

Blue and green spaces and working with rangatahi

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The value of blue and green spaces and working with rangatahi

Sport NZ Ihi Aotearoa

Play, Active Recreation and Sport

Reduce the drop off in activity levels of rangatahi from age 12-18 and increase the levels of activity for those tamariki and rangatahi who are less active.

Priorities

- Tamariki (aged 5 – 11)
- Rangatahi (aged 12 – 18)
- Women and girls
- Disabled tamariki and rangatahi
- Māori



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Active Recreation

Movement for the purpose
of wellbeing and enjoyment.

Informal, flexible, fun, self-
determined.

Can occur independently or
with a
provider/leader/instructor



The value of blue and green spaces for quality physical activity

Definitions

Green space

Green spaces are outdoor areas covered partly or fully by vegetation including trees, grass, parks, and gardens.

Blue space

Blue spaces are outdoor areas featuring visible surface water such as lakes, rivers, and coastal waters.

Grey space

Urban, concrete, artificial, constructed spaces like roads, parking lots, civic squares and plazas, and industrial areas.

Indoor space

Areas within a building or structure that are enclosed by walls and a roof like classrooms, offices, libraries and gyms.



Te Taiao and Hauora

Tai: the horizon where heaven and earth meet

Ao: the world around, above and below us

Te taiao: the natural world that contains and surrounds us

**Ka ora te wai, ka ora te whenua. Ka ora te whenua,
ka ora te tangata.**

If the water is healthy, the land will be nourished.

*If the land is nourished, the people will be
provided for.³*

**Te toto o te tangata, he kai; te oranga o te tangata,
he whenua.**

*While food provides the blood in our veins, our health
is drawn from the land.⁴*



Blue and green spaces promote physical activity

- Living closer to blue, and more blue and space within a geographic area is associated with higher levels of physical activity

More



- A study of children in the UK found that green spaces supported more vigorous and longer duration activity compared to grey spaces

Longer

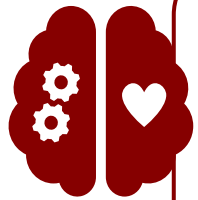


- Blue and green spaces offer diverse physical activity opportunities and encourage varied movements

Varied



Health and wellbeing benefits



Mental and emotional health benefits

Can be felt after just 5 minutes!



Social health benefits

Increased social interaction time and active citizenship



Hedonic wellbeing

“because it makes me happy” ranked highest motivation



Physical health benefits

Disease prevention saves approx. 108.7 million pounds



Wellbeing resilience

Protected subjective wellbeing during COVID-19 pandemic

Mental and social development

Natural elements in blue and green allow for play which encourages:

- Creativity
- Problem solving
- Imagination
- Persistence

Outdoor sports such as hiking, swimming in natural water, cycling, skiing, surfing and climbing contribute to:

- Motor skills
- Self-efficacy
- Self-motivation
- Assertion and inner strength
- Cognitive improvement



Māori cultural connection and hauora

For Māori, being active in te taiao may lead to experiences of hauora such as:

- Reaffirming and connecting with whakapapa
- Acknowledge and connecting with various atua
- Reaffirming and enacting their role as kaitiaki
- Engaging in traditional methods of growing, harvesting and collecting kai
- Developing their knowledge of mātauranga Māori



Māori cultural connection and hauora

Te Whetū Rehua | Sport New Zealand - Ihi Aotearoa



Factors influencing physical activity in blue and green spaces

- Access - [Accessibility and inclusion in the outdoors | Sport New Zealand - Ihi Aotearoa](#)
- Parent, caregiver or mentor support - [Outdoor Activity Guides — NZMSC](#) and [Plan My Walk — NZMSC](#)
- Quality
- Features - [Field guide to making your storytelling panel project happen | Herenga ā Nuku Aotearoa, the Outdoor Access Commission](#)
- Sense of connectedness





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Involving youth in trail building



Why involve youth in trail building?

