



Nature Play Yard Guidelines

- **Boundaries**
 - split-rail fence to the east & south
 - chain-link fence to the north
 - sidewalk to the west
- **There is no poison ivy or itchweed** in this nature play area.
- **No stick swords or spears allowed.**
- **Protect living creatures** such as plants and bugs.

The Nature Play Yard & Brochure brought to you through the efforts and funding of:

- *Charitable Gambling Grant*
- *Friends of Maplewood Nature*
- *Gold Award Girls Scouts Laura Chandler and Sara Mittelstadt*
- *Barbara Kroll*
- *Maridee McEvoy*
- *CIP funds*
- *Junior Volunteers, Century College students, and many other volunteers*



MAPLEWOOD NATURE CENTER



Building Hours:
Tues-Saturday 8:30am-4:30pm



Nature Play Yard Hours:
Dawn-Dusk every day*



Trail Hours:
Dawn-Dusk every day*

See website for complete trail map

*please note, there are no bathroom facilities available if the Nature Center building is closed

Free to visit
Call to Schedule a Group of 6+

www.ci.maplewood.mn.us/nc
651-249-2170



Benefits of Nature Play

Research shows that spending time in nature:



- Improves muscle mass
- Increases social interaction
- Increases cooperation
- Increases creativity
- Reduces depression
- Reduces stress
- Reduces symptoms of ADD & ADHD

Create & discover nature play areas in your own yard or neighborhood

with your kids, students, grandkids, or neighbors.

Add logs, stones, native plantings, edible fruits, cut paths through bushes...



What can YOU think of?

Nature Play Yard



Interactive nature area

- **Smell, touch, look & listen.**
- **Imagine, compare, contrast.**
- **Explore!**



MAPLEWOOD NATURE CENTER

Find it! Try It...



Music Circle– Have a jam session!



Turn over Logs- Find sowbugs, worms, maybe a toad? Remember to flip the log back.



Oak Grove- Find the tallest natural structures in the yard. Look up to the top of the oak trees!



Kids Crazy Tunnel- Some bushes have a tunnel cut through them. Where does it lead?



Climbing Rock- Climb and balance on the large climbing rock, and the smaller rocks and stumps. Use your large muscle skills!



Outdoor Ampitheatre- walk the rocks, sit down, or put on a show.



Stepping Stones- follow the path.



Sandpit- pull off the cover and play.



Children's Garden– native wildflowers and grasses are growing near the play rock. Touch two different plants and compare!



Village- Build forts out of sticks and wood block. Imagine this your woodland village or...?!



Picnic Tables- Find the grown-up sized tables and the kid sized table. While you're there, why not take a seat to relax. These tables are also a great place to have lunch, snack, or perhaps do a craft outside!



Chalk box- The mailbox near the sidewalk has chalk inside: you can draw a picture!



Rainbarrels- These capture rainwater from the roof of the nature center. Figure out how they work, and where the canal leads.

Raingardens- Find a garden that has a dip in the center for capturing rain. Smell a flower! Look for pollinators like butterflies or bees.



Year-'round enjoyment- Even in winter you can climb, build snow sculptures or forts, & rent snowshoes.

