

## **FlipGrid Reflection Questions for Student Journal Entries**

Students bring two nature journal samples to their FlipGrid Reflection and respond to the following questions:

1. Which journal entries did you bring with you today?
2. While you created your piece, did you feel connected to nature?
3. How did it feel to sit in nature and journal?
4. What did you notice happening around you?
5. What did you learn from your experience of nature journaling?



<b>Observations</b>	<b>Reflections</b>

### Field Notes Mindfulness Checklist Template

<b>Date:</b>	<b>Site:</b>	<b>Duration:</b>	<b>Activity:</b>
<b>Participant(s):</b>			

<b>Facets of Mindfulness Checklist</b>					
<b>Participant</b>					
<i>Being Present - observing and noticing surroundings</i>					
<i>Acting with awareness - concentration, not distracted</i>					
<i>Connection - a noticeable respect/stewardship for the environment</i>					
<i>Non Judging - open to the experience</i>					

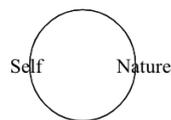
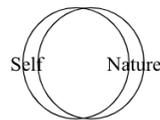
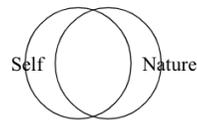
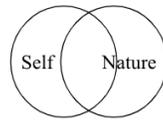
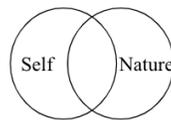
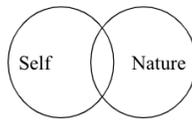
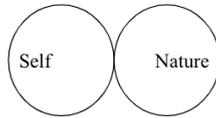
Notes:

Modified from - Baer, R. A., Smith, G. T., Hopkins, J., Krietemeyer, J., & Toney, L. (2006). Five Facet Mindfulness Questionnaire. *Assessment*, 13(1), 27-45.

Name: \_\_\_\_\_

### Inclusion of Nature in Self Scale Pre-Survey

1. How many years have you lived in New York City? \_\_\_\_\_
2. Please circle the picture that best describes your relationship with the natural environment. **How interconnected are you with nature?**

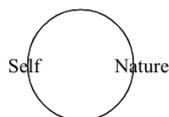
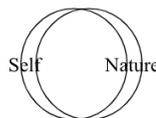
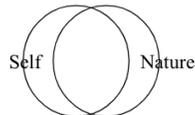
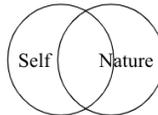
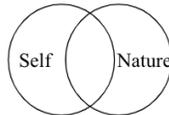
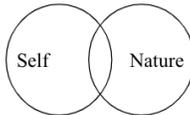
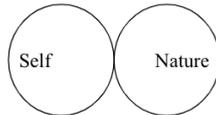


Modified from - Schultz, P. W. (2002). Inclusion with nature: The psychology of human-nature relations. In *Psychology of sustainable development* (pp. 61-78). Springer.

Name: \_\_\_\_\_

### Inclusion of Nature in Self Scale Post-Survey

1. Please circle the picture that best describes your relationship with the natural environment. **How interconnected are you with nature?**



Modified from - Schultz, P. W. (2002). Inclusion with nature: The psychology of human-nature relations. In *Psychology of sustainable development* (pp. 61-78). Springer.