Just What  
The Doctor Ordered. Sydney: Planet Ark.*





Most children find it easier to identify

**corporate brands**

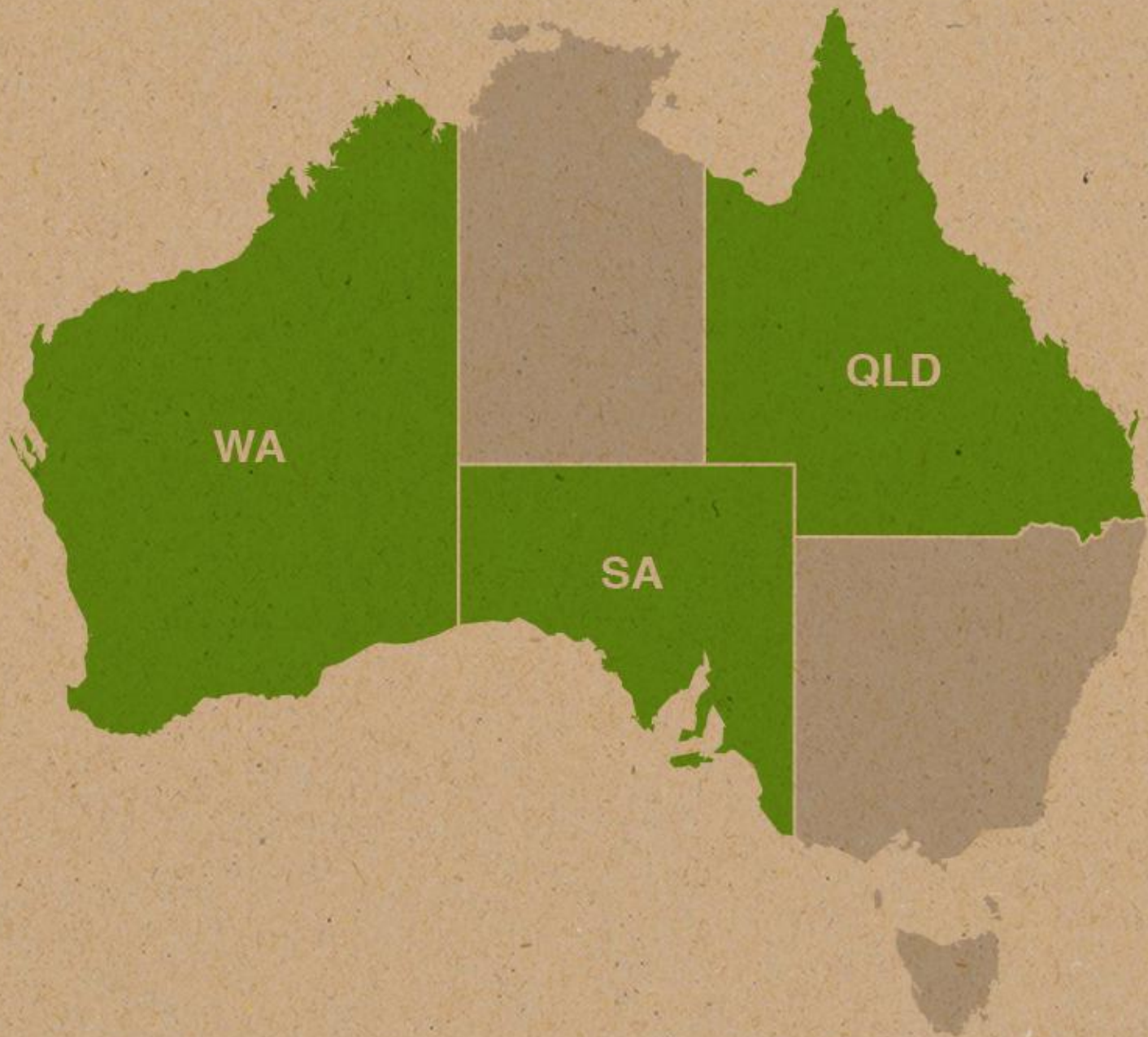
and television characters than our

**well known native  
plants and animals**

*Planet Ark 2013*







WA

QLD

SA







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South Australia (Change)

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### 51 things to do before you're 12

There are some things that every kid should get to experience. How many of our 51 things have you done? Why not challenge your friends to see who will be the first to finish the list!

### Get your passport to a great childhood

We're creating stacks of missions for kids to complete outside. All are fun and mostly free! Register your interest now.

### Learn all about us

Nature Play SA aims to increase the time South Australian children spend in unstructured play outdoors and in nature.



