

Workshop #3 Green Areas in the Bronx

Age Groups:

- 5-8 year-olds* This workshop may be too complex for the younger end of this scale, use your discretion
- 9-13 year-olds
- 14+ year-old

Learning Objectives

- Students be able to define a green area/green space
- Expose students to pre-existing green spaces they have access to
- Students gain an understanding to the importance of green areas and what they contribute to urban environments
- Map reading, sharing, using each other as resources

Materials/Resources Needed

- Large poster paper
- Print-out of Bronx County blank map (see below)
- Print-out of marked Bronx map with green spaces (see below)
 - Don't need one per person unless they want to keep them!
- Colored pens/markers
- Rulers

Estimated Time	Activity
10 minutes	<p>Introduction:</p> <ul style="list-style-type: none"> ● Start by asking students what their definition of a green area or green space is. <ul style="list-style-type: none"> ○ Have each person write down a key word to their definition on the poster board ● 5-8: Have the students state why the Garden of Youth is a green space. What characteristics make up a green space? ● 9-13/14+: Give them the definition: <ul style="list-style-type: none"> ○ According to the EPA, green spaces also known as open spaces are “any open piece of land that is undeveloped (has no buildings or other built structures) and is accessible to the public.” ● Then ask which kinds of places have they been to in the Bronx or New York that might be considered green spaces? <ul style="list-style-type: none"> ○ Examples include: parks, cemeteries, community gardens, school yards, playgrounds, public plazas and seating areas, vacant lots ○ Record the list of a piece of poster board for the activity later

	<ul style="list-style-type: none"> ● If the students haven't already, highlight that they Garden of Youth constitutes a green space. <ul style="list-style-type: none"> ○ From there start a discussion on some of the importances of green spaces (first getting the students to think about it in terms of the Garden of Youth, then apply to the larger city area) ○ See below for a more detailed description on scientifically proven benefits and drawbacks by age group
15 Minutes	<p>Green Space Mapping Activity</p> <ul style="list-style-type: none"> ● The purpose of this exercise is to take the information just learned through the introduction and apply it to their lives by mapping out some pre-existing green spaces to them as well as new, unknown areas. <ol style="list-style-type: none"> 1. Have each student locate their home on the map to the best of their ability (map is divided into town areas) <ol style="list-style-type: none"> a. They can add other areas like their school, friends and family too if they'd like. b. 5-8: most likely won't be able to do this step, but have everyone work together and label the garden of youth as well as other spots. 2. Using the colored pencils/crafts have them mark some of the green spaces already discussed in the intro on their maps. <ol style="list-style-type: none"> a. Let them get as creative with it as they like. Maybe each space has a special symbol, or like categories have the same symbol, maybe they have a legend--lots of possibilities! 3. Print out a few of the maps (see below) with pre existing green spaces and have them add ones they would like to go to with their family or friends if they have not already been there
5 minutes	<p>Conclusion</p> <ul style="list-style-type: none"> ● Have everyone share their final map (or a few volunteers) pointing out the important places as well as the places they would like to visit ● On their maps, have each student write down a new fact they learned from the workshop.

Ages 5-8: Benefits and Things to Keep in Mind for Green Spaces

- Important to ask questions to make conversation between students, and have them draw on their own knowledge and experiences.
- Benefits:
 - green spaces make people happy! Ask students why that might be.
 - Places to exercise (walk, bike, run)

- Ask students what they do in Green Spaces if the conversation is low, to lead them to this.
 - Area of concentrated plants and grass
 - Ask why that may do different things for the land/environment compared to concrete?
 - If they don't get there on their own, can explain provide clean air, help with clean water, shade/heat protection
 - Bring people together (family, friends, strangers)
 - Ask who do you go to green spaces with?
- Things to think about:
 - There are folks that need to take care of the land and plants, pick up trash
 - Treat the land with respect!
 - Guide students to utilize their green spaces because not everyone can access them

