

Nature Connection Survey Template

This draft survey is a suggestion of the types of questions you can ask about how people use and feel about a park. Please customize the survey to your park context. When administering a survey you must think of how a survey is shared, how the information will be analyzed and how the information will be shared. It is important to not ask for any information that allows you to identify individuals. Generally asking for a postal code is enough information about an individual for the purpose of a park survey.

Section 1 - Type of Experience

1. What is your postal code? *We ask for your postal code to better understand which neighbourhoods participants are coming from and how neighbourhood composition (including distance to the park and neighbourhood greenness) contributes to nature connectedness.*
2. When did you last visit [Park Name]?
3. When you visited [Park Name], which of the following activities did you participate in? Select all that apply.
 - Walked on paved pathways, sidewalks and roads
 - Walked on manicured areas (i.e., turf)
 - Walked in natural areas (e.g., forests, open savannah)
 - Practiced a self-organized physical activity (e.g., running or cycling in the park)
 - Practiced sports (e.g., using tennis, soccer, baseball, swimming facilities)
 - Used the dogs off-leash area
 - Attended an organized social event (e.g., walk in the park, community gathering)
 - Attended an organized nature-based event organized by a group
 - Practiced self-organized nature activities (e.g., bird watching, forest bathing)
 - Socialized (i.e. meeting up with friends or family in the park)
 - Attended an Indigenous ceremony or event
 - Used a play structure (e.g., swings, playground equipment)
 - Tended to a community garden
 - Saw a live performance (e.g., music, theatre)
 - Volunteered for an event/activity
 - Other (please describe):

Section 2 - Well-Being and Nature Connectedness

4. When I'm in [Park Name] I feel...[open ended]
5. Nature connection is "the degree to which individuals include nature as part of their identity through a sense of oneness between themselves and the natural world" (Wright & Matthews, 2015).

In general, how connected do you feel to the natural world around you?

- I feel **strongly connected** to nature
 - I feel **somewhat connected** to nature
 - I feel **neither connected to nor disconnected** from nature
 - I feel **somewhat disconnected** from nature
 - I feel **strongly disconnected** from nature
 - Not sure
6. Using the map below, click the space within the park that ***makes you feel most connected to nature*** (e.g., your favourite place to watch wildlife, hear the wind in the trees).

INSERT MAP OF PARK

7. Which activities, experiences, or spaces in [Park Name] ***make you feel least connected to nature?***
8. In general, how do you rate your mental health?
 - Poor
 - Fair
 - Good
 - Very Good
 - Excellent
9. In general, how would you rate your physical health?
 - Poor
 - Fair
 - Good
 - Very Good
 - Excellent
10. Please indicate for each of the five statements, which most closely describes how you have been feeling since you visited [Park Name]?

(At no time (1), Some of the time (2), Less than half of the time (3), More than half of the time (4), Most of the time (5), All of the time (6))

- I have felt cheerful and in good spirits
- I have felt calm and relaxed
- I have felt active and vigorous
- I woke up feeling fresh and rested
- My daily life has been filled with things that interest me

11. Is there anything else you'd like us to know about yourself or your use of [Park Name]?

Section 3 - Sociodemographics

12. What is your age?

- Under 18
- 18-29
- 30-54
- 55-64
- 65+
- Prefer not to answer

13. What is your gender identity*?

**Gender identity is the gender that people identify with or how they perceive themselves, which may be different from their birth-assigned sex.*

- Female
- Male
- Trans female
- Trans male
- Gender fluid/genderqueer/gender nonconforming/non-binary
- Two Spirit
- Intersex
- I identify as: _____
- Prefer not to answer

14. What is your household income?

- Less than \$20,000
- \$20,000 to \$34,999
- \$35,000 to \$49,999
- \$50,000 to \$74,999
- \$75,000 to \$99,999

- \$100,000 to \$149,999
 - Over \$150,000
 - Prefer not to answer
15. *People often describe themselves by their race or racial background. For example, some people consider themselves "Black," "White" or "East Asian."* What ethnicity or racial background do you identify with? Select all that apply.
- Black (African, Afro-Caribbean, African-Canadian descent)
 - Indigenous (First Nations, Métis, Inuk/Inuit)
 - Middle Eastern (Arab, Persian, West Asian descent, e.g. Afghan, Egyptian, Iranian, Lebanese, Turkish, Kurdish, etc.)
 - Southeast Asian (Taiwanese descent; Filipino, Vietnamese, Cambodian, Thai, Indonesian)
 - East Asian (Chinese, Korean, Japanese)
 - Latino (Latin American, Hispanic descent)
 - South Asian or Indo-Caribbean (e.g. Indian, Pakistani, Bangladeshi, Sri Lankan, Indo-Guyanese, Indo-Trinidadian, etc.)
 - White (European descent)
 - I identify as: _____
 - Prefer not to answer
16. Do you identify as a person with a disability? *Disabilities, both visible and invisible, include physical, hearing, seeing, developmental, learning or mental health conditions, chronic illness and addictions. Disabilities may be from birth, caused by injury or accident, developed over time, or result from the combination of a person's condition and barriers in society.*
- Yes – visible
 - Yes - invisible
 - Yes – both visible and invisible
 - No
 - Prefer not to answer
17. Were you born in Canada?
- Yes
 - No
 - Prefer not to answer
18. If born outside of Canada, how long have you lived here?
- 0-5 years
 - 6-10 years
 - More than 10 years

- Prefer not to answer

19. What is the highest level of education you have achieved?

- No certificate, diploma or degree
- High (secondary) school diploma or equivalency certificate
- Non-apprenticeship trades certificate or diploma
- Apprenticeship certificate
- College, CEGEP or other non-university certificate or diploma
- University certificate or diploma below bachelor level
- Bachelor's degree (e.g., BA, BSc, Bd)
- University certificate or diploma above bachelor level
- Degree in medicine, dentistry, veterinary medicine, or optometry
- Master's degree (eg., MA, MSc)
- Earned doctorate degree (e.g., PhD)
- Prefer not to answer

20. What is your employment status?

- Employed (e.g., work for pay or self-employed)
- Unemployed (e.g., without paid work or without self-employment work, and available for work)
- Not in the labour force (students, homemakers, retired workers, seasonal workers in an off season, long-term illness, or disability)
- Prefer not to answer

21. Which of these statements best describes how you feel about your income nowadays?

- Finding it very difficult on present income
- Finding it difficult on present income
- Coping on present income
- Living comfortably on present income

- Prefer not to answer

22. Do you own or have access to a vehicle?

- Yes
- No
- Prefer not to answer

23. How did you get to [Park Name]? If you used multiple modes, select the one that represents the majority of your trip.

- Walked
- Cycled
- Took public transit

- Took a taxi or rideshare service
- Drove