**Nature Play SA**  
Non-Profit Organization

+ Follow   ➔ Share   ⋮

**Timeline**   About   Photos   Likes   More ▾

PEOPLE >

9,518 likes



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Connect with more of the people who matter to you

Promote Page

ABOUT >

📌 Nature Play SA Inc. aims to increase the time South Australian children spend in unstructured play outdoors and in nature.

Status   Photo / Video   Offer, Event +



What have you been up to?



**2 Scheduled Posts**

Next post scheduled for today at 7:00pm. See posts.



**Nature Play SA**

Posted by Maria Lease (?) · 6 hours ago · Edited


Perfect day for sea, sun, swimming, salty air and sandcastles!





**I'M A FREE-RANGE KID**

[www.natureplaysa.org.au](http://www.natureplaysa.org.au)

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Printed in South Australia under an ISO14001-certified, carbon-neutral process with vegetable inks. Cover and pages made from 100% post-consumer recycled paper sourced through the world's leading independent chain-of-custody system.

Nature Play SA primary  
**PASSPORT**  
to an amazing childhood



in partnership with



Government of  
South Australia

# 49 Things to do before you're 5



- 1 Run around in the rain
- 2 Play hide-and-seek in a garden
- 3 Lie on your back and watch the clouds
- 4 Pick fruit from a tree and eat it
- 5 Go for a hike in the bush or a local reserve
- 6 Jump in a pile of leaves
- 7 Build a sandcastle with a moat
- 8 Hang from a low branch, then drop
- 9 Make a collection of leaves and feathers
- 10 Climb a steep slope on your hands and knees
- 11 Watch a sunrise or sunset
- 12 Play with mud
- 13 Explore your garden with a magnifying glass
- 14 Skat a leaf in a pond or stream
- 15 Listen to a storm and watch for lightning
- 16 Chase your shadow
- 17 Search for tadpoles in a creek
- 18 Make a cobby under a tree or in some bushes
- 19 Draw with a stick in the dirt
- 20 Grow some herbs and veggies in a patch or pot
- 21 Visit a farm, or a petting zoo
- 22 Sit around a campfire and toast marshmallows
- 23 Dig holes and trenches in your yard
- 24 Listen to the birds and imitate their song
- 25 Catch some bugs and then release them
- 26 Search for shells at the beach
- 27 Invent your own obstacle course using rocks and sticks
- 28 Blow on a dandelion flower and make a wish
- 29 Sit quietly and watch ants, snails or birds
- 30 Water some plants with a watering can
- 31 Have a picnic under a big shady tree
- 32 Jump in a puddle
- 33 Chase butterflies around the garden
- 34 Play with a ball of an oval or on the beach
- 35 Paddle at the beach or a backyard wading pool
- 36 Play shops under a tree with seedpods and leaves
- 37 Visit a botanical garden
- 38 Balance along a log or some stepping stones
- 39 Go for a night walk with a torch in the garden
- 40 Climb a big hill and look at the view
- 41 Explore a rock pool or create your own
- 42 Have story time outside on a rug
- 43 Catch rain on your tongue
- 44 Sprout some fast-growing seeds
- 45 Play 'peek-a-bow' from behind a tree
- 46 Ride a trike or scooter to the park
- 47 Roll down a grassy hill
- 48 Pick a pig of flowers for someone you love
- 49 Count the stars at dusk

Find out why at [www.natureplaysa.org.au](http://www.natureplaysa.org.au)  
and check out the 51 things to do before you're 12

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Nature Play SA Junior  
**PASSPORT**  
to outdoor adventures



In partnership with



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South Australia

# Nature Play Week

27 September - 4 October 2014

## Daily activities

### CLELAND WILDLIFE PARK

Nature Play School Holiday Activities

### SEAL BAY CONSERVATION PARK

Receive a free Sea Lion Ambassador book with your Nature Play SA passport

### NARACOORTE CAVES NATIONAL PARK

Free entry to Wonambi Fossil Centre with your Nature Play SA passport

### GARRICK HILL

Explore and discover the Children's Storybook Trail

### CITY OF MARION

Nature Play Challenge

### BERRI LIBRARY AND INFORMATION CENTRE

'Connect with Nature' activities and NRM Education interactive display

### OPAL COORONG DISTRICT COUNCIL

Outdoor Adventure Challenge

### OPAL CITY OF CAMPBELLTOWN

OPAL's Geocaching Challenge

Amazing Playground Race

### ZOOS SA ADELAIDE AND MONARTO ZOO

Spring has Sprung School Holiday Program

### CITY OF TEA TREE GULLY

Free Ranging Nature Play

### WHYALLA PUBLIC LIBRARY

Nature Play information and interactive display

Sat 27<sup>th</sup> Sept

### CITY OF SALISBURY

Community Planting Day

### CONSERVATION COUNCIL OF SOUTH AUSTRALIA

Reef Watch Reef Ramble

Sun 28<sup>th</sup> Sept

### SPLASH ADELAIDE

Honk! Pop-up Play in the Parklands!

