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# Play Wild Evaluation Report



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## Executive summary

Spending time outdoors has been shown to increase people's sense of connection to nature and is beneficial for health and wellbeing in both adults and children. Play Wild is an initiative aimed at providing families with young children from socio-economically deprived areas with the opportunity to take part in activities outdoors. Participants had the opportunity to access free sessions led by Play Wild delivery partners. These were offered as either single sessions or as a 2 session format. Participants volunteered to complete surveys at the beginning and end of their sessions.

These surveys consisted of open and closed questions and assessed their perceptions of how important it was for their family to play outdoors, how likely they were to play outdoors, how confident they felt in playing outdoors and how connected to nature they felt. They also were asked about the places they currently used for outdoor play and for suggestions as to what would help them to play outdoors more. Baseline data measuring self-reported happiness and participants' general health was also collected.

105 participants (81 females and 9 males) provided data for the quantitative analyses and 69 participants provided data for the qualitative analysis\*. Ages of participants in the data set ranged from 22 to 70, with an overall mean age of 36 years.

The evaluation identified that the Play Wild initiative had a small to medium impact in leading to increases in four of the five key indicators measured. Statistically significant differences were shown in these indicating that participants were more likely to go outdoors to play with their families (small effect size), more confident in knowing where to go to play outdoors with their family (small effect size) and more confident in knowing what to do when playing outdoors with their family (medium effect size). There was also a significant increase in their level of nature connection (small effect size). No statistically significant change was shown in their perceptions of the importance of playing outdoors with their family before and after the intervention. Participants reported that their families played outdoors mostly in parks, gardens/backyards and playgrounds. Participants identified barriers to and facilitators for playing outdoors, that will give wildlife and nature organisations pointers which can support intervention design for the future.

Overall the project indicates that even short one-shot sessions in nature can support families in gaining skills, information and knowledge about playing outdoors successfully with their families. This has implications for improving people's health and wellbeing and suggests the value of nature-based interventions for families from lower socio-economic backgrounds.

\*data set was based on the surveys that were received by 1/11/17

## **Introduction**

There is a great deal of research to show the benefits to health and well-being of connecting with nature amongst both adults (Howell, Dopko, Passmore, & Buro, 2011; Nisbet, Zelenski, & Murphy, 2010) and children (Wells and Evans, 2003; Davis, Rae and Waite, 2006). These psychological rewards cover aspects such as restoration, personal growth, creativity and inspiration (McDonald, Wearing & Ponting, 2009). Therefore simple interventions that lead to a greater connectedness to nature are valuable.

Play Wild is an initiative aimed at providing families with young children from socio-economically deprived areas with the opportunity to take part in activities outdoors in natural environments. It was anticipated that this intervention would lead to an increase in nature connection and confidence in being able to play outdoors as a family. The aims of the project were to deliver 53 taster sessions to introduce over 1,000 people to playing wild. The project exceeded these aims, delivering a total of 60 play wild events and engaging 1461 individuals.

This evaluation aimed to assess the impact of the Play Wild initiatives across a number of indicators focusing on how important it was to families to play outdoors, how likely they were to play outdoors, how confident they felt in playing outdoors and how connected to nature they felt. The evaluation also aimed to explore the types of outdoor places the families usually played in. These indicators were captured via quantitative questionnaires.

The evaluation also employed qualitative methods which explored participants' perceptions of factors that would help them to play outdoors more frequently in the future.

## **Method**

### **Design**

The aim of the evaluation was to explore the impact of the Play Wild initiative on the following:

- People's perceptions of the importance of playing outdoors;
- how likely people were to play outdoors;
- how confident people felt to play outdoors;
- how confident people were in knowing what to do when playing outdoors;
- the participant's levels of nature connection.

Analyses compared scores across the above indicators before and after the Play Wild intervention.

Baseline data measuring self-reported happiness and participants' general health was also collected to offer a snapshot of these indicators of wellbeing.

## Participants

Participants were recruited from various Play Wild sessions delivered by the Derbyshire and Staffordshire Wildlife Trusts and partner organisations. Sessions were targeted towards groups from socioeconomically deprived areas with sessions being delivered in or through a total of 13 known locations/groups. Details of these locations/groups are shown in table 1.

