



Interview Another Generation

STUDENT ACTIVITY INSTRUCTIONS

Materials Needed:

- Pencil or pen
- Paper, notebook, and/or note-taking device
- Voice Recording device (optional)

Introduction (Read before doing the activity)

The term 'nature-deficit disorder' was introduced by Richard Louv in 2005 with his publication, "Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder." He coined the phrase to serve as a description of the human costs of alienation from nature. It is not meant to be a medical diagnosis, but as a way to talk about a growing problem that we had no language to describe. The term caught on and is now connected to an international movement to connect children to nature. In this activity you will reflect on your own connection to nature and interview someone from another generation to understand their experiences and how they may be different or like your own.

Activity Instructions:

1. Reflect on your own experiences in nature. Find a nice quiet spot for your reflection away from others and distractions. Anywhere you feel comfortable. Bring a notebook and a pencil or pen.
2. Once you find a spot, take out your notebook and writing utensil. Answer the questions below in your notebook. Keep in mind that there are no right or wrong answers, just a reflection of your individual experience. Please try to write at least 3-4 sentences for each question.
 - a. As a young child, did you enjoy playing outdoors? Why or why not?
 - b. How frequently did you play outside? What did you do when you played outside?
 - c. When you played outside, did you play by yourself, with others, or both? Which did you prefer and why?
 - d. Did you have toys that you played with when you went outside? If so, which ones?
 - e. What did your surroundings look like around your home? Were there places to play in nature?
 - f. Was there anyone in your life who encouraged you to play outdoors and explore nature? Was there anyone who taught you about nature?
 - g. How have your experiences outdoors changed? How often do you spend time outdoors now?

3. After answering these questions for yourself, it is time to interview someone of a different generation to compare their experiences in the outdoors. Select someone to interview that is at least two generations older than you. This could be your grandparents or someone from your community such as a family friend, neighbor, or someone from your church or other group. If you have trouble coming up with someone to interview on your own, see if your parents or guardians have any ideas. If you still have trouble finding someone, consult your teacher.

4. Once you have identified someone to interview, ask to set up a meeting time and place. Make sure you set up a place where there will be minimal distractions. You want to be able to give your full focus on the person you are interviewing.

5. Before the interview, make sure to come prepared with the questions you want to ask. You don't necessarily need to ask all the questions as the conversation may steer in different directions, but you want to be prepared. It is recommended that you ask your interviewee the same questions you answered for yourself above. But you may also want to add in your own questions that may be more tailored to the individual you are interviewing.

6. Make sure to bring your notebook and writing utensil to the interview to take notes on the person's answers. Try to keep eye contact with the person as much as possible, but you will want to take notes for your reference later. If you have a voice recording device, this may come in handy. If you choose to record, make sure to let your interviewee know and obtain permission from them.

7. Conduct your interview! And enjoy getting to know more about someone from a different generation.

8. After you conducted the interview and taken notes, it is time to reflect on both of your experiences. Answer the following questions in your notes:

- a. What was similar about the experiences as a young child in nature of your interviewee and yourself?
- b. What was different?
- c. Why do you think you have these differences?
- d. Are there any other patterns or observations that you noticed? Are there any other connections or thoughts you made?

Conclusion

Congratulations on conducting a successful interview! Hopefully you have learned more about how to reflect on your own experiences and connections to nature, compare them to another's, and learned more about another generation. We all have different experiences and it can be both rewarding and informational to learn about someone else's.

