



Reimagining Urban Open Spaces

Expanding Urban
Nature Spaces with
Nature Play



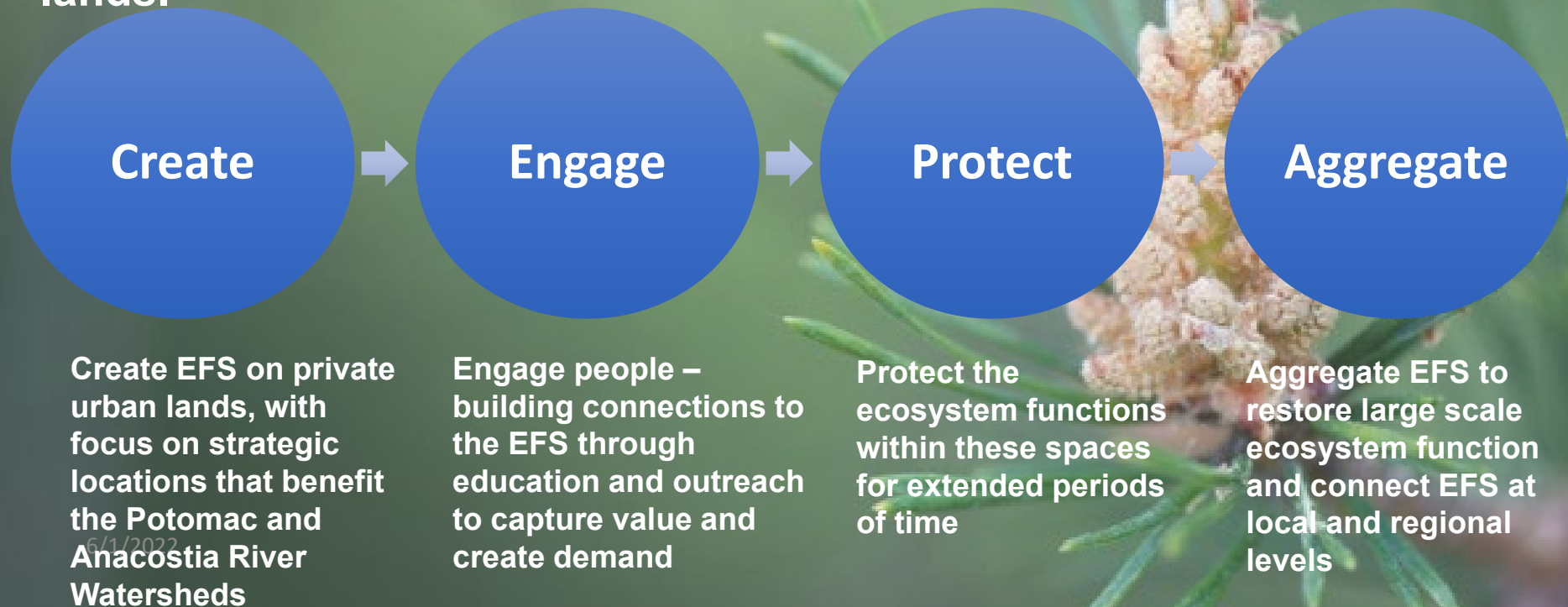
URBAN
ECOSYSTEM
RESTORATIONS

MAKE EVERY SQUARE FOOT COUNT

Who we are

Urban Ecosystem Restorations (UER) is a nonprofit urban land trust that develops and protects Eco-Functioning Spaces (EFS) on private lands.

