

Survey Tool: Time spent outdoors in nature (outdoor time) and time spent engaged in media-based activities (screen time)

Source: Larson, L. R., Szczytko, R., Bowers, E. P., Stephens, L. E., Stevenson, K. T., & Floyd, M. F. (2019). Outdoor Time, Screen Time, and Connection to Nature: Troubling Trends Among Rural Youth? *Environment and Behavior*, 51(8), 966–991.

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Age Range: 6th grade and up

1. In the past week, including Saturday and Sunday, about how many *hours per day* did you spend *outdoors in nature* (in a park, a forest, a backyard or school play-ground with trees, or similar place)?
 - a. None (0 hr)
 - b. Less than 0.5 hr per day (0.25 hr)
 - c. Between 0.5 and 1 hr per day (0.75 hr)
 - d. Between 1 and 2 hr per day (1.5 hr)
 - e. Between 2 and 3 hr per day (2.5 hr)
 - f. Between 3 and 4 hr per day (3.5 hr)
 - g. Between 4 and 5 hr per day (4.5 hr)
 - h. More than 5 hr per day (5.5 hr)

2. In the past week, including Saturday and Sunday, about how many *hours per day* did you spend watching television, playing computer games, or using a computer/smartphone to go online each day?
 - a. None (0 hr)
 - b. Less than 0.5 hr per day (0.25 hr)
 - c. Between 0.5 and 1 hr per day (0.75 hr)
 - d. Between 1 and 2 hr per day (1.5 hr)
 - e. Between 2 and 3 hr per day (2.5 hr)
 - f. Between 3 and 4 hr per day (3.5 hr)
 - g. Between 4 and 5 hr per day (4.5 hr)
 - h. More than 5 hr per day (5.5 hr)

3. Select the choice that best describes how you feel about each statement.

	Strongly Disagree (1)	(2)	(3)	(4)	Strongly Agree (5)
I enjoy being outside in nature					
My favorite places are outside in nature					
I spend time outdoors whenever I can					
I notice plants and animals wherever I am					
I feel very connected to all living things and the Earth					
My relationship to nature is an important part of who I am					
I think about how what I do affects the Earth					