Mon 29<sup>th</sup> Sept

### SA MUSEUM

School Holiday Program  
Night Creatures: In Your Backyard

### CITY OF ONKAPARINGA WILDZONE WEEK

Nature Play photo exhibition  
Interactive display in Centro colonnades  
Creek Discovery walking tour

### CITY OF SALISBURY

Salisbury Plays: a fortnight of free outdoor family fun

### OPAL NORTHERN AREAS COUNCIL

Playground Amazing Race Challenge

### WHYALLA PUBLIC LIBRARY

All Things Nature

Tues 30<sup>th</sup> Sept

### FRIENDS OF THE BOTANIC GARDENS OF ADELAIDE

Explore the Adelaide Botanic Gardens

### SA MUSEUM

School Holiday Program  
Night Creatures: In Your Backyard

### CITY OF ONKAPARINGA WILDZONE WEEK

Nature Play photo exhibition  
Interactive display in Centro colonnades

Pond dipping and wetland bird identification

### OPAL NORTHERN AREAS COUNCIL

Playground Amazing Race Challenge

### OUTDOOR PLAYGROUP ADELAIDE NORTH

Spring Fling

### MOUNT LOFTY NATURE CLUB

Nature Play Week Picnic

### BOTANIC GARDENS OF SOUTH AUSTRALIA

Painted pots, gnomes and garden art

Terrific terrariums

Wed 1<sup>st</sup> Oct

### NATIONAL PARKS SOUTH AUSTRALIA

Free entry into all parks

### DEPARTMENT OF ENVIRONMENT, WATER AND NATURAL RESOURCES

Marine Fun Day at the SA Museum

### BELAIR NATIONAL PARK

NRM Education launch of the 'Children and Parks Pack'

### FRIENDS OF THE BOTANIC GARDENS GUIDES

Explore the Adelaide Botanic Gardens

### SA MUSEUM

School Holiday Program  
Night Creatures: In Your Backyard

### CITY OF ONKAPARINGA WILDZONE WEEK

Nature Play photo exhibition

### OPAL CITY OF PLAYFORD

Food and Fun in the Park

### OPAL NORTHERN AREAS COUNCIL

Playground Amazing Race Challenge

### BRIGHTON PRIMARY SCHOOL

Brighton Primary School  
Nature Play Adventure Day

### OUTDOOR PLAYGROUP ADELAIDE CENTRAL/WEST

Spring Fling

Thurs 2<sup>nd</sup> Oct

### FRIENDS OF THE BOTANIC GARDENS GUIDES

Explore the Adelaide Botanic Gardens

### SA MUSEUM

School Holiday Program  
Night Creatures: In Your Backyard

### ADELAIDE HILLS COUNCIL COVENTRY LIBRARY

Adelaide Hills Launch of Nature Play SA's 'Passport to Outdoor Adventures'

### CITY OF ONKAPARINGA WILDZONE WEEK

Nature Play photo exhibition  
Meet native animals

### OPAL NORTHERN AREAS COUNCIL

Playground Amazing Race Challenge

### OUTDOOR PLAYGROUP ADELAIDE HILLS

Spring in the Garden

### BOTANIC GARDENS OF SOUTH AUSTRALIA

Making fire, making glue

Fri 3<sup>rd</sup> Oct

### FRIENDS OF THE BOTANIC GARDENS GUIDES

Explore the Adelaide Botanic Gardens

### SA MUSEUM

School Holiday Program  
Night Creatures: In Your Backyard

### CITY OF ONKAPARINGA WILDZONE WEEK

Nature Play photo exhibition

### OPAL NORTHERN AREAS COUNCIL

Playground Amazing Race Challenge

### OUTDOOR PLAYGROUP ADELAIDE SOUTH

Spring Fling

### BOTANIC GARDENS OF SOUTH AUSTRALIA

Hatch your own stick insect  
Junior entomologists

Sat 4<sup>th</sup> Oct

### OPAL NORTHERN AREAS COUNCIL

Playground Amazing Race Challenge

If you're viewing an electronic version of this calendar, click on an event above to find out more!



“LIKE DAVID ATTENBOROUGH AND MORGAN SPURLOCK GOT DRUNK AND HAD A BABY”

HUSAIN CURRIMOHY, SHEFFIELD DOC FEST.

