

Benefits of Connecting with Nature Unit
Pre/Post Survey
Answer Key

1. What are two ways to relax?
Take a walk outside **Imagine a peaceful place** Argue with a friend
2. My surroundings can affect my _____.
Emotions Stomach Skills
3. An emotion that means afraid or nervous is _____.
Jubilant **Anxious** Confident
4. An emotion that means peaceful and relaxed is _____.
Proud Ecstatic **Calm**
5. A synonym for thankful is _____.
Ashamed **Grateful** Disgusted
6. I feel _____ ready to learn.
Not **Sort of** **Very – no right answer**

Benefits of Connecting with Nature Unit Pre/Post Survey

Participant Number: _____

Pre or Post

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Take a walk outside

Imagine a peaceful place

Argue with a friend

2. My surroundings can affect my _____.

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Stomach

Skills

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