



Join your friends and neighbors for the

DEDICATION OF PEARSON PARK

Thursday, July 11, 2019 at 6:30 pm
Pearson Park, 15070 Rabbit Street NW

Head to Ramsey's newest park to experience nature-based play,
and an array of activities between 6:00 and 7:30 pm including:

- ~ Face painting
- ~ Light refreshments
- ~ Naturalists from Tamarack Nature Center!

Special guests invited include:

- ~ **Scutes**, the Blanding's Turtle
- ~ **Rooter**, the Hog-Nosed Snake
- ~ **Gopher**, the Bull Snake
- ~ **Sarah Strommen**, MN DNR Commissioner



(Please leave your pets at home for this evening's Dedication)

DID YOU KNOW...

Nature-Based Play creates opportunities for outdoor play and immersion in nature which is essential to our health and wellbeing, including these benefits:

- *Children who spend more time outside tend to be more physically fit.*
- *Children who play in natural settings are more resistant to stress; have lower incidence of behavioural disorders, anxiety and depression; and have a higher measure of self-worth.*
- *Children who enjoy natural settings play in more diverse, imaginative and creative ways and show improved language and collaboration skills.*
- *Natural, irregular and challenging spaces help kids learn to recognize, assess and negotiate risk and build confidence and competence.*
- *Children who play in nature have more positive feelings about each other and healthier social behavior.*

