

Hiking for a Healthy Mind  
Pre/Post Survey  
Answer Key

1. Which of these is not one of your senses?

Smell            **Brain**            Touch

2. If you are very worried or anxious, you might be \_\_\_\_\_.

Ecstatic            **Stressed**            Proud

3. If you have complete awareness of your thoughts, emotions, or experiences, you would be practicing \_\_\_\_\_.

**Mindfulness**            Centering            Soccer

4. I feel \_\_\_\_\_ ready to learn.

**Not**            **Sort of**            **Very**            **– no right answer**

## Hiking for a Healthy Mind Pre/Post Survey

**Participant Number:** \_\_\_\_\_

**Pre or Post** \_\_\_\_\_

5. Which of these is not one of your senses?

Smell                  Brain                  Touch

6. If you are very worried or anxious, you might be \_\_\_\_\_.

Ecstatic                  Stressed                  Proud

7. If you have complete awareness of your thoughts, emotions, or experiences, you would be practicing \_\_\_\_\_.

Mindfulness                  Centering                  Soccer

8. I feel \_\_\_\_\_ ready to learn.

Not                  Sort of                  Very                  – no right answer