

Student's Journal

Student Name: _____
(Team leader)

Date: _____

Part 1 || Importance of going outdoors (2 person Team)

Based on the video you just watched, please answer the questions below.

Question	My Response	My teammate's response
What is nature deficit disorder? "Nature deficit disorder is not a real disorder"		

Name a few benefits of going into nature.	(i) (ii) (iii)	(i) (ii) (iii)
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<p>(i) Give an example of a time when you went into nature?</p> <p>(ii) Which senses were used & how?</p> <p>(iii) How did it make you feel – was it type 2 fun? (i.e. you did not enjoy it at the time but when you think back now, you would like to do it again)</p>	(i) (ii) (iii)	(i) (ii) (iii)
How can you make sure you connect with nature often?		