“THIS FILM WILL CHANGE YOUR LIFE”

PATRICK BARKHAM, THE GUARDIAN

A FILM BY DAVID BOND AND ASHLEY JONES

PROJECT  
WILD  
THING



THE BRITDOC FOUNDATION AND GREEN LIONS FILMS PRESENT IN ASSOCIATION WITH  
THE BRITISH FILM INSTITUTE A GREEN LIONS PRODUCTION "PROJECT WILD THING"  
A FILM BY DAVID BOND AND ASHLEY JONES EDITED BY JESSE DIXON AND ALAN MACKAY  
CAMERA ANNEMARIE LEAN-VERCOE AMY ROSE GAVIN NORTHOVER  
ASSISTANT PRODUCER LORRAINE O'DONOVAN AND AMY ROSE EXECUTIVE PRODUCER SANDRA WHIPHAM  
EXECUTIVE PRODUCER JAMES DU CANN PRODUCED BY ASHLEY JONES DIRECTED BY DAVID BOND

GREEN LIONS



GET OUTSIDE

PROJECTWILDTHING.COM





# 51 things

## TO DO BEFORE you're 12



- 1 Climb a tree
- 2 Sleep under the stars (even in your backyard)
- 3 Fall off a bike
- 4 Learn to swim
- 5 Build a cubby or a tree house
- 6 Find a geocache in your neighbourhood
- 7 Go beach combing after a storm
- 8 Cook damper in a campfire
- 9 Go on a school camp in the bush
- 10 Catch a wave (start with a small one)
- 11 Play chasy in the rain
- 12 Catch a yabby in a dam (or at least have fun trying)
- 13 Make a water slide with builders plastic and a hose (do it on your watering day)
- 14 Find a cave
- 15 Make something with things you find
- 16 Play in a creek
- 17 Do something you're scared of
- 18 Watch kangaroos in the wild
- 19 Slide down a grass hill on cardboard
- 20 Yell "cooeee!" in a gorge or a valley on a beach
- 21 Visit an island
- 22 Go for a two-day hike
- 23 Snorkel at the beach or on a reef
- 24 Ride a flying fox
- 25 Play under a sprinkler
- 26 Climb a big rock
- 27 Play in the bush for a whole day
- 28 Visit a waterhole
- 29 Meet kids in a park and invent a game
- 30 Paddle a kayak
- 31 Dig for worms in your backyard
- 32 Catch a crab
- 33 Learn the Aboriginal names for five plants and five animals
- 34 Visit a national park
- 35 Catch a fish
- 36 Play on a rope swing
- 37 Eat bush tucker
- 38 Make a kite and fly it
- 39 Jump in a muddy puddle
- 40 Identify the birds in your backyard
- 41 Go abseiling
- 42 Catch a tadpole (and release it)
- 43 Make a mud pie
- 44 Visit a lake, puddle, pond etc and use a net to catch the creatures in it

CR  
@  
TOMOR

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- 6 Jump in a pile of leaves
- 7 Build a sandcastle with a moat
- 8 Hang from a low branch, then drop
- 9 Make a collection of leaves and feathers
- 10 Climb a steep slope on your hands and knees
- 11 Watch a sunrise or sunset
- 12 Play with mud
- 13 Explore your garden with a magnifying glass
- 14 Float a leaf in a pond or stream
- 15 Listen to a storm and watch for lightning
- 16 Chase your shadow
- 17 Search for tadpoles in a creek
- 18 Make a cubby under a tree or in some bushes
- 19 Draw with a stick in the dirt
- 20 Grow some herbs and veggies in a patch or pot
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Find out why at [www.natureplaysa.org.au](http://www.natureplaysa.org.au)  
and check out the 51 things to do before you're 12

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# Contribute To An International Health Solution: Prescription Play In Parks

**Presented by Linda S. Lanterman**

Kansas State Parks Division Director, USA

Email: [linda.lanterman@ksoutdoors.com](mailto:linda.lanterman@ksoutdoors.com)

## **Presentation Authors**

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Chair, Children & Nature Network

16<sup>th</sup> Director of the National Park Service

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Former Executive Director, US Play Coalition

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# Play is key to health



- Physical
- Emotional
- Mental
- Social

Throughout Life!



# Play-Health Connection

- Benefits of a walk in the park

- Lower frustration
- Higher engagement
- Higher meditation



- Aspinall, Peter, et al. "The urban brain: analysing outdoor physical activity with mobile EEG." *British journal of sports medicine* (2013): bjsports-2012.

- Lower blood pressure

- Brook, Robert D., et al. "Beyond Medications and Diet: Alternative Approaches to Lowering Blood Pressure A Scientific Statement From the American Heart Association." *Hypertension* 61.6 (2013): 1360-1383.

