Health and nature are intertwined.

Nature-based play spaces, designed with the help of U of M, Crookston Assistant Professor Eric Castle, stimulate thinking about our children’s health as well as our own. Nature-based play encourages the use of rocks, water, sand, and other materials found outdoors. Two nature-based play spaces in Crookston and Warren, Minn., are a part of the Children Discovering Nature in Northwest Minnesota Project.

To learn more, visit www.umcrookston.edu/childrenandnature