

NATURE PLAY IS FOR EVERYONE!

A world of nature adventures awaits you in Charlottesville's public green spaces!! Just beyond the playgrounds and sports fields, discover streams for splashing, trees for climbing and hills for rolling! There are lots of reasons to get outside and play in nature! Nature play is proven to promote:

- Strong immune systems
- Physical strength
- Better social skills
- Increased self esteem
- Decreased stress and brighter moods
- Improved grades
- Strong social connections to people and nature

HAPPY, HEALTHY CHILDHOODS ARE ROOTED IN NATURE PLAY!

It is a medical fact. Being in nature is good for you! 120 minutes in nature a week is associated with good health and well-being. Accessing nature regularly is critical for healthy child development and lifelong health!

THE NATURE PLAY CHALLENGE

Every year Wildrock hosts a two-week Nature Play Challenge to invite play and exploration in nearby nature. To learn more, visit www.wildrock.org.



PROTECT NATURE

- Plant native grasses, shrubs, and flowers that provide habitat for animals
- Reduce the use of pesticides and herbicides
- Reduce your use of single-use plastics
- Reduce food waste, a contributor to climate change
- Carry out trash when visiting parks
- Conserve water
- Use nontoxic cleaners in your home and office
- Use energy efficient light bulbs
- Plant trees
- Go to www.fishwatch.gov to make smart seafood choices

NATURE PLAY BACKPACKS

Want to get out and explore green spaces you have never been to before? Check out Wildrock's Nature Play Backpacks available at all Jefferson Madison Regional Libraries. Each packback contains outdoor toys, play stories, nature exploration tools, and The Charlottesville Nature Play Map.



WILDROCK'S EVERYDAY NATURE PLAY PARK PRESCRIPTION PROGRAM

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READY TO LEARN MORE ABOUT NATURE IN OUR CITY?

Check out these nature-friendly organizations!

- | | |
|-----------------------------------|---|
| • Dam Trail at Swan Lake | • Rives Park |
| • Darden Towe Park | • Schenk's Greenway & John Warner Parkway |
| • Forest Hills Park | • Spruce Creek Park |
| • Greenbrier Park | • Starr Hill Park |
| • Ivy Creek Natural Area | • Tonsler Park |
| • IX Art Park | • Wildrock |
| • Jack Jouett Middle School Trail | |
| • Jackson Via Elementary | |
| • Jordan Park | |
| • Market Street Park | |
| • McGuffey Park | |
| • McIntire Park | |
| • West McIntire Park | |
| • Meade Park | |
| • Meadow Creek Valley | |
| • Monticello Trail | |
| • Meadow Creek Trail | |
| • Northeast Park | |
| • Pen Park | |
| • Pollock's Branch | |
| • Quarry Park | |
| • Riverview Park | |



www.cvillennatureplay.com



TOP NATURE PLAY ADVENTURES - CHECK THEM OFF AS YOU GO!



- Hill Rolling at Booker T. Washington Park
- Discovery and Exploration at Piedmont Botanical Garden and Lewis and Clark Exploratory Center
- Digging/Sand/and Mud Play at Darden Towe
- Running at Belmont Park
- Tree Climbing at Market St Park
- Scrambling and balancing at McIntire Park
- Fort Building at Jack Jouett Middle School trail
- Creating imaginary Worlds at Pen Park
- Exploring Plantlife on Monticello Trail
- Collecting and Trading at Greenbrier Park
- Stream play at Azalea Park, Wildrock, and Spruce Creek Park
- Hiding at Greenleaf Park
- Wildlife watching at Ivy Creek Natural Area

Acknowledgements

This map is brought to you by Wildrock (www.wildrock.org), a non-profit working to promote nature play equity for the health and happiness of children and families. The design of this map is thanks to the generosity of Convoy: Charlottesville Web Development and Graphic Design. The information provided on the map is thanks to the research of graduate students from The University of Virginia School of Architecture.

Wildrock gratefully acknowledges its partners in promoting Nature Play in the community. Charlottesville City Schools, Albemarle County Schools, Charlottesville Parks and Recreation, ReadyKids, Pediatric Associates, City of Promise, Boys and Girls Club, Virginia Discovery Museum, Rockfish Valley Foundation, Lewis and Clark Exploratory Center, Ivy Creek Natural Area, Rivanna River Company, and the Botanical Garden of the Piedmont.

