

Student's Journal

Student Name: _____
(Team leader)

Date: _____

Part 1 || Importance of going outdoors (3 person Team)

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

Question	Team member A	Team member B	Team member C
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)	(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)	(i) (ii) (iii)
How can you make sure you connect with nature often?			