Ages 9-13: Benefits and Challenges to Green Spaces

- Benefits
 - Health benefits (ask them some potential health benefits)
 - reduced stress, reduced depression (why? Have them brainstorm ideas)
 - improved physical health because they are also areas to recreate (walk, bike, run etc).
 - Areas with sufficient green space, tend to have lower rates of health risk
 - Environmental benefits: what are ways that green spaces help the land and environment?
 - Definition Ecosystem services: "benefits people obtain from ecosystems," (Biodiversity A-Z, 2014). More specifically how plants, soils, natural nutrients help people.
 - they provide ecosystem services such as reduce air and water pollution, provide food, made shade, decrease city noise etc. (the more plants the better!)
 - Bring people together
- Potential Challenges
 - Require people to maintain them (pick up trash, keep plants growing) or they won't provide the same environmental and health benefits
 - Can be hard to access for citizens if they are not within close proximity of a park or garden. → they are unevenly placed throughout cities
 - Can be attractive to outside public, making more people want to move to the areas of green spaces.
 - Herbicides, pesticides and other tools to make it look manicured

Ages 14 and up: Benefits and Challenges to Green Spaces

- Benefits
 - Health Benefits

- Reduced stress and depression: contribute to safer urban environments, connect people with bits of nature, encourage rewarding lifestyles, act as places to escape rush of day to day routine.
 - Increased physical activity: the likelihood and frequency for people to partake in physical activity increases in cities with increased green spaces
 - Linked to decreased rates type 2 diabetes, heart disease and obesity
 - Environmental Benefits (start with having them brainstorm some potential environmental benefits)
 - Definition Ecosystem services: “benefits people obtain from ecosystems,” (Biodiversity A-Z, 2014). More specifically how plants, soils, natural nutrients help people.
 - they provide ecosystem services such as reduce air pollution with plants, filter pollution from water runoff with plants, provide food, made shade, decrease city noise etc. (the more plants the better!)
 - Build community- reduce social isolation, increase in “neighborliness,” places to congregate
- Potential Challenges
 - Require people to maintain them (pick up trash, keep plants growing) or they won’t provide the same environmental and health benefits
 - Can be hard to access for citizens if they are not within close proximity of a park or garden. → they are unevenly placed throughout cities
 - Socio-economic class, income, distribution of age and gender in areas, has been linked to concentration of green spaces
 - Can be attractive to outside public, making more people want to move to the areas of green spaces.
 - This is happening in areas in California, and maybe something to look out for? Have students think, discuss and share on this.
 - Herbicides, pesticides and other tools to make it look manicured and good throughout the seasons.

Sources:

Bronx County Map

http://d-maps.com/carte.php?num_car=39959&lang=en

What is an Open Space/Green Space?

<https://www3.epa.gov/region1/eco/uep/openspace.html>

Urban green space, public health, and environmental justice: The challenge of making cities ‘just green enough’

<http://www.sciencedirect.com.ezproxy.uvm.edu/science/article/pii/S0169204614000310>

Urban Planning and the Importance of Green Space in Cities to Human and ENvironmental Health
<http://www.hphpcentral.com/article/urban-planning-and-the-importance-of-green-space-in-cities-to-human-and-environmental-health>

