



Nature-Based Learning Experience: Urban Green/Blue Space Project

Urban green/blue spaces can provide a multitude of benefits such as stress reduction, improved concentration, lower blood pressure, lower anxiety levels, positive effects on children, improved mood, better mental health and functioning, and improved creativity. For this nature-based assignment on urban green spaces you will complete the following steps.

1. Visit a green or blue space in NYC. Some examples are Bryant Park (across from Guttman), Central Park, Prospect Park, or Pelham Bay Park. Spend some time observing and taking field notes about what is happening in the park.
2. Take a minimum of five photographs in this space and describe how it promotes well-being in the community. Photographs must be taken by you. No internet photos will be accepted.
3. Create a slide presentation following the guidelines below.
 - Slide 1: A title slide on Urban Green/Blue Spaces and your name
 - Slide 2: List some of the benefits of urban green spaces from your readings, videos, class discussion, and/or your own research *Be sure to cite on your reference slide
 - Slide 3: A brief introduction to the green space you selected
 - Slide 4: Your image and explanation on how it supports/does not support well-being/community health
 - Slide 5: Your image and explanation on how it supports/does not support well-being/community health
 - Slide 6: Your image and explanation on how it supports/does not support well-being/community health
 - Slide 7: Your image and explanation on how it supports/does not support well-being/community health
 - Slide 8: Your image and explanation on how it supports/does not support well-being/community health
 - Slide 9: Using your field observation notes, summarize what you observed while you spent time in the park
 - Slide 10: Using the data you collected, describe why you support or do not support the development of green spaces in cities.
 - Slide 11: Reference slide
4. Upload your presentation to Padlet for your peers to view **by __ (75 points)**
5. Complete the nature-based learning survey