What we do



6/1/2022

Agenda

We Need (More) Urban Nature

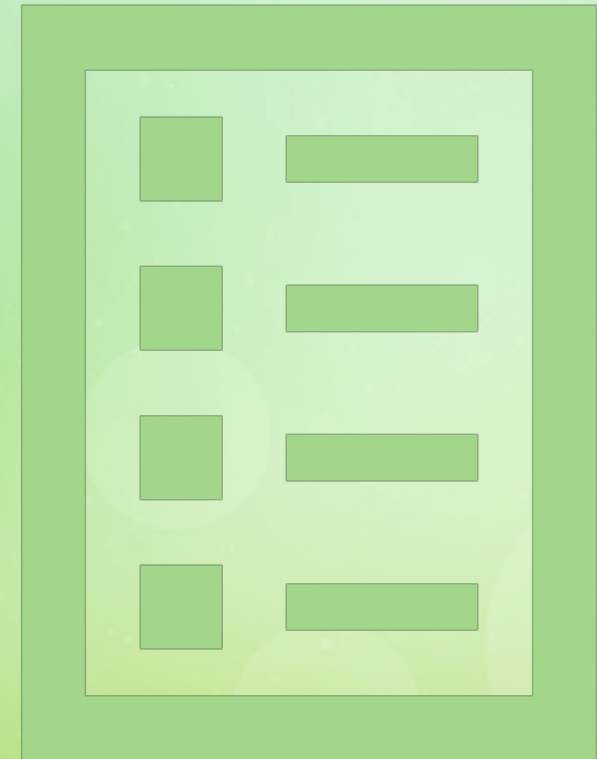
Ecological Quality & Ecosystem Services

Health Benefits

Connection: Role of Nature Play

Nature Play Example

Summary & Discussion

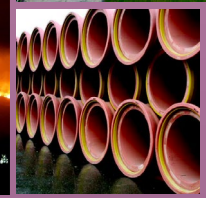
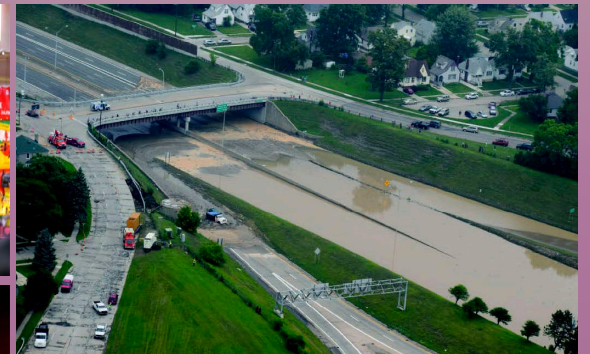
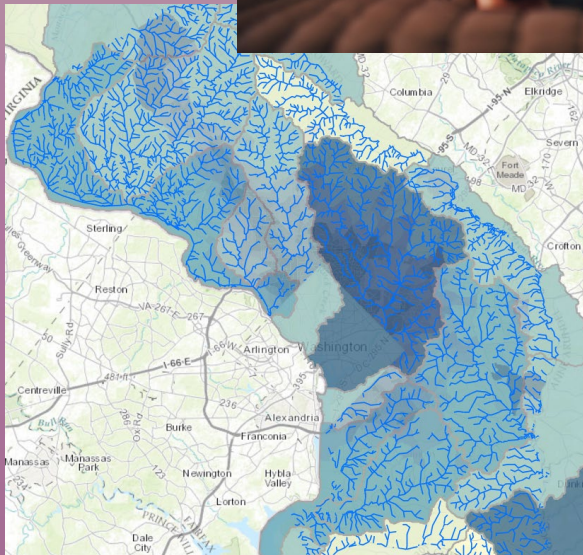
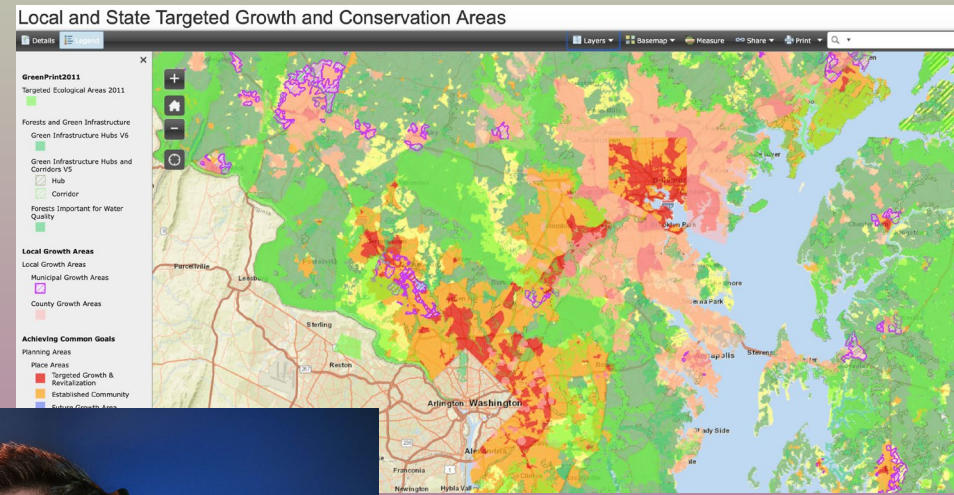