Table 1: Delivery locations/groups

<b>Delivery location/group</b>	<b>No of participants</b>
Tinsley Youth Club (Easter Moors Partnership)	11
King George V Nursery	7
White Cross Nursery	8
Derby Arboretum	5
Forest Recreation Ground, Nottingham	4
Glossop	6
Alternative Sheffield Group	4
Hurdsfield Children's centre	4
Matlock Children's Centre	1
Holy Trinity	7
Ashgrove Children's Centre	8
Fairfield Infants	5
Staffordshire	2
Unknown	33
<b>Total</b>	<b>105</b>

A total of 124 participants provided data for use in the evaluation, however a number of these returned incomplete surveys. For the quantitative analyses 105 participants provided useable data. 69 participants provided useable data for the qualitative analysis.

Of the sample of 105 participants, 81 were female and 9 were male. Ages ranged from 22 to 70, with an overall mean age of 36.76 (standard deviation 9.89) years.

## Materials

Participants completed the Schultz (2001) measure of Nature Connection which measured nature connection through the presentation of a series of 7 pairings of overlapping circles, with greater nature connection being reflected through an increasing overlap. Participants also completed the Abdel-Kahlek, (2006) self-report measure of happiness, measured on a 5 point likert scale; and a single item measure of self-reported health, measured on an 11 point likert scale. Bespoke questions were developed to measure the importance of playing outdoors; how likely people were to play outdoors; how confident people felt to play outdoors; and how confident people were in knowing what to do when playing outdoors. These were all measured on an 11 point likert scale. In addition participants were asked to provide

information about what outdoor spaces their children currently used to play in and what would help them to play outdoors more with their families.

### Procedure

Participants attending the Play Wild sessions were invited to take part in the evaluation project by staff delivering the sessions. Information about the nature of the sessions and the evaluation was provided along with ethical information about how their data would be used and their right to withdraw. Participants who agreed to take part were invited to sign an informed consent form and then completed the first questionnaire prior to the start of the first session. Participants completed a further questionnaire at the end of the Play Wild session. Data from before and after the single Play Wild session was used for the 91 participants who took part in only one session. 12 participants took part in 2 Play Wild sessions. Data from the start of session 1 and the end of session 2 was used for those participants taking part in 2 Play Wild sessions.

### Results

Data screening indicated that the data was skewed (i.e. not normally distributed) for the questions which measured the importance of playing outdoors; how likely people were to play outdoors; how confident people felt to play outdoors; and how confident people were in knowing what to do when playing outdoors. In light of this and the relatively small sample size a paired samples t-test using a bootstrapping approach with 10,000 samples was employed as recommended by Field (2018), providing a 95% confidence interval.

Means and standard deviations for the indicators taken before and after the Play Wild are shown in table 2.

*Table 2: Means (Standard deviation in brackets) for before and after the Play Wild intervention for the key indicators*

	<b>Before</b>	<b>After</b>
How important is playing outdoors with your family to you?	8.68 (1.73)	8.90 (1.45)
How likely is it that you would go outdoors to play with your family?	8.20 (1.99)	8.77 (1.56)
How confident do you feel about knowing where to go to play outdoors with your family?	7.36 (1.98)	8.19 (1.72)
How confident do you feel about knowing what to do when playing outdoors with your family?	7.38 (2.04)	8.34 (1.68)
Nature Connection	4.00 (1.64)	4.75 (1.58)

### **How important is playing outdoors with your family to you?**

There was no significant difference in how important participants felt playing outdoors was to their family  $t(df=104) = -1.687$ ,  $p = .101$ , mean difference =  $-.23$ , bias  $< .001$ , confidence interval  $[-.50$  to  $.04]$ ,  $d = .14$ .

### **How likely is it that you would go outdoors to play with your family?**

There was a significant difference in how likely participants were to go outdoors to play with their family with higher scores being observed after the Play Wild sessions,  $t(df=101) = -2.629$ ,  $p = .012$ , mean difference =  $-.51$ , bias  $< .001$ , confidence interval  $[-.89$  to  $-.37]$ ,  $d = .32$  indicating a small effect size.