Kaitiakitanga

Innovation

Inclusive recreation spaces

Nature connection

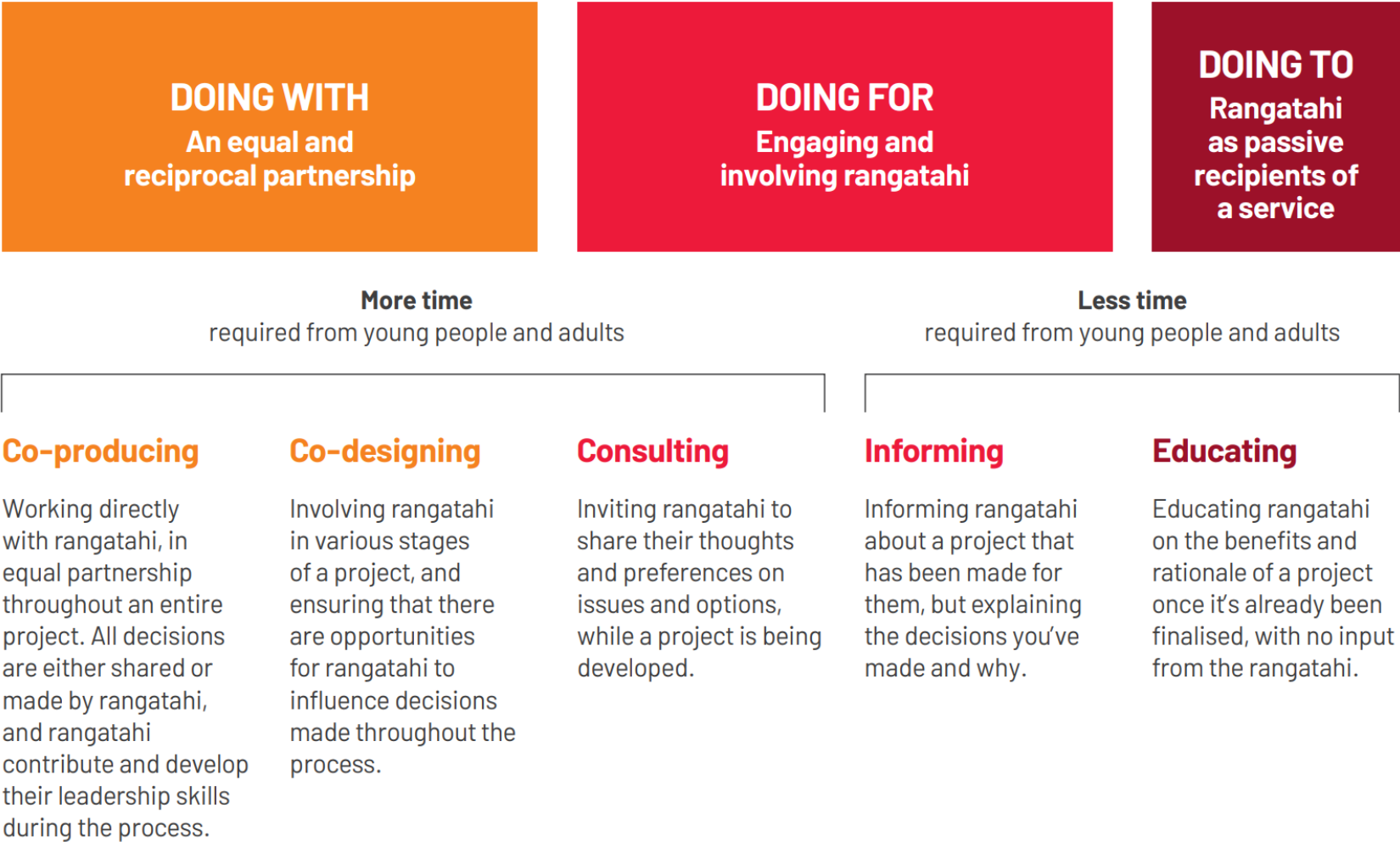
Physical activity

Cultural relevance

Intergenerational collaboration

Practical skills

Levels of youth engagement



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Co- design and build with youth

Co-design is asking young people what they want and need and working alongside them to design solutions

It creates an opportunity for young people to impact, shape, and lead the creation of the trails they will use and care for

[Co-designing Spaces and Places with Rangatahi | Sport New Zealand - Ihi Aotearoa](#)

