



UF Health children's Healing Garden Adventure Guide



Welcome to the UF Health Shands Children's Healing Garden! Use this Adventure Guide to help you play, explore ... and benefit your health. Parents, please supervise and participate in play with your children.



A. THE ENTRY

Your adventure begins here! Take a look around the garden and use this guide to help plan what you would like to do.



B. MESSY MATERIALS AREA

What can you create? A fort, a bird's nest, a tower? Use your imagination by experimenting with a variety of natural objects.



C. GATHERING AREA

Need a place to sit with friends and family and relax? Gather here or use this area as a quiet space for reflection.



D. MUSIC AND MOVEMENT AREA

Do you like to dance and sing? Create a song using the drums. Dance to the beat. Can you leap like a frog, flap like a bird, or scramble like a squirrel?



E. OPEN AREA

Run, jump, roll, hop, dance, or play active games in this open, grassy space. Try making your body into the shapes of the trees that you see.



DID YOU KNOW?

Children who regularly spend time in nature:

- are less likely to be overweight
- have reduced levels of stress and anxiety
- have improved concentration, especially important for children with ADHD
- show more advanced motor fitness, including coordination, balance, and agility





F. CLIMBING AREA

Step, climb, balance, and jump! Try out our natural balance beam and stepping logs, which encourage active movement and balance.



G. WHEELED TOY AREA

Ready, set, go! This area provides a place for you to ride wheeled toys on a designated track, giving you an opportunity to use those muscles!



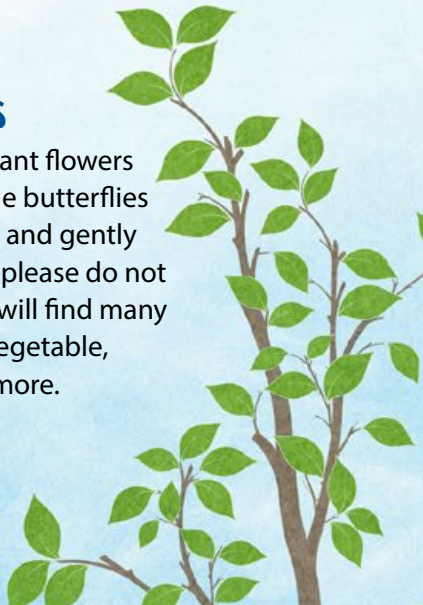
H. NATURE ART/ BUILDING AREA

Look around you; what elements of nature inspire you? Can you use the blocks to create a structure that represents something interesting in nature? Can you use natural materials to create unique designs and mosaics? You might want to draw or take a photo of your creation!



I. GARDENS

Smell the fragrant flowers and herbs, observe the butterflies and other pollinators, and gently touch the plants (but please do not pick them). Here you will find many kinds of gardens — vegetable, pollinator, herb, and more.



ENJOY MORE NATURE ADVENTURES!

If you enjoyed your adventures in the UF Health Children's Healing Garden, visit other beautiful natural areas nearby. There are many parks, urban forests, and other green spaces in the Gainesville area where you can get outside and enjoy nature.

Please return this guide to the holder when you are done.



DESIGNED FOR LEARNING AND FUN

UF Health Shands Children's Certified Nature Explore Classroom has been designed using research-based principles that encourage connection the natural world while strengthening skills in science, mathematics, visual-spatial things, language and literacy, creative representation, and music.

To learn more about Nature Explore, visit: www.natureexplore.org



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