

TCiNN 2022 Summit Workshops December 7, 2022

1. Community Engagement in Providing Access to and Creating Nature-Based Playground

Asakura Robinson Design

Location: Waterloo Park, 1-4pm

500 E 12th St, Austin, 78701

The idea of a nature-based playground is often misunderstood by parents, teachers, administrators, and maintenance people. What is nature? Seeing the relationship between nature and children comes with preconceived ideas based on people's own experiences, and often their fears. In designing and creating a nature-based playground, it is important to engage adults, who ultimately determine the outcome of the playground, to discuss potential issues with an experienced designer or facilitator to lead them to a successful outcome. This engaging workshop will be led by Keiji Asakura, Managing Principal with Asakura Robinson.

***Participants will walk from the University of Texas at Austin AT&T Conference Center to meet at Waterloo Park at 1pm. The park is located about 1 mile from the conference center. If you are not able to walk to the park, please let the Summit organizers know and transportation can be provided.**

2. Bridging the Great Divide: Breaking Down Barriers to Nature Access

Austin Sunshine Camps

Location: Zilker Park, 1-4pm

2225 Andrew Zilker Rd, Austin, 78746 (Free Parking)

This workshop begins with a challenge course progression, a time to build connections, increase communication skills, and challenge participants to grow through a low and high ropes experience while exploring the urban oasis of Zilker Park. Afterwards, everyone will gather in an authentic, solutions-focused, round-table discussion where these questions will be answered: What are the barriers to nature access in underinvested communities and beyond? What are the challenges we face? How can we remove these barriers? How can we engage as many children and families in nature as possible? Austin Sunshine Camps (ASC) believes in the constructivism education philosophy, and through this collective knowledge even more can be achieved to connect all kids to nature. Following this session participants should expect to take home one to two concrete action steps to breaking down barriers in their own communities and increasing access for folks in the underinvested areas of their communities

3. Community Forestry and Parkland Stewardship

Austin Youth River Watch & Ecology Action of Texas

Location: Roy G. Guerrero Park (Playground), 1-4pm

400 Grove Boulevard, Austin, 78741 (Free Parking)

Austin Youth River Watch (AYRW) is a mentoring and environmental education program for high school students and young adults. This multi-year after school and summer program engages historically underrepresented youth in water quality testing, community focused restoration projects, and outdoor adventure. Join Austin Youth River Watch and Ecology Action of Texas for a short hike around Roy G. Guerrero Park and Circle Acres Nature Preserve. This will be followed by a restoration project, where we will plant native trees and grasses. Participants can expect to walk away from this workshop with greater knowledge about how AYRW leads culturally relevant and equitable programs in Austin. They will gain a better understanding of how to recruit, build community, and support youth of color in the outdoor education and conservation work they do in their own communities.

4. Breaking Down the Barriers. Kayaking is not “for” certain groups, it is for everyone!

Black Women Who Kayak + and Austin Parks & Recreation Department

Location: City of Austin Lorraine "Grandma" Camacho Activity Center, 1-4pm

35 Robert Martinez Jr. St., Austin, 78702 (Free Parking)

Join Black Women Who Kayak+ and the Austin Parks and Recreation Department for a two-part experience that includes nature barrier identification and teaches how to effectively break down these barriers and concerns around kayaking and big bodies of water. The second part of the workshop will focus on water safety education and the proper way to paddle with hands-on kayaking lessons in the water. The BWWK+ community aims to dismantle stereotypes of what African American women will and won't do in sports and green spaces where they are seldom seen! In addition to breaking down barriers, their goal is to provide women of color with the opportunity to gain knowledge and feel safe as she embarks on a new adventure.

