

Healing City Summit 2022: Free & low-cost resources for connecting children to nature in Baltimore City

As part of the Healing City Baltimore 2022 Summit, there will be TWO free nature activities open to the public **this Friday, March 4th, 2022** – a Guided Nature Immersion workshop at Cylburn Arboretum from **10am-12pm** and a gentle, guided walk with a naturalist at Carrie Murray Nature Center in Gwynns Falls/Leakin Park from **2-4pm**. Sign up for either or both by going here, scrolling down to Schedule, and clicking on Friday to find the registration links: <https://healingcitybaltimore.com/summit2022/>

Save the dates for Nature Nurtures 2022! Our signature series of workshops and experience on healing and nature will be held this year from **Tuesday, June 21st – Saturday, June 25th, 2022**. To get on the RSVP list, propose a workshop, or get more info, contact Abby.Cocke@baltimorecity.gov.

This list is not comprehensive – there is always more going on – but hopefully it will help you get started on your journey to connect children, nature, and healing in our city.

Learn More

Find the data on children, equitable access to nature, and health via this literature review -- <https://www.childrenandnature.org/wp-content/uploads/CCCN-Literature-Review.pdf> -- or search the Children & Nature Network's research library -- <https://research.childrenandnature.org/>

Overview of Baltimore Connecting Children to Nature programs and resources: <https://www.baltimoresustainability.org/children-and-nature/>

Baltimore Children's Outdoor Bill of Rights & Nature Journal activity guide: <https://www.baltimoresustainability.org/baltimore-childrens-outdoor-bill-of-rights/>

Nature Nurtures 2021 workshop recordings:

- [It's all connected! Nature, Academics, Arts, and SEL](#)
- [Introduction to the Outdoor Classroom](#)
- [How to Design and Build an Outdoor Learning Space](#)
- [Healing in Nature – Perspectives from City Youth](#)
- [Guide to Nature-Based Recreation in Baltimore](#)

The Greater Baltimore Wilderness Coalition are local and regional partners working to connect people to green spaces, and hold regular working group meetings: <http://www.baltimorewilderness.org/>

Recreation & Parks

Carrie Murray Nature Center in west Baltimore's Gwynns Falls/Leakin Park offers free school visits and virtual sessions for students, homeschool and summer nature camp programs, and on-site nature activities for children and families every week: <https://www.carriemurraynaturecenter.org/>

Use the Baltimore City Department of Recreation & Parks' CivicRec site to find and register for programs at local parks and recreation centers: <https://secure.rec1.com/MD/baltimore-md/catalog>

Discover unique landscapes in a beautiful greenhouse environment with community programming at Howard P. Rawlings Conservatory in Baltimore's Druid Hill Park: <https://rawlingsconservatory.org/>

Explore the gardens and trails, check out the Vollmer Visitor Center and historic mansion, and take part in seasonal nature programming at Cylburn Arboretum in northwest Baltimore: <https://cylburn.org/>

Find maps of Baltimore's paved and natural trails: <https://bcrp.baltimorecity.gov/trails>

Schools & Students

Great Kids Farm offers free programming for Baltimore City Public Schools on-site in Catonsville, at schools, and virtually: <https://www.friendsgkf.org/programs-resources>

Find resources for sustainability, greening, and environmental education for Baltimore City Public Schools on a wide range of topics:

<https://drive.google.com/drive/folders/1FHfgOw9CYLBFXUJYzBw8OespeBkbrqJ3?usp=sharing>

The National Aquarium in Baltimore offers a wide range of educational opportunities, including admission-free field trips September through February: <https://aqua.org/education>. This spring, Children 5th grade or younger can sign up to read five aquatic or conservation-themed books and get up to four free tickets to the Aquarium as part of the Read to Reef program --

<https://aqua.org/visit/community#read-to-reef> -- and find readings and crafts events associated with Read to Reef at the Enoch Pratt Free Library -- <https://www.prattlibrary.org/read-to-reef>

Students can visit the Maryland Zoo in Baltimore admission-free as part of a school field trip:

<https://www.marylandzoo.org/learn/field-trips/book-school-visit/>

Inward Discovery Grows Outdoors (InDiGo) -- <https://www.inwarddiscovery.org/> -- offers pro-bono professional development sessions for Baltimore City Public School teachers, student programs, and field trips connecting academics, nature, the arts, and social-emotional learning and has put together a map showing schools, parks, and nature partners -- <https://www.inwarddiscovery.org/indigo-map.html>

