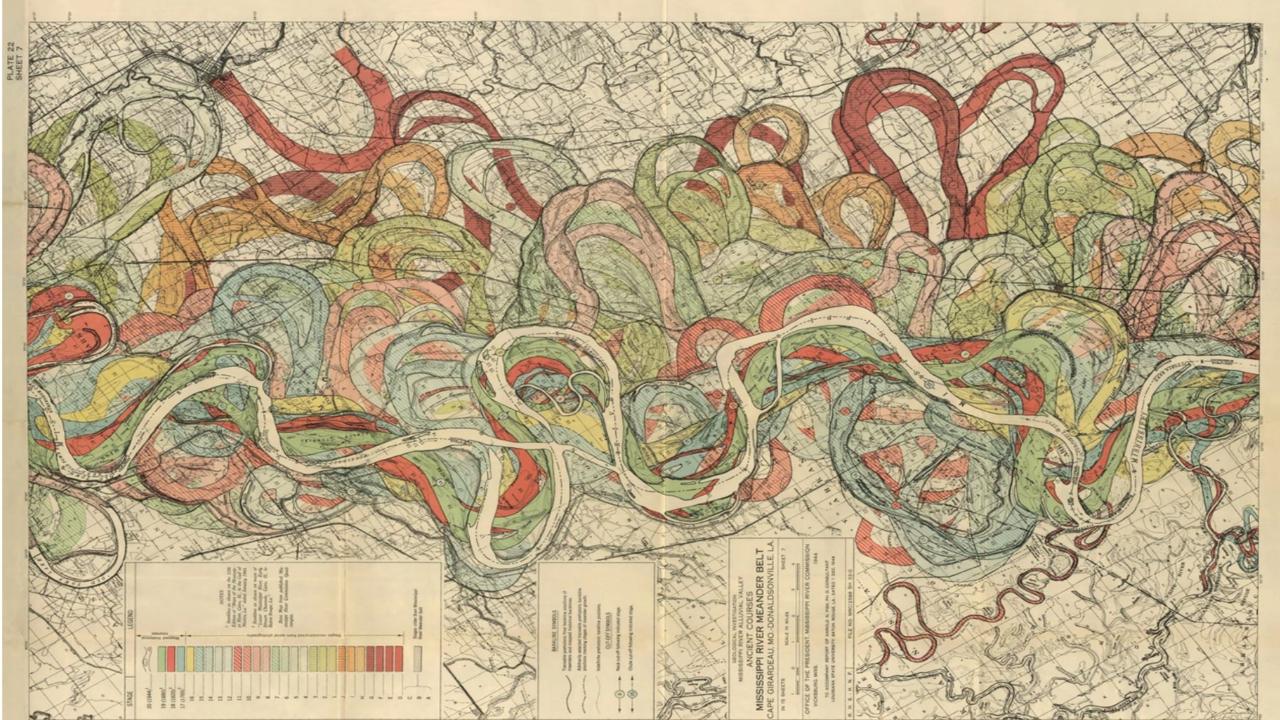
# bienenstoick natural playgrounds

11 Great park design but what's with the tree? That's a maintenance issue. Plus, someone could hit their head on it. Lockwood

What Drives Design in Your Community?











Resilience in children has dropped in direct proportion to their ability to assess and experience risk

> Children who play in natural settings have higher math and language scores

There is a direct and positive correlation between contact with nature and imaginative play

Time spent in nature is as effective as Ritalin in most children previously diagnosed with ADHD

> Only 37% of children play outside every day

Children between 8 and 18 average 52.5hrs per week of screen time

Students will spend more time in the care of an ECE than they will in College or University

Children are significantly more likely to be injured indoors than out

Only 7% of children under 10 are allowed outside alone

Cognitive engagement increases the more sensory the experience. Risk assessment improves when a child is cognitively engaged

More nature = less bullying

Teacher absenteeism drops when they work in a natural retting

DIRT AND BACTERIA ARE REQUIRED FOR THE DEVELOPMENT OF A HEALTHY IMMUNE SYSTEM This is the first time in history that we, as parents will have longer lifespans than our children

40 to 60% of children at a traditional playstructure are completely sedentary

Balance and Agility scores increase in the forest when

compared to traditional playstructures





















## What is the relationship between **risky outdoor play** and **health** in **children?** A Systematic Review

Dr. Marianna Brussoni

#### **The Helsinki Alert**

The Biodiversity Hypothesis

The relationship between inflammatory disease biodiverse macro and microbiota in urban settings.

Dr. Leena von Hertzen

























# •Welcome!

- This play equipment is designed for children 1.5 to 5 years old (CAN) 2 to 5 years old (USA)
- Adult supervision is strongly recommended
  Regular inspection of play equipment is vital. Please report missing, worn or damaged parts to the owner.























### kinaesthetic sense



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### sense of place