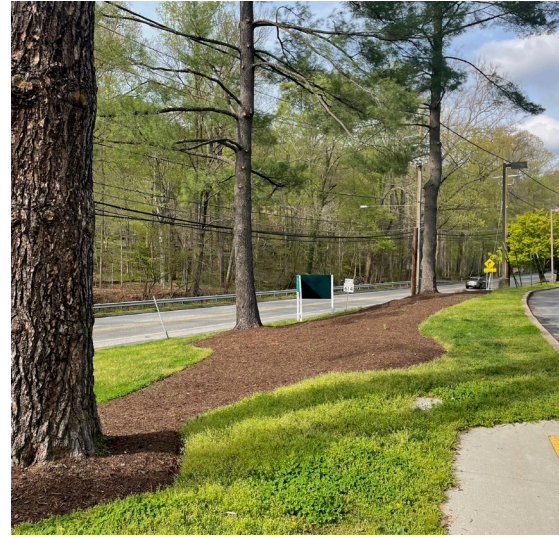


Predominant
Urban/Suburban Land
Covers Today



The Problem of Urban Growth at the Expense of Urban Nature: Degradation, Risk, and Indoor Lives





Range of Ecological Quality

The Urban Nature Spectrum & Ecological Quality

High



Forest/Native Habitat Patches



Native Landscaping (incl. rain gardens & wetlands)



