

There are no right or wrong answers to these questions. You do not get a grade for doing this test and won't receive a bad grade if you decide not to do it

1 Please rate knowledge levels on the following topics before today and now.

TOPICS	BEFORE TODAY					NOW				
	<i>Not at all</i> 1	2	3	4	<i>Very much</i> 5	<i>Not at all</i> 1	2	3	4	<i>Very much</i> 5
For each question, use the following scale:										
I know nature is good for my health.	1	2	3	4	5	1	2	3	4	5
I know nature is good for relationships and stress relief.	1	2	3	4	5	1	2	3	4	5
I know how to do a guided imagery activity.	1	2	3	4	5	1	2	3	4	5
I know how to complete the Family Nature Pledge Card.	1	2	3	4	5	1	2	3	4	5

2 What do you plan to do within the next 12 months?

- Nature scavenger hunts Guided imagery activities

3 I will share what I learned with others.

- Yes No

4 I like what I learned.

- Yes No

5 What did you learn?

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