



### Nature Health Benefits LIVE – Classroom Challenge

As you learn more about the health benefits that being in nature can bring, we challenge you to think more about how much time you spend outdoors. As a class, you will track how much time you spend outdoors each day for three weeks. (Or choose another time frame that will work for you!)



Don't have a class? Challenge yourself or your family!

- 1) First, you will set up a baseline for your class. A baseline is the beginning set of data by which you will measure your progress each day or week. On the first day, everyone in your class will report how much time they each spent outside yesterday in minutes (this can be an estimate!). Find the average for your class by dividing the sum of those minutes by the number of people in your class. This is your baseline.



Teachers: You may want to consider a way that students can report their times anonymously each day. For example, you could have students submit their times as a “end of class” ticket out the door.

- 2) Each day everyone in your class will report how much time they spent outside the day before in minutes.
- 3) Find the average each day based on the number of people reporting each day.
- 4) As a class, keep a chart or a graph where you can record these averages each day for three weeks (or the length of time you have chosen). You can also use the chart on the next page.

**Class Chart**

120 min																					
110 min																					
100 min																					
90 min																					
80 min																					
70 min																					
60 min																					
50 min																					
40 min																					
30 min																					
20 min																					
10 min																					
	Day 1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21



**Next, it's time for the challenge!** Decide as a class how much you want to increase your average by each week. Is it 5 minutes? 10 minutes? Something bigger? Track your progress as a class each day to see if you're reaching your goal.

At the end of three weeks, assess how you did as a class.

1. Did your average time outside increase, decrease, or fluctuate over the three weeks?
2. What conditions might have affected your average? (Did the weather or time of year play a role? Did your class add an outside activity? Was the challenge during a sports tryout season or another seasonal outdoor activity? Something else?)

Brainstorm as a class some possible barriers people might experience that prevent them from spending more time outside. Then brainstorm ways that individuals and groups can try to overcome those barriers. Maybe you can even put some of those ideas into action!

Tell us about your findings! How did your class do on the challenge? What barriers did your class experience or what ideas did you come up with to add more outside time? Email us your findings at [naturalinquirer@gofindoutdoors.org](mailto:naturalinquirer@gofindoutdoors.org). If you get them to us in time, we may even be able to share your findings on our live program on February 23, 2024.



If you're inspired, continue the challenge! See what kind of data you can collect over the course of a month, a semester, or a school year.