

Recreation and Sport Systems

FS101: Use Your Spaces and Places Creatively

Overview

This learning event explores how to address local interests, encourage an active lifestyle, and foster a sense of belonging through the creative use of community spaces and places. Individual and community wellbeing can be enhanced when recreational opportunities include outdoor spaces.

FS101 - Use Community Spaces and Places Creatively was designed and prepared for Recreation North by Wendy Lahey and Caroline Sparks with input from Cindy Underhill. Development was funded by the Arctic Inspiration Prize.

Week 1 Activities

During Week #1, we will explore ways to contribute to supportive environments for recreation in our communities (Goal #4 of the National Framework).

1. Review Slides 1-17 in the FS101 Presentation.
2. Complete RLA #1 and post your example of a creative use of a community space or place to the Week #1 Forum. Take time to look at examples from other learners.
3. Be prepared to discuss the questions on Slide 14 during the first week's conference call:
 - What did you notice about the places/spaces used in the creative events/programs that were shared?
 - What are strategies used to coordinate the use of spaces and places among community groups. Do any of these not work for you – why?
 - Is there a rarely used space in your community that our group could help you brainstorm ideas on how to use it?
4. Participate in the Week 1 conference call. If you are unable to participate, please listen to the recording and post your example in the Week 1 Forum.

Required Learning Activity #1: Creativity in Your Community

Complete by:

Objectives:

Learners will be able to explore how the creative use of community spaces and places supports a variety of recreation activities.

1. Explore the links provided in the handout for RLA#1. Think about the potential benefits of these diverse examples of creative use of community spaces.
2. Think of a creative recreational use of spaces and places in your community. Share your example in the Week 1 Forum.

Post your ideas in any way you'd prefer:

- tell it/read it to us during conference call #1
- record a short audio or visual and post in the Week #1 Forum
- share a drawing/painting and post a picture of it in the Week #1 Forum
- other ideas?

If you are unable to participate in the first conference call, please listen to the recording and post your responses to these questions in the Week 1 Forum.

Week 2 Activities:

In Week 2, we'll learn more about the importance of nature in recreation and explore different ways to develop awareness of the holistic benefits of nature in your community.

1. Review Slides 19-25 in the Week 2 section of the FS101 Presentation.
2. Complete RLA #2 and post it to the Week #2 Forum. Take time to review the posts of other participants.

If you are unable to participate, listen to the recording and post your responses to the Week #2 Forum.

3. Prepare to share your thoughts about other posts, and how you plan to "play with nature," during the second week's conference call.

Required Learning Activity #2: Nature for All

Complete by:

Objectives:

Learners will be able to appreciate the value of nature and the outdoors to health, well-being and recreation programming.

1. Review the "[Nature Playbook: Take action to connect a new generation of Canadians with nature](#)" written by 14 diverse, multi-generational Canadians. It lists 7 strategies that can guide your actions.
2. Answer the following questions while reviewing the Nature Playbook. Expand on each sentence starter using a few additional sentences. Post your answers in Week #2 Forum on Moodle by Tuesday ____ (date) ____.
 - I was surprised that...
 - A key message for me is...
 - Something new that I learned is...
 - A question I have is...
 - My own connection to nature is...

Post your ideas in any way you'd prefer:

- tell it/read it to us during conference call #1
- record a short audio or visual and post in the Week #1 Forum
- share a drawing/painting and post a picture of it in the Week #1 Forum
- other ideas?

References:

Canadian Parks Council (2016) *The Nature Playbook – Take Action to Connect a New Generation of Canadians with Nature*, Retrieved from <http://www.parks-parcs.ca/pdf/playbook/nature-playbook.pdf>