### **How confident do you feel about knowing where to go to play outdoors with your family?**

A significant difference was observed in how confident participants felt in knowing where to go to play outdoors with their family, with participants reporting greater confidence after the Play Wild sessions,  $t(df=101) = -4.45$ ,  $p < .001$ , mean difference =  $-.80$ , bias =  $.001$ , confidence interval  $[-1.16$  to  $-.45]$ ,  $d = .45$  indicating a small effect size.

### **How confident do you feel about knowing what to do when playing outdoors with your family?**

There was a significant difference in how confident participants felt about knowing what to do when playing outdoors with their family with higher scores being observed after the Play Wild sessions,  $t(df=101) = -4.35$ ,  $p < .001$ , mean difference =  $-.93$ , bias  $< .001$ , confidence interval  $[-1.35$  to  $-.51]$ ,  $d = .51$  indicating a medium effect size.

### **How connected to nature do you feel?**

A significant difference was also observed in nature connection with participants showing greater connection to nature after the Play Wild sessions,  $t(df=101) = -5.09$ ,  $p < .001$ , mean difference =  $-.70$ , bias  $< .001$ , confidence interval  $[-.98$  to  $-.44]$ ,  $d = .47$  indicating a small effect size.

### **Self-rated health and happiness**

At the start of the sessions participants were asked how happy they felt and how they would rate their general health. This was not compared before or afterwards but gave an idea of the participants at that time point.

Self-rated happiness was measured on an 11 point likert scale ranging from 0-10 with higher scores indicating greater levels of happiness. Participants generally indicated reasonably high levels of happiness (mean =  $8.05$ ,  $sd = 1.56$ ).

Self-rated health was measured on a 5 point likert scale with the following options: Poor (1), fair (2), good (3), very good (4) and excellent (5). Self-rated health had a mean value of  $3.36$ ,  $sd = .91$ .

## What outdoor spaces do your children currently play in?

Participants were asked to report the places where their children currently played and details of these are shown in table 3.

Table 3: Outdoor places where children currently played

Location	Number	%
Park	89	84.8
Garden/Back Yard	88	83.8
Playground	73	69.5
Countryside	55	52.4
Beach	28	26.7
Street	24	22.9

The most popular outdoor places where children currently played were in a park (85%) or garden/backyard (84%). A further 70% said their children played in a playground and 52% reported that their children played in the countryside. The beach was identified by 27% of participants as a place where their children played. The place where children were least likely to play outdoors was the street, with only 23% of parents reporting that their children children played in the street.

### Qualitative analysis

Participants were asked two open-ended questions which provided qualitative data, the findings to these are presented below.

#### Question 1. What other outdoor spaces do you and your family play in?

A content analysis of the 13 responses was undertaken and the findings are shown in table 4.

Table 4: Other outdoor spaces families play in

National trust/stately home and garden	4
Own or family gardens	2
Beach	2
Community park	1
Allotment	1
Woods	1
Canal	1
Cricket Field	1
Family events outside	1
Bakewell	1
Dog show	1
Near waterfall or lake	1
Forest	1
Zoo	1
Bicycle and scooter	1
Nature reserve	1



## **Question 2: What would help you play outdoors more with your children?**

A themed analysis was conducted with the 69 responses. They fell into 2 major themes: facilitators and barriers. Within the 2 main themes there were 7 subthemes in total which are listed below.

### **Facilitators**

1. I want to know where to go
2. I want more local options (safe and accessible)
3. I want to know what to do
4. Taster session as supporting action

### **Barriers**

5. Weather
6. Time
7. Access

The following analysis outlines the themes in more detail and includes verbatim extracts from participants. In some cases words have been inserted to clarify meaning. This is annotated with [ ].

### **Facilitators**

#### **Theme 1: I want to know where to go**

15 participants identified that to play outdoors more with their families they would like more signposting to activities, both organised and also unstructured in nature. For example they wanted to have “more information about organised events going on locally” and “more knowledge of where to go outdoors and visit”. They also wanted “easier access to information about where to go (knowing where to look)”. When describing an unstructured example, one participant wanted to know of options where there would be other “stewards” around if the area was remote; they wanted to find “more remote places where it’s safe to go on your own with your child i.e. [with] stewards or lots of people around”.

