

What We Are Doing to Connect Families and Children to Nature in Maple Ridge

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We have been intentionally focusing on incorporating nature and outdoor elements to our Afterschool and Daycamp programs in addition to growing our nature/outdoor specific programs for children. One element that we incorporated into our Summer Parks, Recreation & Culture guide 3 years ago was creating an Outdoor Family Activities Top 10 list that focused on low cost/no cost activities that families could participate in over the summer months as a means to encourage families to get active outside together.

Muddy By Nature (3-5yrs./6-12yrs.)

It's time to get muddy! Run, jump, duck, crawl your way through a series of fun outdoor obstacles using basic movements. Participants will support each other to accomplish a series of fun and challenging courses. Parent participation for the pre-school age.

Wonders of the Wilderness (6-12yrs./3-5yrs.)

Refresh & play in the outdoors. Our leaders will take you on a different adventure each week in and around the park. Activities include: nature games, science experiments, plant identification, wilderness walks, and photography. Come be a wilderness play explorer!

Into the Wild (3-5yrs)

Let your senses run wild! This program explores nature's unique sights, sounds, smells and textures. Participants will create, discover and open up a sense of curiosity for the natural world. We get up close and personal with nature; learn through stories of the forest and treasure the experiences that happen during hands on learning. Participants will get their hands dirty.

Art-Ventures in Nature (6-12yrs.)

The world around us has more to offer than often meets the eye. In this program participants will open themselves up to their outdoor surroundings and practice different art forms such as drumming, painting, drawing and journaling. Through active games, dramatic play and simple nature walks, participants will surely get their creative juices flowing for this adventure in art and nature.

Outdoor Nature Science (6-12yrs.)

Join us outside for this program where we combine nature and science together for a whole lot of fun. Participants will enjoy a variety of different scientific experiments focusing on nature.

Making Healthy Living Fun and Accessible for All: Live 5-2-1-0 Playbox launched in Memorial Peace Park

What is Live 5-2-1-0?

Live 5-2-1-0 is a simple, easy to remember message to help kids and families adopt healthy habits. We know that hearing a consistent message supported by a healthy community environment is important. By bringing community stakeholders together to share and support this common message, Live 5-2-1-0 helps build partnerships and create healthy environments where kids can eat well and be active everyday.

Live 5-2-1-0 simplifies information on proper nutrition and physical activity into four simple guidelines for children and families.



What are Live 5-2-1-0 Playboxes?

Live 5-2-1-0 Playboxes are installed in community parks and contain equipment and ideas for active play. The boxes are wrapped with colourful vinyl graphics and secured with combination locks; the code to open a Playbox is freely accessible to families through local community websites and/or Recreation Centres.

Live 5-2-1-0 Playboxes offer parents and caregivers new ideas on how to play with their kids, supply the necessary games and sports equipment, and provide unlimited access and opportunity for families to get outdoors and engage with other families through active play. Playboxes help to enhance environments and remove some of the barriers to access for active outdoor play, as well as foster social connectedness.

The play box is the first of its kind in Maple Ridge and was made possible by the generous support of Scope BC and the City of Maple Ridge. The box contains sports equipment and books that are free for community members to use at the park. For more information about how to gain access to the play box email playbox@mapleridge.ca

Play boxes have been successfully installed in other cities throughout British Columbia, including Abbotsford, Chilliwack, New Westminster, Delta and Nanaimo. “We are very excited to support this initiative and look forward to seeing families in our community access the Play box” Jen Baillie, Parks, Recreation & Culture Children’s Programmer. We are already working on a second location to be launched in July at Maple Ridge Park and complimented with a new Play Nights in the Park program over the summer months.