

Role of nature within our lockdown experience

We'd love your help in understanding the role that parks and open spaces have played during our lockdown experience and nature's impact on our well-being.

This survey will take about 5 minutes, it has 11 questions, plus some info about your background.

Wild in the City supports the well-being of urban residents through relationship with nature

Prior to Covid-19, in the last year, how many times did you visit parks/natural settings?

Urban parks/woodland/public gardens Open countryside Your own garden

Daily

Weekly

Monthly

Couple of times a year

Yearly

Never

How do you usually spend your time in the park/natural setting? (tick any that apply)

Pre-Covid During Lockdown

Cycling

Walking

Sitting

Relaxing

Jogging

Dog Walking

Socialising

Meditation

Group exercise or community activity

Practical nature pursuit (e.g. conservation, foraging, gardening)

Studying nature (eg Birdwatching, photography)

Enjoying the beauty of nature and wildlife

Playing with children

Thinking

Processing emotions

Other

So far, during the lockdown period, how many times have you visited parks/natural settings?

Urban parks/woodland/public gardens Open countryside Your own garden

Daily

Weekly

Couple of times a month

Monthly

Never

Was your local park closed for any period of time during lockdown? *

Yes

No

I don't know

Do you feel that your relationship with nature has changed since the lockdown period? *

Yes, I appreciate nature more

Yes, I like nature less

No, I appreciate nature the same

No, I dislike nature the same

How important has spending time in nature been to your emotional health and ability to cope during lockdown? *

1 2 3 4 5

Not important

Very important

I have deliberately sought out time in nature to feel better during lockdown *

Yes

No

I don't know

In your own words, how has time in nature made you feel during the lockdown period?

Thinking about your last nature visit....Compared to being indoors, how has time in nature made you feel during lockdown?

- 1 (Less)

0 (same)

+ 1 (More)

Calm

Happy

Confident

Safe

Positive

Anxious

Sad

Lonely

Stressed

Angry

Which describes your routine during lockdown (tick any that apply)

Working outside of home

Working from home

Not working, at home

High risk and staying at home

Overall, how would you describe your experience of lockdown? *

- It has been very difficult and stressful
- It has been difficult
- There have been ups and downs, but largely fine
- It's been fine
- It's been like a holiday

About you

What is your ethnicity *

- White British
- White Irish
- Black African
- Black Caribbean
- Indian
- Pakistani
- Bangladeshi
- Chinese
- Mixed White and Black African
- Mixed White and Black Caribbean
- Mixed White and Asian

Age *

- under 18
- 18-24
- 25-34
- 35-44

45-54

55-64

65-74

Gender

Male

Female

First 4 digits of postcode

Do you have a garden/outdoor space at home? *

Yes

No

How many minutes walk is it to your nearest park?

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Name (optional)

First Name

Last Name

Email

www.wildinthecity.org.uk