



Video Follow- Up Questions

U4L4: LET'S RECONNECT

Video 1: Why Does Nature Make You Feel Better?

1. True or False? The idea that nature is healing is a new one developed in the past decade.
2. Fill in the blank. Studies have shown that being exposed to _____ can improve well-being in a bunch of ways, both in those with and without clinical conditions.
3. Fill in the blanks. A study from 2012 found that walking through nature for ___ minutes provided a mood boost and other cognitive benefits for 20 participants with _____.
4. True or False? Time in nature is good for you.

Article: "Mental health benefits of interactions with nature in children and teenagers: A systematic review"

1. What is the specific objective of the review?
2. What were the four criteria for studies to be included in the review?

3. Of the eight categories of mental health outcomes that were addressed, which two were studied the most often? What was not studied at all?

4. How many studies reported statistically significant positive relationships between nature and mental health outcomes?

5. Which form of interaction with nature was the most likely to yield positive results?

6. What does the overall finding of the review support?