Urban Public Parks



Street/Parking Lot Trees



Suburban Grass Lawns

Low

Native habitats and native landscaping maximize ecosystem services



Effects of Nature
on the Body

Effects on the Body

Blood glucose levels

Blood pressure, adrenaline, cortisol

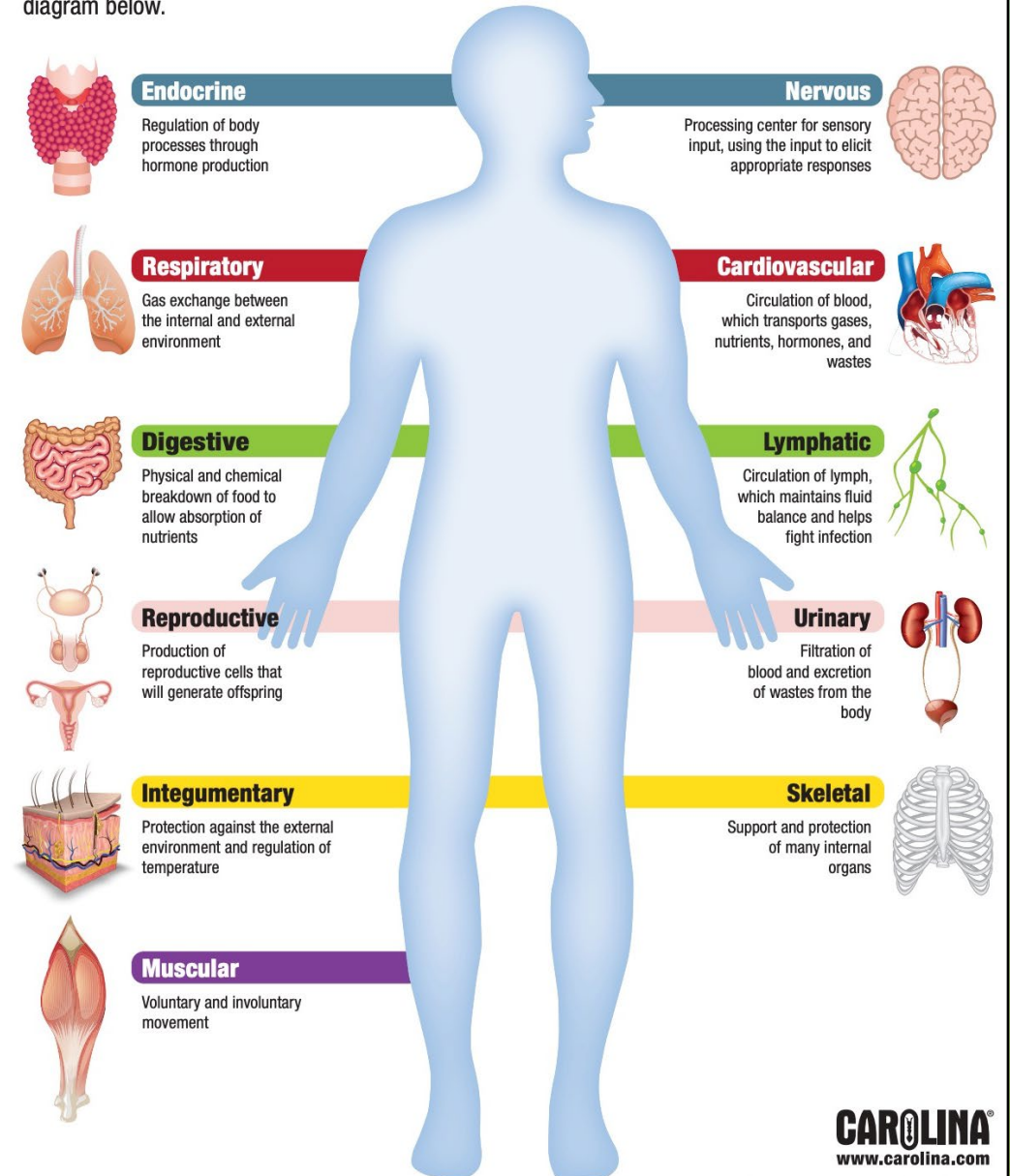
HRV/ventricular function

Natural killer cells/immune function

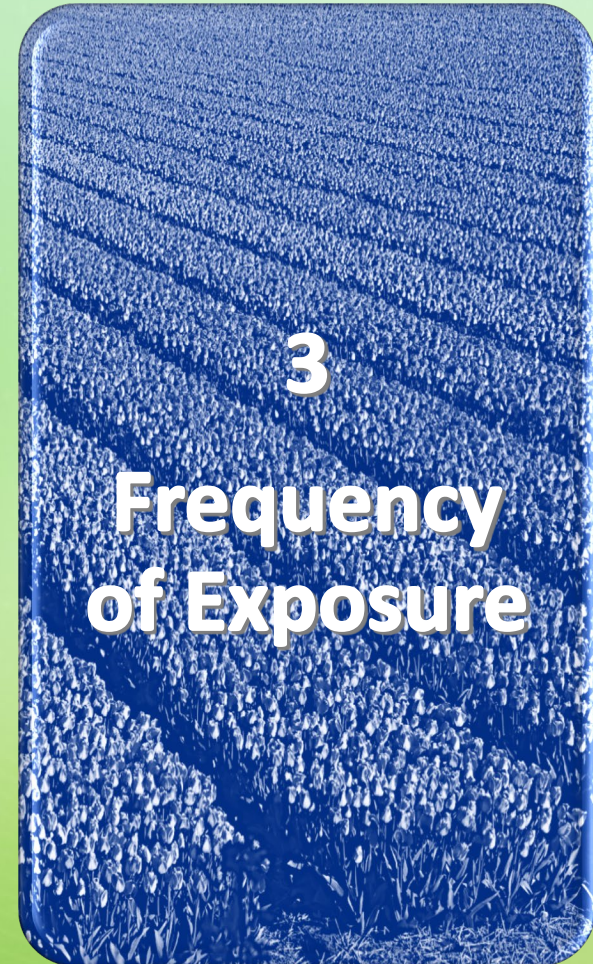
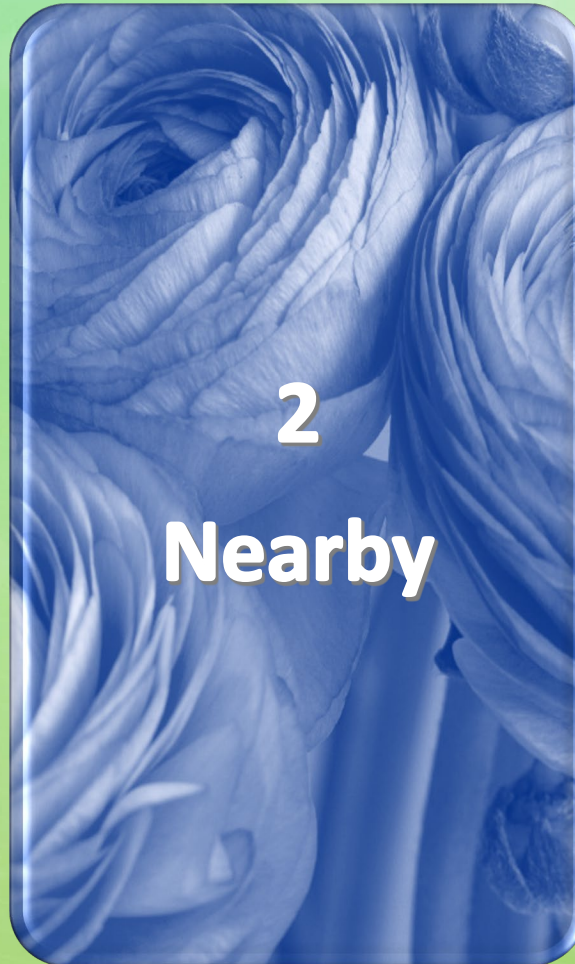
Concentration/cerebral blood flow

Human Body Systems

There are 11 main systems that keep our bodies functioning. Learn the primary roles of each in the diagram below.