Within the structured activity suggestions, participants wanted more outdoor events organised for them. They saw the benefits of these as being helpful as their children had fun, “learned new things” and the parents had support from the leaders (“it’s a bit overwhelming with 3 aged 3 and under”) and were able to “meet other like-minded families”.

#### **Theme 2: I want more local options (safe and accessible)**

16 participants wanted to see more outdoor options available to them in their local environment. Several suggestions related to local play areas; they wanted to see “more parks” and “dedicated places to play from the council”, “more activities in their local park”, “more climbing frames, swings and slides” and “more activities with youth clubs”. They also wanted parks to be well maintained, clean and “activity packed”.

Other areas they thought were important were “more accessible woods and fields”. Additionally, more “child-friendly paths and routes” were identified as being facilitators to spending more time outside with their families.

The safety of these local options were also mentioned by 5 participants who stated they wanted “secure” local areas where their children are “safe from cars running around” so they could play out in the street. They also wanted the parks to be preserved for their children and for “police to move drunks and drug addicts as this puts people off from coming to the park”. One participant suggested “more fenced off safe areas” for children to play.

### **Theme 3: I want to know what to do (by myself)**

18 participants identified that the ideas they had gained from the session were really helpful and they would like more “ideas of what to play and what to do” outdoors with their children or with friends. Suggestions included having “free to download/print activities” and having “good routes to follow on bikes/buggies that had maps and were child friendly”. Having “more awareness of family and community activities happening outdoors” was seen as being useful. One participant suggested having information boards to show activities that they could do in that area would be a good resource. Another suggested “online info about what is going on in our area, combined with signs at key locations”.

### **Theme 4: Taster session as supporting action**

7 participants acknowledged the impact of the taster sessions and suggested that future intention to act and take their families outdoors was strengthened. Some participants identified specific favourite locations that were accessible to them. Two mentioned the locations where their Play Wild sessions had been offered:

“we love being outdoors, this has been great and we will be visiting Carsington over the holidays and weekends”

“the sessions has been wonderful, I would love to come and do more in and around Leek”

Another suggested awareness of the potential in their local area, noting they had intentions towards “getting to the peak district”.

4 participants recognised the value of the sessions in providing them with ideas, resources and information to better equip them in engaging with their local area in a new way. The session(s) were clearly seen as enablers of positive future outdoor play. Examples of their comments are listed below:

“using the websites and resources suggested for sheets and activity”

“been given lots of ideas that we can do outside and looking forward to getting out more”

“the session has given me ideas to do myself in our local area”

“we have been given lots of ideas that we can do outside and looking forward to getting out more”

### **Barriers**

Participants also highlighted that there were a variety of factors which impeded their ability to get outside more with their families; these are detailed in the final 3 themes.

#### **Theme 5: Weather**

12 participants stated that better weather would help them get outdoors more with their families. One mentioned that being “equipped for any weather” would help them to overcome this.

#### **Theme 6: Time**

5 participants noted that time was a barrier for taking their families outside more, they stated that having “less workload” and “more free time” would facilitate this, and one person recognised that despite this “there is always the odd half hour here or there”.

#### **Theme 7: Access**

Access of different types was mentioned by participants. For some, physical access was a barrier and fee-based parking and access to locations was mentioned e.g. one participant stated that to enable them to get outdoors more with their family they would seek out “places that are free”. Another participant highlighted that;

“transport is a main issue to come outdoors as I have a really large family”. They suggested free parking spaces and activities closer to home would help them to overcome this.

Having “better transport options to the parks, fields and woods” was mentioned. The need for more local options was reiterated as “it’s not easy to get here on public transport”.

## **Discussion**

This evaluation aimed to assess the impact of the Play Wild initiative on the importance of playing outdoors; how likely people were to play outdoors; how confident people felt to play outdoors; how confident people were in knowing what to do when playing outdoors and if their level of nature connection would change via engagement in the intervention. The evaluation also aimed to identify the key places where families and children played outdoors and what would help families to play outside more often.

The results showed statistically significant differences across four of the key indicators with significant increases being observed for how likely people were to play outdoors; how confident people felt to play outdoors; how confident people were in knowing what to do when playing outdoors; and their levels of nature connection. Small to medium effect sizes were observed across these indicators reflecting the

overall magnitude of change when comparing the before and after scores. No significant difference was observed in how important participants thought it was to play outdoors. It should be noted that participants already appeared to recognize the importance of playing outdoors with their family, and this was reflected in the relatively high mean scores for this indicator.

