Idea 11
MERGING GREEN AND PLAY SPACES

Photo: Courtesy of Think Playgrounds
Park design that integrates play or playground design based on natural elements fosters better development for young children. It increases their motor skills, but also their creativity and contact with nature. Exposure to nature on a regular basis has a positive impact on mental health, self-regulation and physical development.

Rolling hills in a park can provide play opportunities without integrating any specific play elements, while integrating 1-metre-tall ferns in a playground can lead to endless hide-and-seek fun. It also provides a pleasant experience to caregivers who can receive mental health benefits from a heightened connection to nature.