# Play-Health Connection



- Prolonged vacations are good for health; from one study:
  - Increased vacationing was associated with decreased use of antidepressants
  - Vacations were also beneficial to those of retirement age
  - Authors also suggest “collective restoration” effect, a benefit for non-vacationing workers
    - Hartig, Terry, et al. "Vacation, Collective Restoration, and Mental Health in a Population." *Society and Mental Health* (2013): 2156869313497718.

# Play-Health Connection



- Play builds health social relationships – within and across generations
  - Multiple studies have found that grandparents and grandchildren enjoy and bond through intergenerational play
    - Khoo, E. T. "Intergenerational physical and cultural play." *Gerontechnology* 13.2 (2014): 68.
- Learning to play with peers is an early and necessary skill for life
  - Brown, Stuart L. *Play: How it shapes the brain, opens the imagination, and invigorates the soul*. Penguin, 2009.



# Play Prescription

- Given by a medical provider to a patient as part of a holistic health plan
- Encourages the patient to pursue play activities of their choice by connecting them to resources that support those activities



# Building a Play Prescription: Park and Recreation Leaders

- As a Park and Recreation professional you:
  - Manage and maintain spaces where people can come to play after work or school, in a local setting or as a vacation destination
  - Program those spaces for social gatherings both formal and informal



# Building a Play Prescription: Medical Community

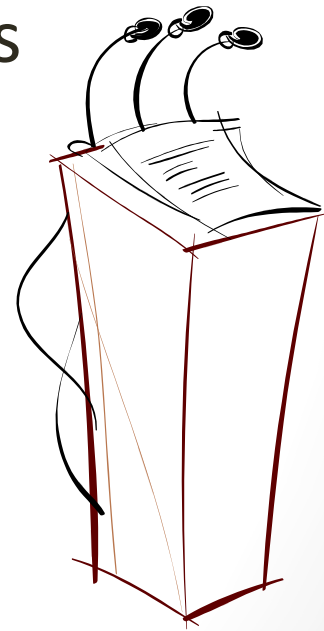
- Identify potential community partners
- Build a coalition
- Approach the medical community with research and resources
- Think of creative solutions that connect resources in new ways
- Apply for grant funding together





# Building a Play Prescription: Media

- Share your story
- Build positive interest around your cause
- Find new contributors and audiences



# Building a Play Prescription: Play Resources

- US Play Coalition <http://usplaycoalition.clemson.edu/>
  - Annual conference
  - Research and action grants
  - Free newsletter



- National Institute for Play <http://www.nifplay.org/>



- KaBOOM! <http://kaboom.org/>



- Let's Play America <http://www.letsplayamerica.org>

- International Play Association (IPA)

<http://www.ipausa.org/>



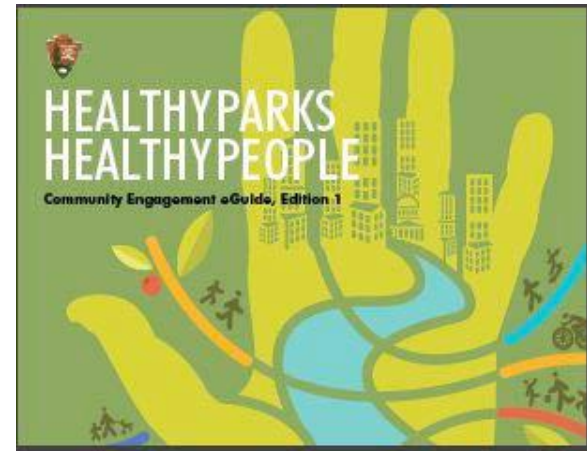
- Children and Nature Network

<http://www.childrenandnature.org/>



# Play Prescription Success Stories

- Healthy Parks, Healthy People  
[http://www.nps.gov/public\\_health/hp/hphp.htm](http://www.nps.gov/public_health/hp/hphp.htm)
  - National Park Service
  - Park Prescriptions
  - Contact: Diana Allen
- NASPD <http://www.naspd.org/>
- Coordinate national and state efforts



# Play Prescription Success Stories

- Prescribing Parks for Better Health Success Stories by NRPA
  - Baltimore, Maryland
  - Greenville, South Carolina
  - Portland, Oregon
  - San Diego, California
  - District of Columbia





**Robin Christie – Childspace Early Childhood Institute**  
**Wellington, Aotearoa/ NZ – [robin@childspace.co.nz](mailto:robin@childspace.co.nz)**