Most Important Characteristics for Health Effects



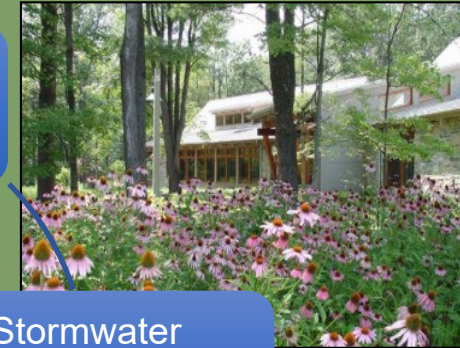
Make Every Square Foot Count...

Work to solve multiple problems by restoring ecosystem interactions:

- use native plants for biodiversity
- restore plant communities to manage stormwater
- maximize native trees and woody vegetation to maximize carbon sequestration



Natural and native habitat



Stormwater retention and filtration



Air quality improvement and greenhouse gas absorption



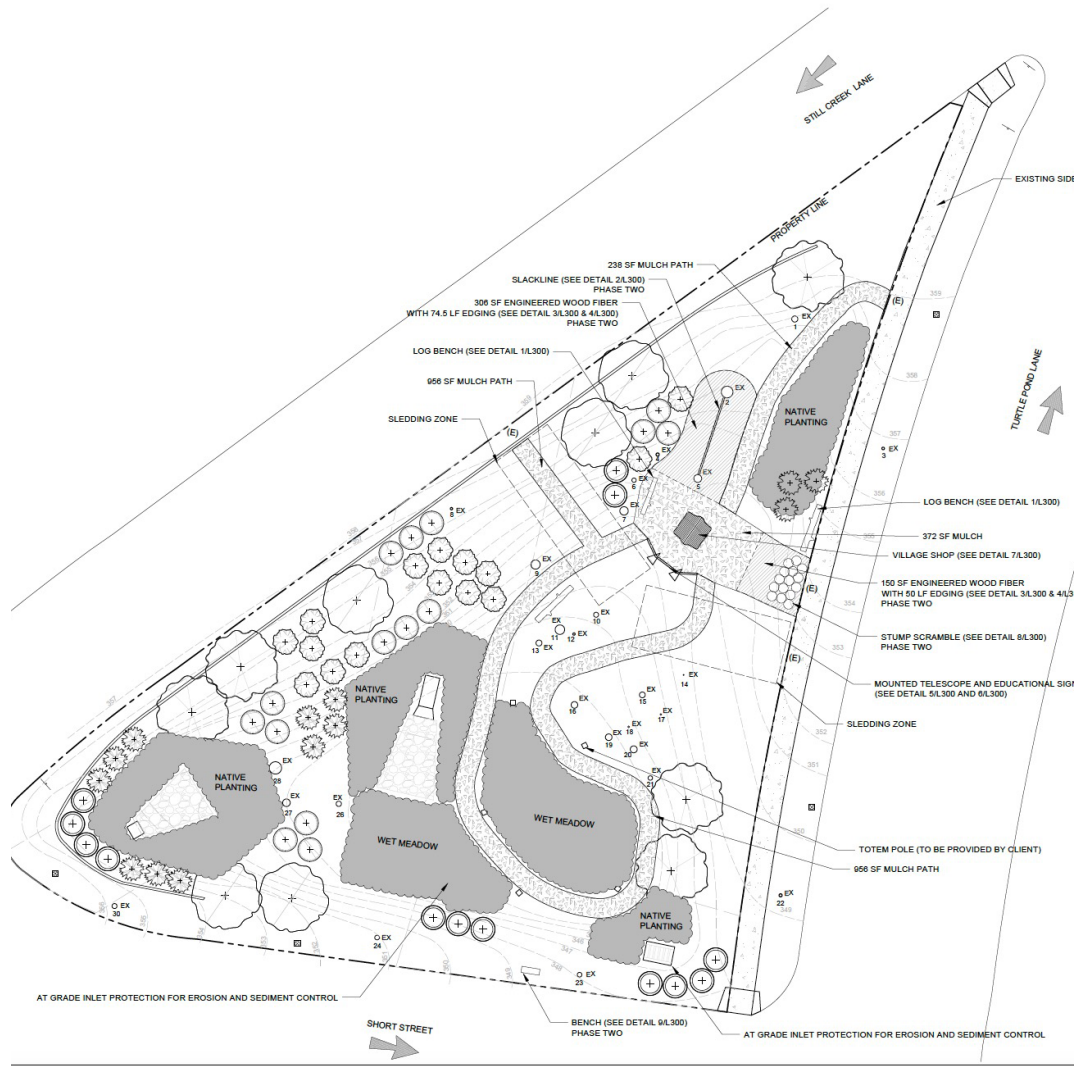
...using Eco-Functioning Spaces®

A close-up photograph of a person's hand gently holding a small, green plant with tiny white flowers. The background is a soft-focus field of tall grasses and more of these small plants, suggesting a natural, outdoor setting. The lighting is natural, possibly from late afternoon or early morning, creating a warm and serene atmosphere.

Getting to More:
