

30 Days Wild

Evaluating the impact of 30 Days Wild on children's attitudes towards nature and their wellbeing

The Wildlife Trusts want to find out more about the impact 30 Days Wild can have on children's development and wellbeing. Is nature good for us?

To do this, we are asking schools who are delivering 30 Days Wild as part of their teaching to complete the following evaluations with their pupils. Pupils can be any age and at any level.

The attached pack includes everything you will need to complete the evaluation, including...

- 1) A welcome letter for your school to explain the process**
- 2) A letter to be sent home to parents from the school**
- 3) The quiz itself, to be completed at three time points**
- 4) A debrief for children, to be read out by their teacher**
- 5) A debrief for parents, to be sent home from the school**

The letters to parents explain all about the project, and their opportunities to opt out of the research. Please be assured that everything is completely confidential and no child's details will be stored. We would appreciate if schools ensure that all letters are sent home to parents at the appropriate time points. We have provided the text and ask that you simply photocopy or copy & paste the text on to your own templates.

All children participating will need to complete the quiz at three time points - before and immediately after 30 Days Wild, and again when they return from the summer holidays.

We hope you have an amazing time going wild in June, and if you need any help or support, or have any questions, please let us know.





The Wildlife Trusts

The Kiln

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Email

info@wildlifetrusts.org

Website

www.wildlifetrusts.org

Dear Teacher,

Thanks so much for taking part in the evaluation of the **30 Days Wild** project. We're keen to understand more about how time spent in nature can affect a child's development and **30 Days Wild** is one way of evaluating this.

Participation in the evaluation is simple: we would like the children at your school to complete a short questionnaire which should take no more than 20 minutes, and will ask questions about what they like to do in nature and why. If you are happy for your school to take part in the evaluation of 30 days wild, please let me know.

They should take this before the 1st June (before **30 Days Wild** starts), immediately after **30 Days Wild** and then again when they return after the summer holidays. We appreciate some children may have moved school at this point so only expect to receive responses from those children who are still at the same school.

In order for us to make comparisons across the three time points, we will assign each child a unique code, to ensure their anonymity and allow us to track responses. For this, we ask for the child's name, birthday, class and school. Their personal information will not be used in conjunction with any of the research.

We would really appreciate if you could ensure that children complete all the questions, including the date that they completed the questionnaire.

Finally, it is also imperative that parents give consent for their children to take part. To ensure this, we ask you to send out the enclosed information to parents, which gives them further information and the option for their child opt-out of the research.

At the end of each time point, please return your questionnaires either by either post or scanned and sent via email to the address at the bottom of this letter.

Finally, we'd like to thank you again for agreeing to take part in 30 Days Wild! We hope you have an amazing month going wild!

Kind regards,

Lucy McRobert, Campaigns Manager

The Wildlife Trusts, The Kiln, Mather Road, Newark, Nottinghamshire, NG24 1WT

lmcrobert@wildlifetrusts.org

01636 670022

Parents' Information Sheet - to be sent out by the school to parents

Dear Parent,

Re: 30 Days Wild Project Evaluation

As you might have heard, our school will be taking part in the **30 Days Wild** project organised by The Wildlife Trusts. This is a fun and engaging campaign that will help children to understand, connect with and appreciate the natural world around them, fitting neatly into school working hours. You can find out more here: <http://wildlifetrusts.org/30DaysWild/schools>

The project encourages people to make room for nature in their lives by taking part in various activities to engage them with nature. The project runs during June and will empower people to take a little time each day to spend time doing things that involve nature.

The Wildlife Trusts and University of Derby are carrying out a research project as part of 30 Days Wild, to evaluate the impact of 30 Days Wild on childhood development. This will involve your child completing a short questionnaire to measure nature connection (how they feel about nature), the kind of things they do to help nature and measures of health and well-being. The questionnaire will be completed at three time points: before the project starts; after the project has finished and again a few months later.

Our school has agreed to take part in the research, however taking part in the research is entirely voluntary and your child will have the option to withdraw from the research at any point by letting their teacher know. All details of the child will be treated confidentially, and your child will not be named in any of the research: their answers are tracked using a uniquely generated and anonymous code. If you would prefer that your child did not take part in the research, please complete the form below and return it to the class teacher. You can do this at any time point during the research project. If you are happy for your child to take part in the research you do not need to do anything further.