Find Your Community Garden

<http://www.greenthumbnyc.org/gardensearch.html>

The Bronx 10 Best Underrated Parks

<https://ny.curbed.com/maps/bronx-new-york-underrated-parks>

Ecosystem Services Definition

<http://biodiversitya-z.org/content/ecosystem-services>

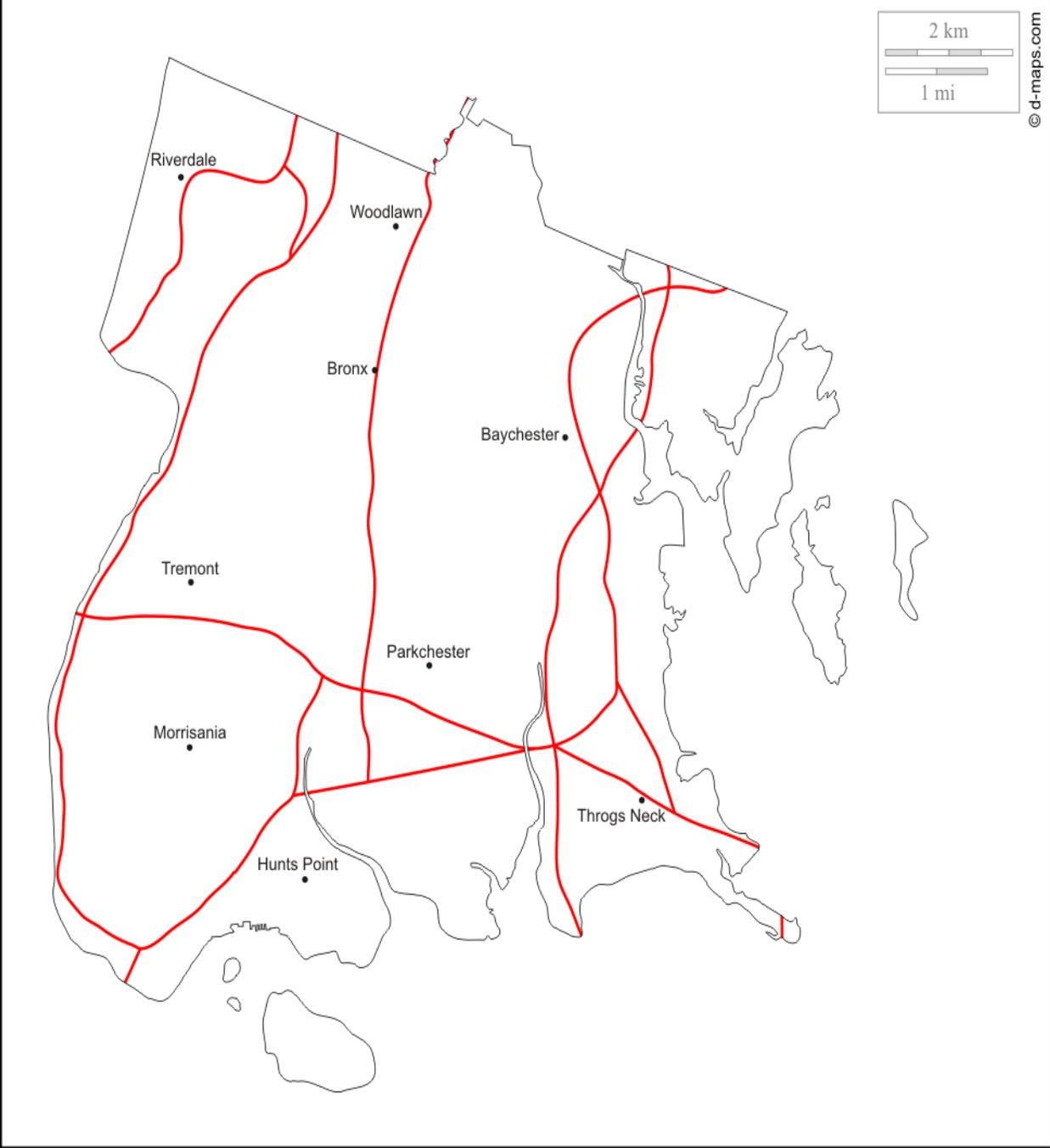
Value of urban green spaces in promoting healthy living and wellbeing: prospects for planning