5. Green School Parks Tour

Cities Connecting Children to Nature-Austin & Austin ISD

Location: University of Texas at Austin AT&T Hotel & Conference Center Address: 1900 University Ave, Austin, 78705

Note: Meet at University of Texas at Austin AT&T Hotel & Conference Center @ 11:15am for Shuttle

Tour: 12-3pm

Join the Cities Connecting Children to Nature team to explore two Austin ISD Green School Parks, Reilly Elementary and Wooldridge Elementary. First, there will be a presentation on the overview of the program at the North Austin YMCA before embarking on the tour of the schools. The tour will cover the successes and challenges in the Green School Park model, brainstorm how to implement a Green School Park in your area and hear perspectives from the school and city.

***Transportation for this tour is provided.**

6. Get Down Underground!

City of Austin - Watershed Protection Department, Education Program

**Location: Lady Bird Johnson Wildflower Center at the University of Texas at Austin, 1-4pm
4801 La Crosse Ave, Austin, 78739 (Free Parking)**

Want to explore the underground world while learning innovative ways to provide children a sense of discovery as they connect to nature? Join the City of Austin Watershed Protection Department on a wild cave tour at the Lady Bird Johnson Wildflower Center. Participants will experience how caves can be used in youth education programs to teach about cave habitat, endangered species, the hydrogeology of the Edwards Aquifer, and environmental stewardship. Cave helmets, headlamps, knee pads, and gloves will be provided. Participants should wear comfortable closed-toed walking shoes and clothes that they don't mind getting dirty. Entering this small, wild cave involves walking up/down steep steps, uneven ground, and stooping (crawling is optional).

7. Clearing the Slums: A History of Downtown Austin's Waterloo Park

Katherine Pace

Location: Waterloo Park & Waller Creek, 1-4pm

500 E 12th St, Austin, 78701

Environmental historian Katherine Pace will take participants on an historic walking tour of Waterloo Park and nearby sections of the Waller Creek greenbelt. Along the way, you will learn how race has taken place in Austin, shaping the location and design of seemingly benign urban spaces, including many of Austin's parks and other green amenities. Katherine will focus on the history of Waterloo Park, beginning shortly after the Civil War, when racist real estate practices drove Black people into lower Waller Creek's floodplains, and continuing through the 1970s, when urban removal dislodged Black people from the creek. After the walking tour, participants will be invited to engage in a dialogue about how to address such problematic histories and how to ensure that our cities' green spaces are welcoming for all people, including people of color.

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8. Plants for Play & Loose Parts Play

Lady Bird Johnson Wildflower Center at the University of Texas at Austin

Location: Lady Bird Johnson Wildflower Center at the University of Texas at Austin, 1-4pm

4801 La Crosse Ave, Austin, 78739 (Free Parking)

Come learn about creating outdoor spaces that encourage exploration and engagement. Participants will learn about two critical components of nature play: plants for play and loose parts play. Participants will learn how to select and care for plants that encourage creative play. Participants will also visit the Wildflower Center's loose parts play area and learn about selection of materials, sourcing, and maintenance of the area. Weather permitting, participants will have the opportunity to explore the Wildflower Center's Family Garden.

9. Park Rx and Access to Being Active in Nature

Texas A&M School of Public Health

Pease Park, 1-4pm

Park Address: 1100 Kingsbury St, Austin, 78703

Walking, biking, and playing outside—"just what the doctor ordered!" This interactive, in-nature, workshop will focus on programs and policies that increase access to being active in parks and green spaces. The workshop will take place at Austin's lovely Pease District Park. Drs. Maddock and Kellstedt, professors from Texas A&M University, will lead a "walk and talk" around the park while they share research on initiatives like Park Rx and built environment changes that increase community access to nature. While participants actively take in the surrounding nature, there will be discussion on how to implement programs and policies that encourage families to visit parks and nature spaces and how to promote activity once there. In addition, staff from the Pease Park Conservancy will highlight how Pease District Park is a model for providing public green space accessible to the whole community.

An added bonus is that the first 25 participants that sign up for the workshop have the option to participate in a group bike ride to and from the park with bikes provided by the University of Texas Orange Bike Project!