**Protected spaces**

**Empowerment of children**

**Challenging play**

**Playscapes as a microcosm of the whole**



















LUTAKUUMAHARA













































**Challenging play**



**Heights**

**Speed**

**Real tools**

**Playfighting**

**Getting 'lost'**





**Confidence**

**Resilience**

**Safety**



**Robin Christie – Childspace Early Childhood Institute**  
**Wellington, Aotearoa/ NZ – [robin@childspace.co.nz](mailto:robin@childspace.co.nz)**

# Healthier, happier, smarter children connected with nature

## The Bush Kinder Story

Deborah Prentice, Manager Community Engagement Parks  
Victoria

[deborah.prentice@parks.vic.gov.au](mailto:deborah.prentice@parks.vic.gov.au)



*Healthy Parks  
Healthy People<sup>®</sup>*

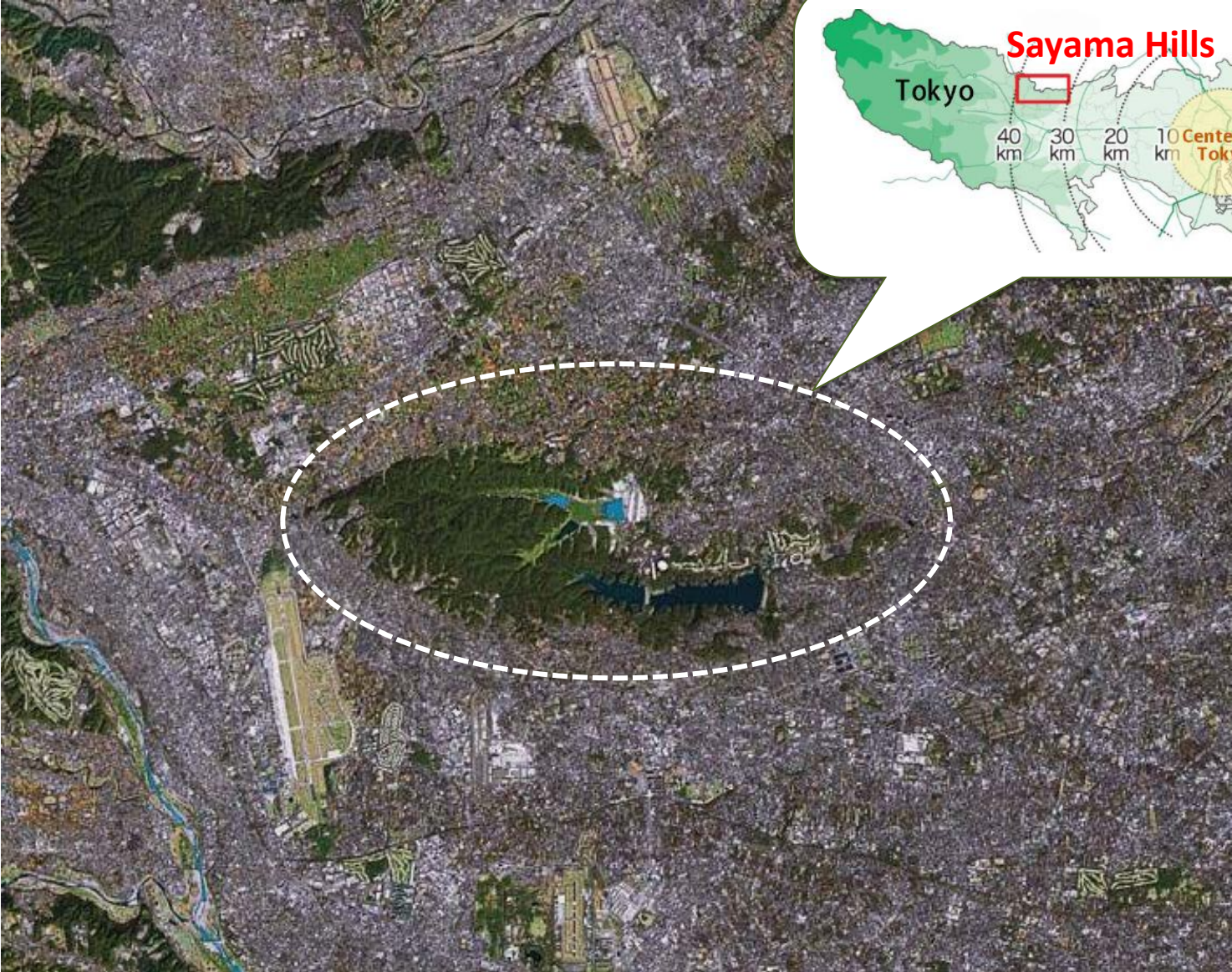


# What's happening worldwide?



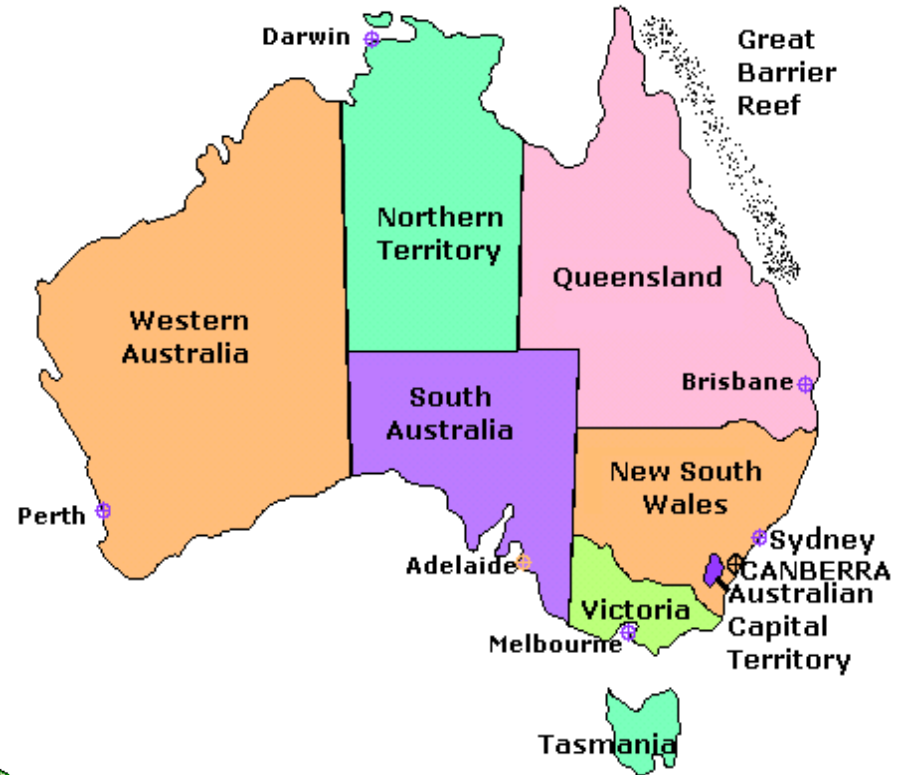
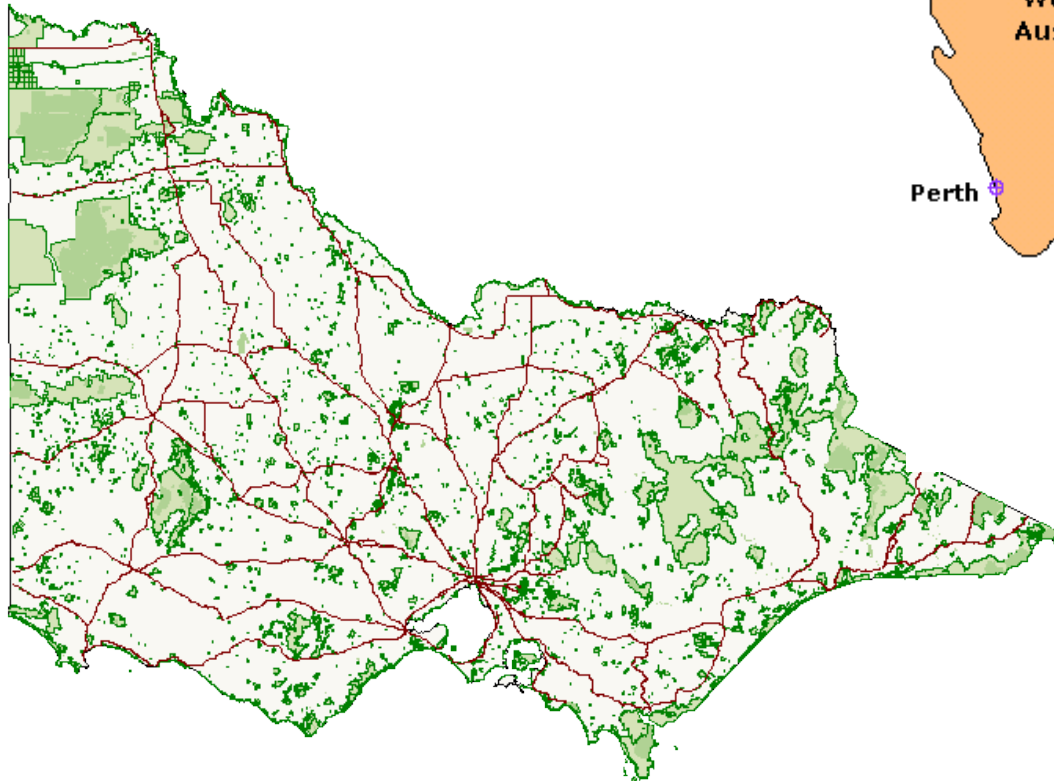


