

US PLAY COALITION PRESENTS

Play Date

TOUR '23



THE WILD SIDE OF PLAY

AUGUST 11 * LOUISVILLE, KY

BERNHEIM ARBORETUM & RESEARCH FOREST

Schedule Overview

8:00-9:45am – **“Watch for Wild Things” Morning Nature Hike** with Carolyn Waters, PhD, Senior Program Manager at Eppley Institute for Parks and Public Lands + Free Play Facilitator for the Children at Play Network at Bernheim

9:30-10:00am – Check-In with Coffee & Light Refreshments

10:00-11:30am – **Welcome + Keynote Session “The Wild Side of Nature and Nurture”**

Tracey Gaslin, PhD, CPNP, FNP-BC, CRNI, RN-BC
Chief Executive Officer, Alliance for Camp Health

11:30 11:45am – PLAY Break & Snack Time

11:45am-12:45pm – Morning Concurrent Sessions (choose 1):

- **Wild Places Heal Us: Resilience - Empowerment - Health**
- **Make it Wild: DIY Nature Play Environments**

12:45-2:00pm – Lunch + Networking

2:00-3:00pm – Afternoon Concurrent Sessions (choose 1):

- **Deciding on Wild: Why Nature Play?**
- **Getting Into Wild: Accessibility in Natural Places**

3:00-3:45pm – **Wild Play Practice Session**

Playcosystem Play Break & Snacks

4:00-5:00pm – Plenary Session

“Designing Regional Play Networks: The Power of Cooperation”

Claude Stephens, Director, Children at Play Network, Bernheim

5:00-6:30pm – **“Where the Wild Things Are”**

Hike to see the Bernheim Forest Giants (Optional)

6:30-8:30pm – **“Let’s Get Wild”**

Playcosystem Happy Hour + Networking

(Available for purchase - Las Catrinas Mexican food,
Just Chillin Ice Cream & West Sixth Brewing on tap)

Morning Session Descriptions

Keynote Session – “The Wild Side of Nature and Nurture”

Tracey Gaslin, PhD, CPNP, FNP-BC, CRNI, RN-BC
Chief Executive Officer, Alliance for Camp Health

We all understand that play is essential to our health and well-being. In our worlds of busyness and overdrive, we lose site of the value of natural play. This session will help to outline the relationship between play across the lifespan and our ability to imagine a better state of mind, create space for learning, and heal through hope and belonging.

Morning Concurrent Sessions (choose 1):

- **Wild Places Heal Us: Resilience – Empowerment – Health**
Research clearly supports the idea that time spent in nature, and time spent playing, is beneficial to humans across a broad range of health metrics. This session examines outdoor play as a modality to address toxic trauma, as a mechanism to confront systemic racism, and as a way for pediatricians to support child health. Come prepared to share your experience related to the healing power of play in wild spaces.
 - Charlene Woodham Brickman PhD, is a career educator, administrator and play advocate. She will discuss play & resilience.
 - Libby Mims, MD, with the Kentucky Chapter of the American Academy of Pediatrics, will discuss the AAPs position on both play and climate change.
 - Kristen Williams, executive director of Play Cousins Collective, will share her philosophy of outdoor play as a way to confront racism.
- **Make it Wild: DIY Nature Play Environments**
Sometimes the best way to start down a new path is to jump in and take the first step. Participants in this session will go home with an idea of how to initiate the opening move toward a natural play scape with natural materials that are available almost anywhere – rocks, ropes, logs, chainsaws, muscle, and found loose parts. This session is hands on!
 - Matt Spalding, with Louisville Olmsted Parks Conservancy, will share his knowledge of creating nature play spaces in Louisville’s public park system.
 - Jenny Gardner and other Bernheim operations team members will showcase some of the in-house strategies used to create Playcosystem, a new 10-acre natural playground designed in harmony with nature to provide children with open-ended, physically challenging, and unstructured play opportunities that support healthy development.

Afternoon Concurrent Sessions (choose 1):

- **Deciding on Wild: Why Nature Play?**

There are lots of different directions one could take when deciding on a playscape design. This session explores one of them – the natural approach. We will hear the rationale behind three newly designed play environments from the perspective of the people in charge of seeing them come to fruition. Each will explore the decision-making process, the strategies involved in planning, and the hoped for results.

- *Billy Rankin, VP of Public Programming and Marketing at Shaker Village of Kentucky, will talk about a play landscape for a historic property.*
- *Amy Mendel with Kentucky Country Day School will discuss nature play for early learners at a school.*
- *Jason Hindenach, CPSI, Construction Coordinator at Louisville Metro Parks & Recreation, will share the public parks perspective.*

- **Getting Into Wild: Accessibility in Natural Places**

Regardless of where you plan to provide a place to play, accessibility across its many different meanings is a challenge. When you decide to turn natural landscapes into play landscapes the challenges magnify. Hear about accessibility and adaptive play strategies from professional occupational therapists focused on meeting the needs of individuals that experience barriers to play.

- *Bri Marr, doctoral capstone student from Spalding University, will discuss her findings from a recent survey conducted at Playcosystem as well as her considerable experience serving people with accessibility challenges.*
- *Emily Moscoe, executive director of Outside the Box Therapies, will discuss her programmatic approach to outdoor access and adaptive sports.*
- *Danielle Tosti, an occupational therapist specializing in sensory processing disorders and autism, will discuss her experiences with programming in outdoor spaces.*

Plenary Session

“Designing Regional Play Networks: The Power of Cooperation”

Claude Stephens, Director of the Children at Play Network, Bernheim Arboretum & Research Forest

Play is collaborative. Addressing the advancement of play thinking at the regional level supports everyone. Using the experiences of Bernheim’s Children at Play Network (CAPN) as a jumping off point this session catalyzes the collective knowledge of those gathered to think about creating networks of networks of play champions. Let’s cooperatively think through the future of play.

“Where the Wild Things Are” Forest Giants Hike (Optional)

In conjunction with their 90th anniversary in 2020, Bernheim welcomed Danish artist, Thomas Dambo, to construct three giant sculptures throughout the arboretum using recycled wood from the region. We are thrilled to welcome Mama Loumari with her children, Little Nis and Little Elina, and her third baby Giant, who is currently living in Mama’s belly. The Forest Giants are within walking distance of each other; it’s an approximately 2-mile round-trip loop to see all three. Learn more at <https://bernheim.org/forestgiants/>

“Let’s Get Wild”

Playcosystem Happy Hour + Networking

This is Bernheim’s monthly evening for adults to gather, have a bit of fun, meet others, and share a playground together. Hilarity will ensue. We will be spinning vinyl – so if you have a favorite record you feel good about bringing onto a playground – bring it! (Available for purchase – Las Catrinas Mexican food, Just Chillin Ice Cream & West Sixth Brewing on tap)

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