If you prefer that your child **DOES NOT** take part in the research, please complete the slip below and return to school.

Thank you.

Parent/Guardian Name: _____

Childs Name: _____

I **DO NOT** want my child named above to take part in the **30 Days Wild** research.

Signature: _____

Date: _____

30 Days Wild

What do you think about wildlife?

The Wildlife Trusts want to find out more about how you feel about wildlife, wild places and nature.



My name is.....

My birthday is.....

My class is.....

My school is.....

Today's date:.....

Are you a boy or girl?

Boy []

Girl []

Please tell us how much you agree or disagree with each of the following statements, by putting a tick in the relevant box...

Statement...	Strongly Agree	Agree	Neither agree nor disagree	Disagree	Strongly Disagree
I like to hear different sounds in nature					
I like to see wildflowers in nature					
When I feel sad, I like to go outside and enjoy nature					
Being in the natural environment makes me feel peaceful					
I like to garden					
Collecting rocks and shells is fun					
I feel sad when wild animals are hurt					
I like to see wild animals living in a clean environment					
I enjoy touching animals and plants					
Taking care of animals is important to me					
Humans are part of the natural world					
People cannot live without plants and animals					
Being outdoors makes me happy					
My actions will make the natural world different					
Picking up litter on the ground can help the environment					
People do not have the right to change the natural environment					

We are interested in finding out about the kinds of things you have done to help look after the environment. Please tell us if you have ever done any of the following activities by ticking the appropriate box.

Example: If you have spent time collecting fallen leaves you would tick or cross the "Yes I have done this" box.



	Yes, I have done this	No, I haven't done this
E.g. I have spent time collecting fallen leaves	x	
I often put food out to feed garden birds		
I have made homes for nature at school or in the garden		
I put insects safely outside when I find them stuck indoors		
I grow flowers and plants that birds and insects will like		
I take part in events to help nature		
I am a member of a wildlife or nature group outside of school (e.g. Wildlife Watch)		
I am a member of a wildlife or nature group at school		

Please tell us about your health by ticking the appropriate box:

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

Please tell us about your health by ticking the appropriate box:

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

Thanks so much for taking part in our quiz!
We hope you have a great month going wild!



For Children – please read out to the participating children in class by teacher

Thank you for taking part in the study carried out by The Wildlife Trusts and the University of Derby, which looked at the impact that 30 Days Wild had on how you feel about nature and your general well-being.

The Wildlife Trusts and the University of Derby will be looking at the answers you gave before the project started and comparing these with the answers given after the project finished, to see if how you feel about nature has changed.

All the information you gave is confidential - which means we won't share it with anyone - and taking part in this study is completely voluntary. You are free to stop taking part at any time, so if you would prefer not to take part please let me (your teacher) know.

If you would like to find out more about how to get more involved in nature related activities you can ask your parents to contact The Wildlife Trusts. Their contact details are in the letter being sent home to your parents.

**Parents' Information Sheet - to be sent out by the school to parents after completion
of all research**



Dear Parent,

R.e. 30 Days Wild Project Evaluation

Thank you for agreeing for your child to take part in the study carried out by The Wildlife Trusts and the University of Derby, which looked at the impact that 30 Days Wild had on how children feel about nature and their general well-being.

We will be looking at the answers your child gave before the project started and comparing these with the answers given after the project finished, seeing if there are any change in the answers.

All the information your child provided is confidential and taking part in this study is completely voluntary. You can ask that your child stops taking part and withdraws from the study at any time without giving a reason and up to four weeks after they have completed the study. If you wish to withdraw your child please contact the school with the form below.

If you would like to find out more about how to get more involved in nature related activities with your child you can contact your Wildlife Trust at
www.wildlifetrusts.org/map

If you require any further information please do not hesitate to contact me.

Lucy McRobert, Campaigns Manager

The Wildlife Trusts, The Kiln, Mather Road, Newark-on-Trent, Nottinghamshire,
NG24 1WT
lmcrobert@wildlifetrusts.org

01636 670022

Parent/Guardian Name: _____

Childs Name: _____

I **DO NOT** want my child named above to take part in the **30 Days Wild** research.

Signature: _____ Date: _____

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