Overall the results indicate that the Play Wild taster sessions were successful in achieving a number of project outcomes in increasing adults' confidence to play outdoors and to know what to do when playing outdoors with children. Small effect sizes were observed for how likely participants would be to go outdoors to play and how confident they felt in knowing where to go to play outdoors. A medium effect size was observed for how confident participants felt in knowing what to do when playing outdoors. This indicates that the Play Wild initiative had a slightly greater impact on confidence in knowing what to do than the other indicators. If this is maintained then it is hoped that the people who took part in the Play Wild taster sessions may feel able to play outdoors more frequently with their children in the future.

A small effect size was also observed for change in nature connection. This indicates that the Play Wild initiative also appears to have led to an increase in nature connection although the effect size was small. It is encouraging to see that a brief intervention such as this may have positive benefits on nature connection, which may also help in facilitating the participants' desire to play outdoors more frequently.

It is important to note that the change in participants' scores across the indicators was only measured over a relatively short time frame when the impact of the Play Wild sessions was very relevant to participants (immediately post-session). It is possible that the impact seen across indicators may only be short term, so for the future it would be useful to carry out further data collection at a later time point to assess the longer term impact of the initiative. However it could also be argued that these changes were observed after only one or two sessions, so if participants were able to engage in further Play Wild activities then it is possible that greater impact might be observed.

In terms of places where children play outdoors, parks and garden/backyards were the most frequently identified places, whilst playing in the street was the least commonly reported place to play outside.

The qualitative analysis identified a range of facilitators and barriers for families in regards to playing outdoors.

In terms of facilitators four themes emerged, suggesting that participants would like to play outdoors more if they knew where to go; had more local options where they felt safe and secure; and had more knowledge of what to do by themselves when playing outdoors. Participants also identified that the Play Wild taster sessions were very supportive in strengthening their future intention to act and take their families outdoors.

Three barriers to playing outdoors were identified with a number of participants identifying the weather as a barrier to playing outdoors. In addition, participants also noted that time was another barrier with some participants reporting having insufficient time. Finally, access to the outdoors was also identified as a barrier, for some this referred to physical access, for others it related to parking fees, whilst others identified transportation as a barrier

It was encouraging to see that many participants reported playing outdoors in parks, gardens/backyards and playgrounds. However, fewer than half of the participants appeared to play outdoors in the countryside. It is possible that taking part in the Play Wild initiative may lead to some of those participants making playing outdoors in the countryside more likely to happen in the future.

The identification of facilitators to play outdoors more often will be helpful to organisations who wish to increase people's access to outdoor play. Participants recognised the importance of playing outdoors for their children but felt they needed more help to make this become part of their regular family routine. In terms of addressing the barriers to playing outdoors more often, whilst organisations might not be able to make changes to the weather, they could consider providing facilities that make the weather less of a barrier, for example by providing sheltered areas for picnicking or providing access to all-weather clothing. One participant did note that being "equipped for any weather" would help. Time was identified as a barrier by a number of participants, so the provision of shorter, contained activities for families to enjoy together outdoors may help people to feel that playing outdoors is more achievable and does not always have to take a long time. Finally, access is something to be considered, whether that be through the provision of free parking or the advertisement of local transport routes that might facilitate getting out into the countryside.

In summary, this evaluation has identified that the Play Wild initiative appears to have had a small to medium impact in leading to increases in four of the five key indicators measured over a short time frame. The longer term impact of the Play Wild initiative has not been measured through this evaluation and so any sustained benefits cannot be assessed here. The evaluation has also been successful in identifying the prevalence of locations where children already play outdoors and in identifying both facilitators that might help families to play outdoors more often, and barriers which appear to prevent families from playing outdoors. This will be of use to organisations in the future when planning out strategies to increase the amount of time families spend playing in outdoor locations.

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## **Appendices**

Copy of materials used.

### **Invitation to Participate (read out at the start of Play Wild session)**

Dear Taster session attendee,

Welcome to Play Wild! (Play Wild leader to give overview of the day and the logistics)

We want to find out how useful this taster session is for you and your family. To do this, we would like to ask you a few questions at the start of the session and again at the end. The University of Derby are helping us with this and will be writing a report for us based on the information we collect from all our sessions this summer.