Backyard Basecamp is a local organization offering professional development for educators and childcare providers, health & wellness sessions, and environmental education to (re)connect Black, Indigenous, and People of Color to land and nature in Baltimore City: <https://backyardbasecamp.org/>

More Programs, Partners, & Ideas

To connect with the Center for Nature-Informed Therapy, the source for the Eco-Autobiography exercise: <https://www.natureinformedtherapy.com>

Breathe fresh air

Monitor Baltimore's outdoor air quality: <https://aqicn.org/map/baltimore/>

Get alerts about Code Red heat days: https://www.instagram.com/bmore_healthy/

Yoga with Indie is starting back up with yoga classes (free for kids!) at Lake Montebello on Saturdays in early April, check back for details: <https://www.instagram.com/yogawithindie/>

Explore safe & inviting forests & wild spaces

Find free monthly group "saunters" featuring mindfulness and meditation exercises, art, exploration, and play with NatureWorx: <https://www.natureworx.org/bookonline>

Learn about where Baltimore's small forest patches are located and how to care for them with these resources from Baltimore Green Space: <https://baltimoregreenspace.org/forest-patches/forest-patches-resources/>

Splash in clean streams, parks, rivers, & the Bay

Take part in monthly water quality monitoring and shoreline clean-up events at Masonville Cove Environmental Education Center: <https://www.masonvillecove.org/events>

Check out Blue Water Baltimore's Storm Drain Art manual and examples: <https://bluewaterbaltimore.org/learn/programs-and-projects/storm-drain-art/>

Grow a garden and eat fresh fruits & vegetables

Watch this video on how to make a windowsill herb garden by Great Kids Farm: <https://www.facebook.com/baltimoresustainability/videos/229172144836791/>

Find Baltimore City urban farms -- <https://farmalliancebaltimore.org/farms/> -- and community gardens - <https://bniaifi.maps.arcgis.com/apps/dashboards/2215bf10357e42af9c46f86469bc01ae> [click the arrow on the left side of the page to expand the menu of options, click on "Type of lot" and choose "garden"]

Play in vibrant neighborhoods, schoolyards, and parks

Kids five and under are invited to Mother Nature Story Time at Carrie Murray Nature Center to hear stories about nature and then either go on a nature walk, meet an animal ambassador, or do a craft: <https://www.carriemurraynaturecenter.org/mother-nature-story-time>

Get detailed resources, and support for building a schoolyard outdoor learning space with this guide from Baltimore City Public Schools: <https://sites.google.com/bcps.k12.md.us/outdoor-learning/home>

Understand & feel connected to the City's unique ecosystem

Patterson Park Audubon Center holds free monthly bird-watching tours and other events: <https://patterson.audubon.org/events>

Get in on community science with the iNaturalist app and the 2022 City Nature Challenge coming this spring: <https://citynaturechallenge.org/>

Develop confidence in outdoor skills & recreation

Find hiking, biking, canoeing, and kayaking programs with the Baltimore City Departments of Recreation & Parks: <https://secure.rec1.com/MD/baltimore-md/catalog/index/64932c5cd94e47bb4a0e99c6f91d0b5e?filter=c2VhcmNoPSZjYXRIZ29yeSU1QjEyOTg1JTVEPTEmY2F0ZWdvcnkjNUl1RD0xJmNhdGVnb3J5JTVCMTMyODEINUQ9MQ>

Get involved with Baltimore Inspiring Connections Outdoors, a group of volunteers who lead outdoor outings for youth: <https://www.facebook.com/Baltimore-Inspiring-Connections-Outdoors-BICO-1063639770437221/>

Work with neighborhood mentors in nature

Say Yes! (Youth Environmental Stewards) Grant Program sponsors community-based groups to work with up to 5 youth in their community on beautification efforts. Applications for 2022 are opening soon and will be available here: <https://ecb.baltimorecity.gov/grant-opportunities%C2%A0>

Visit a neighborhood GROW Center put on by the Baltimore City Department of Public Works to get free trees for your yard, meet local experts in greening, and take advantage of other workshops and resources (spring information coming soon!): <https://publicworks.baltimorecity.gov/grow-center>

Have space for agency and action

Baltimore high-schoolers can join the BRANCHES after-school internship and/or summer job program through the Parks & People Foundation to learn about careers in the environment and sustainability: <https://www.parksandpeople.org/programs/branches/>

Connect with Baltimore Beyond Plastic -- <https://www.instagram.com/bmorebeyondplastic/> -- and the South Baltimore Community Land Trust -- <https://www.instagram.com/southbaltimoreclt/> -- two youth-powered environmental advocacy groups leading the charge for reducing waste and moving to clean energy in Baltimore City