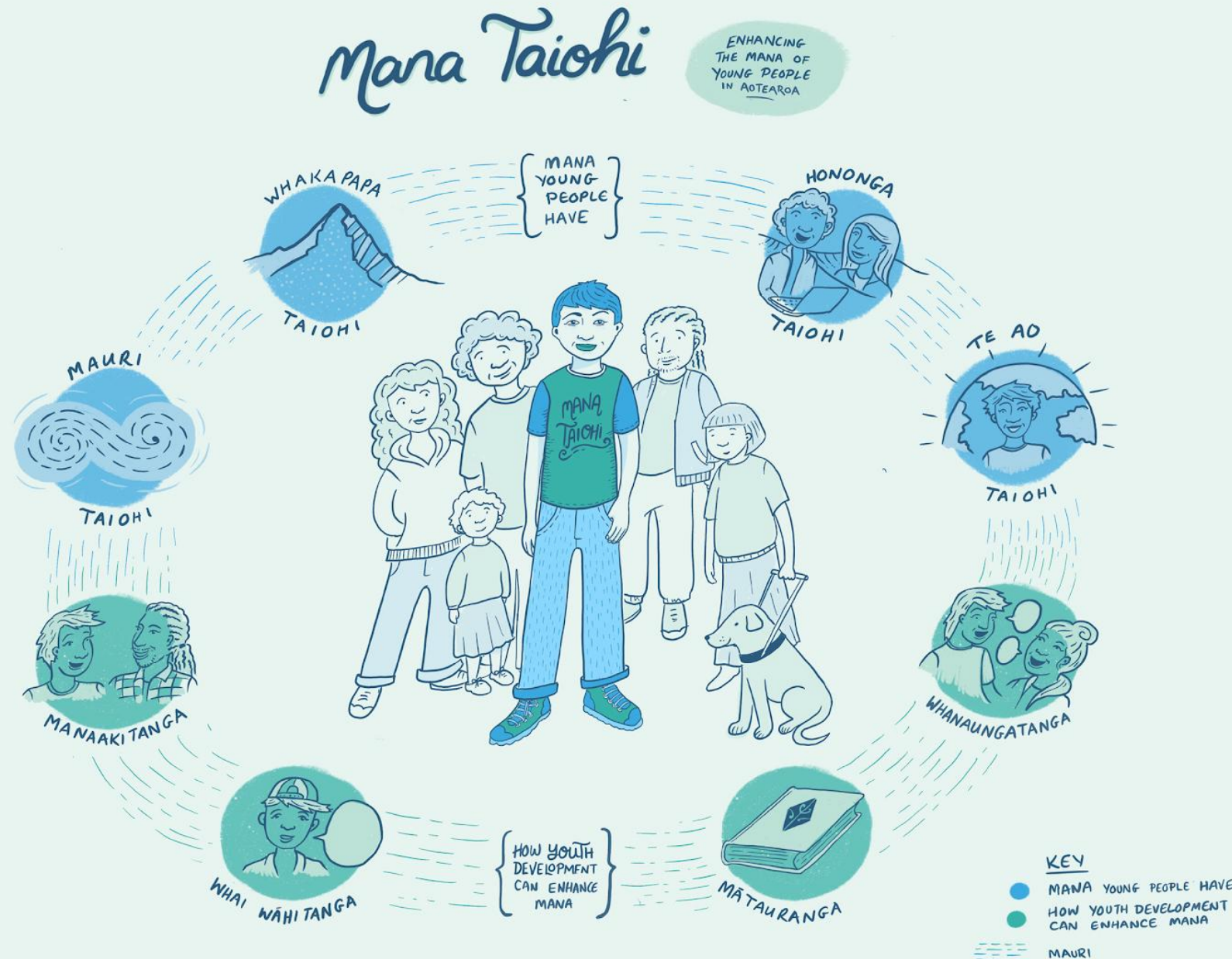


Mana Taiohi

Bicultural principles of
positive youth
development

Developed by Ara Taiohi

[Click to read more](#)



Whanaungatanga



**The act of
building
relationships
before doing the
work.**

- Partner with youth organisations or people connected to youth
- Connect with others who have done this before
- Plan to – and invest time in – building strong and genuine relationships



Manaakitanga



The act of
making young
people feel
welcome and
safe.

- Provide options to engage
- Make it easy to participate
- Keep it casual and fun
- Use their preferred communication channels



Image from: [Ditch diggers: Wellington's trail building communities](#) - WellingtonNZ

Whai wāhitanga



**The act of giving
young people
space to have
agency and take
responsibility.**

- Stay open-minded
- Identify opportunities for rangatahi to make decisions
- Provide clear roles and tasks
- Recognise their time and input

Mātauranga



The act of
providing
authentic and
transparent
information.

- Inform or discuss with young people how they can be involved and what they can influence

“We have an instagram called ‘Skate Build’ – kids engage lots through there on what is going on and the design and features etc. Rangatahi continually ask questions on posts, and we can adapt the design as we go depending on what we are seeing and hearing. It was also about feeding back to the kids on why some things work and some things do not – to keep them involved in the conversation show value to their thoughts.”

Pātai? Questions?

Email Ella Creagh:
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The value of blue and green spaces

Enhancing youth physical activity and wellbeing in
Aotearoa New Zealand

Report coming mid September!

Ngā mihi