The questions are short and will ask you about how you feel about playing outside in nature with your family and there will be a couple of questions related to your own health and happiness. We'd also like to know a little bit about who our participants are, so would like to know your age and gender. Your responses will be confidential- we do not need your name, but we will ask that you create a code made up of your initials and house number so we can match your answers gathered at the start and end of the Play Wild session(s). The questionnaire should only take a few minutes. If you need any help, please let us know.

All the information you provide will be confidential and will be stored on a password protected computer. You will not be identifiable when we analyse the data or write up the report.

If you would prefer not to complete these short questions, please don't feel any pressure to do so. You can decide not to participate in this at any time today, or up to 2 weeks after taking part and we will give you the contact details to do this before you leave. If you are happy to take part, please sign the consent form before completing the questions. This consent form will not be stored with your data. Do you have any questions about the day or about the questions before we start?

## Consent

It is important that you give your consent to take part in the evaluation of the taster sessions. To help us with this we would like you to read the following information and if you are happy to take part, complete the consent form.

**Please  
tick**

- I confirm that I understand that nature of the research I am taking part in
- I have had the opportunity to ask any questions I might have
- I understand that I have the right to withdraw at any time and up to 2 weeks after taking part
- I understand my responses will be used to inform a report to show how effective the Play Wild sessions have been.
- I freely agree to take part in this study

Name \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_



## Questionnaire

### Time 1 – at start of the session

Thank you for agreeing to take part. So we can track your responses we would like to record your initials and your house number e.g. CEH66

Initials \_\_\_\_\_ House Number \_\_\_\_\_ Age \_\_\_\_\_

**Gender (please circle)** Female Male Transgender Other Prefer not to say

The following questions ask about how you feel about spending time outdoors. By outdoors we mean park, garden, countryside or beach.

Please **circle the number** that best describes how you feel in response to each question.

How important is playing outdoors with your family to you?      Not at all important      0 1 2 3 4 5 6 7 8 9 10      Extremely important

How likely is it that you would go outdoors to play with your family?      Not at all likely      0 1 2 3 4 5 6 7 8 9 10      Extremely likely

How confident do you feel about knowing where to go to play outdoors with your family?      Not at all confident      0 1 2 3 4 5 6 7 8 9 10      Extremely confident

How confident do you feel about knowing what to do when playing outdoors with your family?      Not at all confident      0 1 2 3 4 5 6 7 8 9 10      Extremely confident

In general how happy do you feel?      Not at all happy      0 1 2 3 4 5 6 7 8 9 10      Extremely happy

In general would you say your health is      Poor      Fair      Good      Very good      Excellent

What outdoor spaces do your children currently use to play in? Please circle all that apply:

Own  
garden/back  
yard

Street

Park

Playground

Countryside

Beach

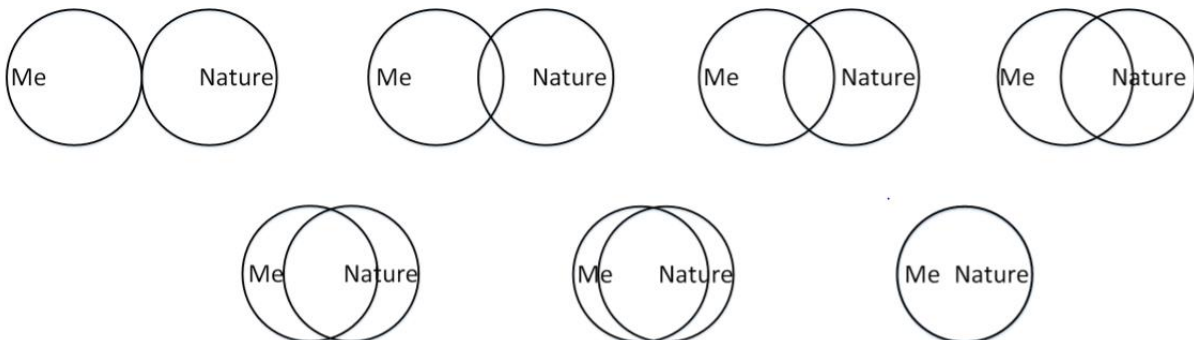
Other – Please list here:

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Please select the picture below which best describes your connection with nature right now?