Connecting People to
Nature with Nature Play

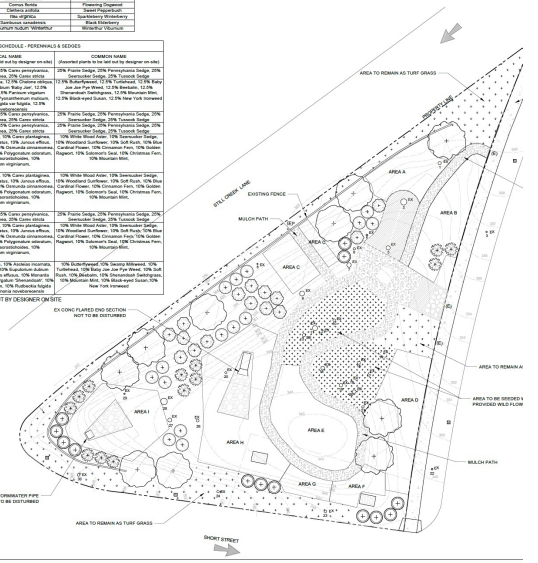
Example: Short Street Nature Preserve and Play Space at Lakelands



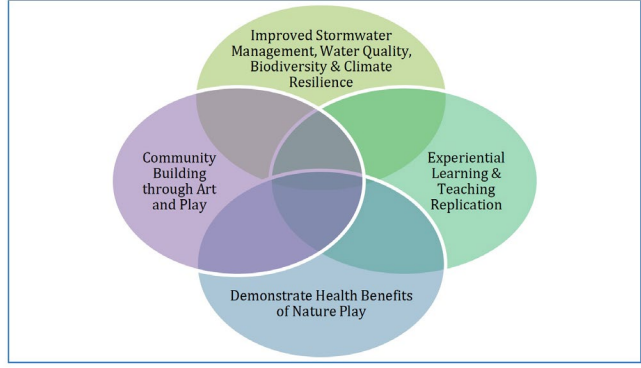


PLANT SCHEDULE - TREES & SHRUBS	COMMON NAME
T1	Tree
S1	Shrub
T2	Tree
S2	Shrub
T3	Tree
S3	Shrub
T4	Tree
S4	Shrub
T5	Tree
S5	Shrub
T6	Tree
S6	Shrub
T7	Tree
S7	Shrub
T8	Tree
S8	Shrub
T9	Tree
S9	Shrub
T10	Tree
S10	Shrub

PLANT SCHEDULE - PERENNIALS & SEEDS	COMMON NAME
P1	Perennial
S1	Seed
P2	Perennial
S2	Seed
P3	Perennial
S3	Seed
P4	Perennial
S4	Seed
P5	Perennial
S5	Seed
P6	Perennial
S6	Seed
P7	Perennial
S7	Seed
P8	Perennial
S8	Seed
P9	Perennial
S9	Seed
P10	Perennial
S10	Seed



PROJECT OUTCOMES:





Key Takeaways

- We need more **high-quality** urban nature space for ecosystem health
- We need more **nearby** nature and nature experiences for human health
- **Nature play** gives us both

Discussion