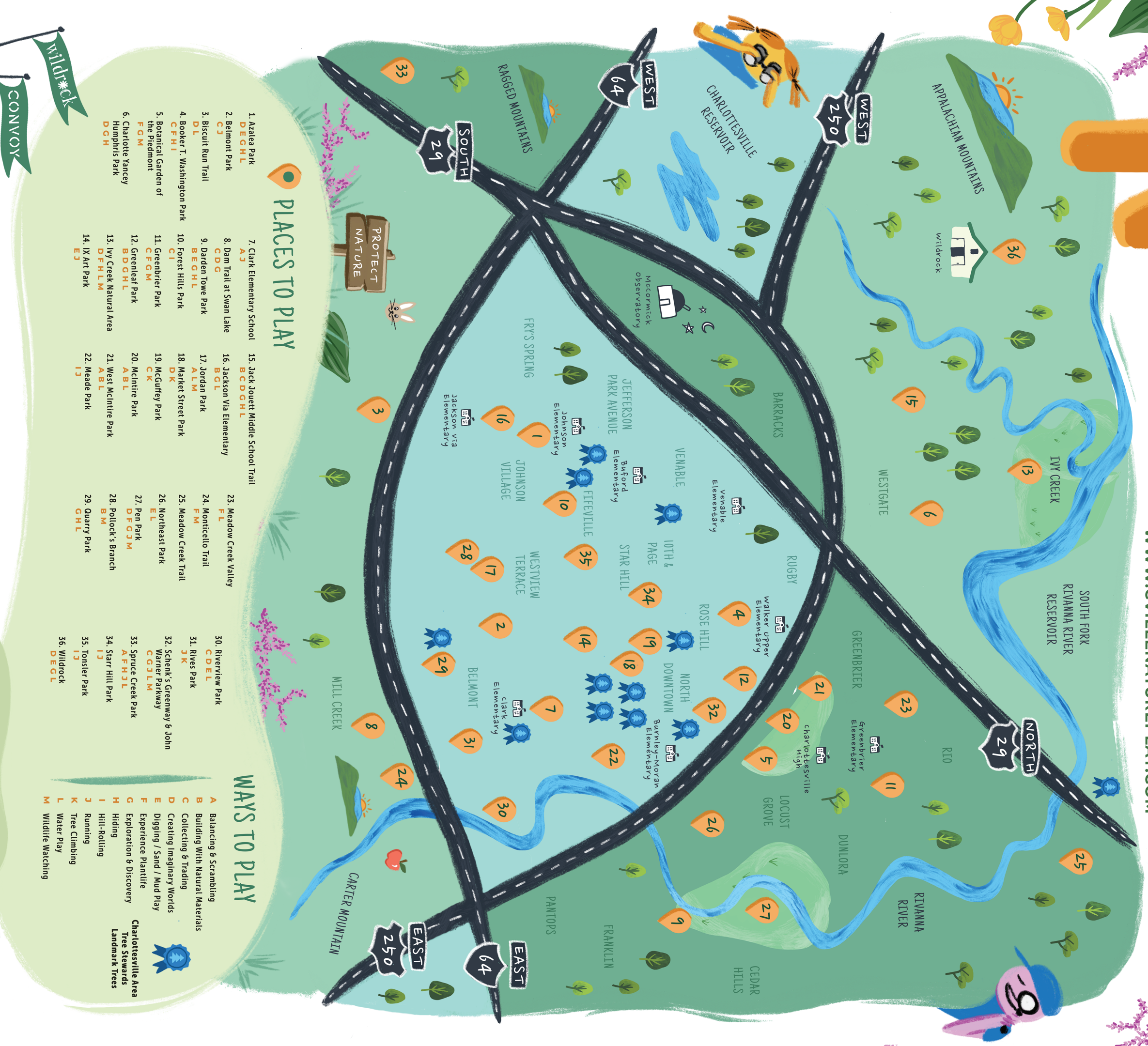


¹ <https://www.childrenandnature.org/resources/category/benefits-of-nature/>

² White, M.P., Alcock, I., Grellier, J. et al. Spending at least 120minutes a week in nature is associated with good health and wellbeing. Sci Rep 9, 7730 (2019).

NATURE PLAY

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PLACES TO PLAY

- | | | | | |
|--|-------------------------------------|--|-------------------------------|--|
| 1. Azalea Park
DEGHL | 7. Clark Elementary School
AJ | 15. Jack Jouett Middle School Trail
BCDGH | 23. Meadow Creek Valley
FL | 30. Riverview Park
CDE |
| 2. Belmont Park
CJ | 8. Dam Trail at Swan Lake
CDG | 16. Jackson Via Elementary
BGL | 24. Monticello Trail
FM | 31. Rivers Park
JK |
| 3. Biscuit Run Trail
DL | 9. Darden Towe Park
BEGHL | 17. Jordan Park
ALM | 25. Meadow Creek Trail
EL | 32. Schenk's Greenway & John Warner Parkway
CGJLM |
| 4. Booker T. Washington Park
CFHI | 10. Forest Hills Park
CFGM | 18. Maier Street Park
DK | 26. Northeast Park
EL | 33. Spruce Creek Park
AFHJL |
| 5. Botanical Garden of the Piedmont
FGM | 11. Greenbrier Park
CFGM | 19. McGuffey Park
CK | 27. Pen Park
DFGJM | 34. Starr Hill Park
IJ |
| 6. Charlotte Yancey Humphris Park
DGH | 12. Greentree Park
BDGHL | 20. McIntire Park
ABL | 28. Pollock's Branch
BM | 35. Tonster Park
IJ |
| | 13. Ivy Creek Natural Area
DFHLM | 21. West McIntire Park
ABL | 29. Quarry Park
CHL | 36. Wildrock
DEGL |
| | 14. IX Art Park
EJ | | | |

WAYS TO PLAY

- A Balancing & Scrambling
- B Building With Natural Materials
- C Collecting & Trading
- D Creating Imaginary Worlds
- E Digging / Sand / Mud Play
- F Experience Plantlife
- G Exploration & Discovery
- H Hiding
- I Hill-Rolling
- J Running
- K Tree Climbing
- L Water Play
- M Wildlife Watching



This map is brought to you by Wildrock, a non-profit working to promote nature play equity for the health and happiness of children and families. To learn more about Wildrock, its partners, and its work promoting nature play in neighborhoods and regional green spaces, please visit www.wildrock.org.

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The land featured on this map was originally stewarded for thousands of years by the Monacan and Manahoac tribes. We respectfully acknowledge the revered ancestors of the Monacan Nation and the esteemed elders of the present day.



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