# Sayama Hills





# Parks Victoria



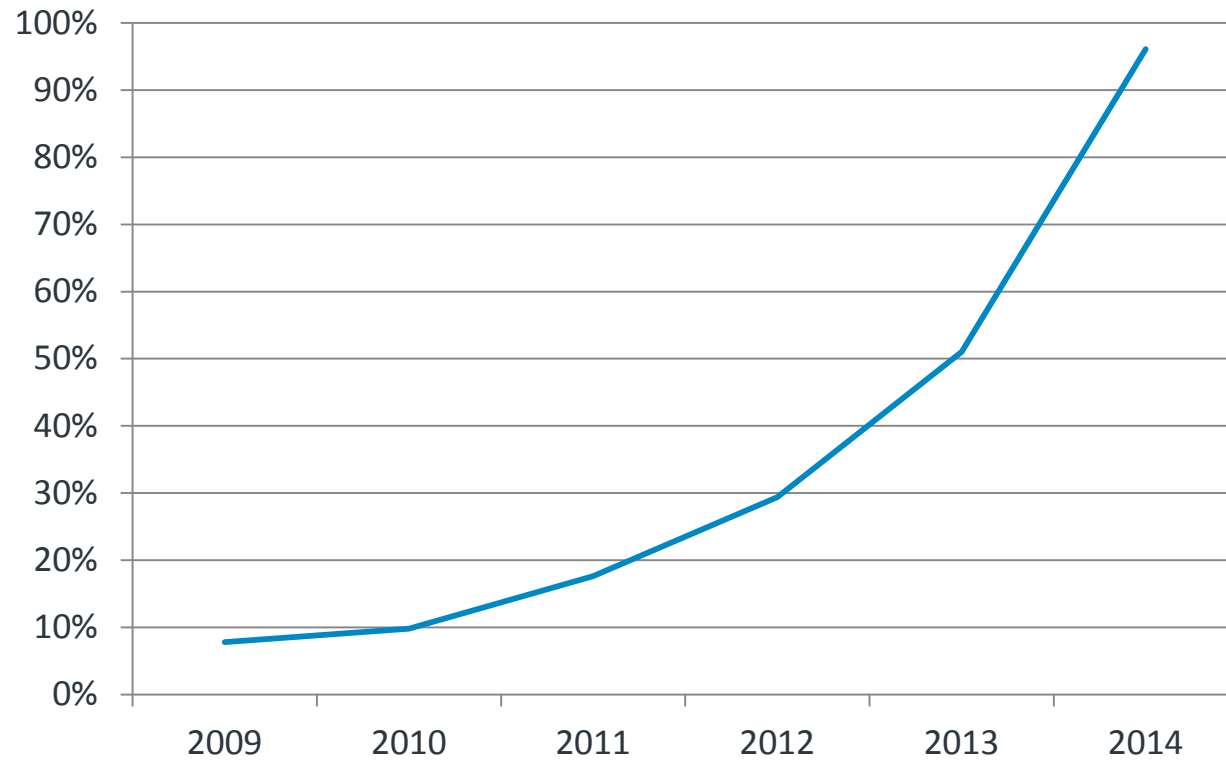
- 4 million hectares
- 17% of the state
- National, State and urban parks
- Marine Protected Areas
- 90 million visits per year

# Bush Kinders



# Bush kinders

## Growth of Bush Kinders in Victoria



# Risk versus benefit





**The best place for kids  
to learn and play  
is outdoors in nature**







*Stay connected*

For more information on the *Healthy Parks Healthy People* approach visit [www.hphpcentral.com](http://www.hphpcentral.com)

Contribute to the Promise of Sydney at [www.worldparkscongress.org/about/promise\\_of\\_sydney](http://www.worldparkscongress.org/about/promise_of_sydney)





## *Coming up in Stream 3*

**Hall 3B1 Home Room, Tomorrow: 8.30am-10am**

**Session 32:** Inspiring young people in nature conservation

**Charley Room, Tomorrow: 8.30am-10am**

**Session 34:** Responding to the effects of climate change on communities, parks and protected areas

**Hordern Room, Tomorrow: 8.30am-10am**

**Session 36:** Making *Healthy Parks Healthy People* Real: a workshop on the draft WCPA-IUCN Best Practice Guideline

