

QUIZ

NATURE AND MENTAL HEALTH

Can you answer the questions below?

1. What does the teacher tell the children to pick up at the start of the video?

2. How many hours a day do the children spend outside?

3. What is the teacher's exact question for the children at 0:24?

4. Which theory suggests that urban environments harm our ability to pay attention?

5. What do some professionals suggest as the daily minimum time for outdoor testing?

6. Looking at trees and houseplants can reduce levels of what?

7. What helps to promote warmer and more cooperative human relationships?

8. Which article of clothing did the kids help their friend to get back?



Answers : 1. (their) maps - 2. two - 3. What else lives in a swampy area? - 4. Attention Restoration Theory - 5. one hour - 6. stress - 7. natural settings - 8. (his) boots