The round-trip bike ride is about 4 miles total (2 miles to the park & 2 miles back to the UT Orange Bike Project garage).

Group Bike Ride Meeting Location:

Meet at 11:30am at the University of Texas Orange Bike Project Workshop located inside the 27th Street Garage on the University of Texas Campus: 109 W. 27th St., Austin, 78712. More details provided prior to the workshop.

*** Transportation will be provided for those who do not want to participate in the group bike ride to and from the park. Please let the Summit organizers know if an alternate mode of transportation is required.**

10. Nature Connection Techniques: From Indigenous Ceremonies, Place-based Learning, To a New Virtual World

The Meadows Center for Water and the Environment at Texas State University – San Marcos

Location: The Meadows Center for Water and the Environment at Texas State University

12-3pm

211 San Marcos Springs Dr, San Marcos, 78666

The Meadows Center for Water and the Environment, a research center that is part of Texas State University, is a leader in outdoor education and informal science learning. For over seventy-five years visitors from all over the world have looked through our glass-bottom boats and connected with an aquatic ecosystem like no other in. These visitors leave inspired by natural beauty, connected with the natural systems around them, and often embrace a sense of personal responsibility for their protection. The education team, along with the Indigenous Cultures Institute, will host a workshop on connectedness to nature and different ways to spark interest and to connect. Located on the shores of Spring Lake, a culturally significant site that is one of the oldest and most persistently inhabited sites in North America, the workshop will begin with a Water Ceremony hosted by a local indigenous non-profit, the Indigenous Cultures Institute. This ceremony will connect participants to the ancestors of the site as well as providing a connection to the springs and water itself. Participants will then take a tour of the location, including the wetlands boardwalk, Discovery Hall, and the glass-bottom boats. Participants will also receive a demonstration of the new virtual reality program that allows participants to be immersed in Spring Lake through technology.

***Participants will need to provide their own transportation to the Meadows Center for Water and the Environment in San Marcos – a parking pass will be mailed to the participant prior to the Summit.**

11. An Afternoon of Nature Immersion: A Guided Forest Therapy Walk

Trinity University - Department of Education

Location: Pease Park, 1-4pm

1100 Kingsbury St, Austin, 78703 (Free Parking)

Our bodies share the same elements as the many beings we meet in natural settings. Humans are nature, but we have allowed ourselves to be separated from nature. When experiencing a forest therapy walk, participants will slow down, and while using a standard sequence of invitations they will deliberately move out of cluttered headspace and into the senses as the Guides help them connect with the natural world. Certified Forest Therapy Guides will open the

doors so the forest can welcome you, and you, to it. They will provide multiple ways to experience walks so everyone can participate in a way that meets their needs. These walks are not strenuous, yet the physiological effects may be noticed such as decreased blood pressure and stress or increases in creativity, problem-solving, and empathy. These benefits often last far beyond the walk as participants reenter their daily life.

12. Connecting Children to Mindfulness and Nature

University of Texas at Austin Longhorn Wellness Center (Healthy Horns)

Location: Meet at the University of Texas at Austin AT&T Conference Center (Walk-Shop)

1-4pm

Noticing. It is one of the many superpowers of children. This interactive workshop will aim to enhance that superpower through accessible mindfulness and connecting with nature in your community. Participants will engage in different means of practicing mindfulness, how to share mindfulness with children of all ages in ways that connect to who they are, and how it all connects to nature in your community. Utilizing Google My Maps, participants will first explore University of Texas (UT) Austin's Nature Rx Map during a campus walking tour. Then they will be guided through the process to make a personalized Nature Rx Map for their own community. This workshop led by UT Austin's Mindfulness Campus Coordinator and former Austin ISD Mindfulness Specialist, James Butler, will provide meaningful and accessible ways to connect children to mindfulness and nature in your community.

***This is a "walk-shop" style workshop and is a walking tour of the UT Campus. The tour route is wheelchair accessible.**