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4556255/>

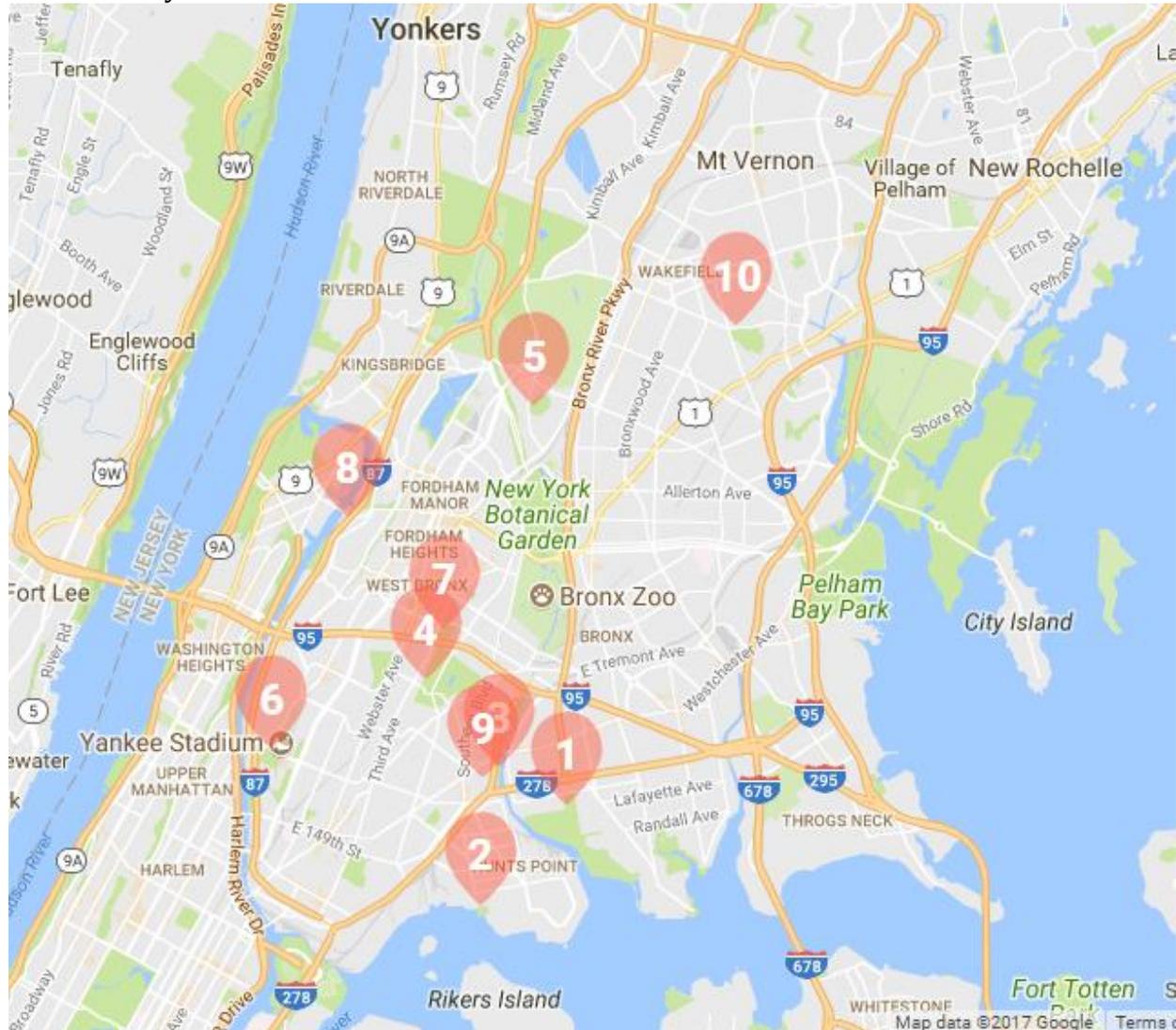
Urban green space, public health, and environmental justice: The challenge of making cities 'just green enough'

<http://ced.berkeley.edu/downloads/research/LUP.parks.pdf>

Map of Bronx County



Marked Maps of Green Spaces in Bronx Bronx County Parks



Key:

- | | |
|--|------------------------|
| 1. Soundview Park | 2. Barretto Point Park |
| 3. Concrete Plant Park | 4. Crotona Park |
| 5. Williamsbridge Oval Recreation Park | 6. Macombs Dam Park |
| 7. Tremont Park | 8. University Woods |
| 9. Printers Park | 10. Seton Falls Park |

Bronx County Community Gardens (all green dots are a community garden!!)