**Thank you for taking the time to complete these questions.**

### End of session evaluation

So we can pair your responses we would like to record your initials and house number e.g. CEH66

Initials \_\_\_\_\_ House number \_\_\_\_\_

The following questions ask about how you feel about spending time outdoors. By outdoors we mean park, garden, countryside or beach.

Please **circle the number** that best describes how you feel in response to each question.

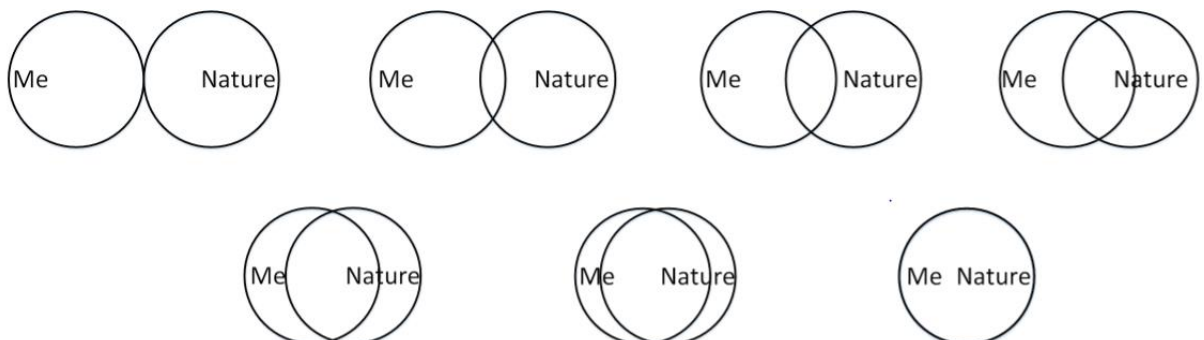
How important is playing outdoors with your family to you?      Not at all important      0 1 2 3 4 5 6 7 8 9      Extremely important 10

How likely is it that you would go outdoors to play with your family?      Not at all likely      0 1 2 3 4 5 6 7 8 9      Extremely likely 10

How confident do you feel about knowing where to go to play outdoors with your family?      Not at all confident      0 1 2 3 4 5 6 7 8 9      Extremely confident 10

How confident do you feel about knowing what to do when playing outdoors with your family?      Not at all confident      0 1 2 3 4 5 6 7 8 9      Extremely confident 10

Please select the picture below which best describes your connection with nature right now?  
(Please circle)



What would help you to play outdoors more with your family? Please comment below:

Thank you for taking part in this evaluation. Your help is greatly appreciated and your feedback will help us to identify if the sessions have been helpful and how we can improve them for the future.

## Appendix 5: Debrief

Thank you for taking part in the evaluation of the Play Wild sessions. We really appreciate your help with this.

Your data will now be stored securely until it is handed over to researchers at the University of Derby. They will analyse the data and use it to write a report to show how effective the sessions have been in helping people to access the outdoors and spend time with their family in natural spaces.

We hope you are happy to have taken part in the evaluation but if you would prefer to withdraw from the evaluation and ask that your data be removed you can do this by contacting the person delivering the sessions, or you can contact the researchers directly by email at [c.harvey@derby.ac.uk](mailto:c.harvey@derby.ac.uk) or [f.g.holland@derby.ac.uk](mailto:f.g.holland@derby.ac.uk) or by telephone on 01332 590500. Please do this within 2 weeks of taking part in the sessions. All you need to do is ask for one of the researchers' and then leave a message or tell them your initials and house number and they will remove and destroy your data, and not include it in the analysis or report. Please record your unique code here: Initials \_\_\_\_\_ House Number \_\_\_\_\_

We hope you enjoyed taking part, but if for any reason you have concerns after taking part then please feel free to discuss this with the session leader. Alternatively you can contact the researchers, or you may prefer to speak to your GP or Health Visitor depending on the nature of your concern.

If you want to find out more about the results of this evaluation a copy of the final report will be published on the Derbyshire Wildlife Trust website at <http://www.derbyshirewildlifetrust.org.uk/>