Please indicate the extent to which you agree or disagree with the following statements about resources in the <u>last week</u>.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
Parks are within walking distance of my house	0	0	0	0	0
I can access/use parks	0	0	0	0	0
I can access/use playgrounds	0	0	0	0	0
I can access/use sports courts	0	0	0	0	0
Trails are within walking distance of my house	0	0	0	0	0
I can access/use trails	0	0	0	0	0
I can access/use sidewalks/shared spaces in my neighborhood	0	0	0	0	0
I can access/use a fitness facility	0	0	0	0	0

To what degree has the <u>value you place on nature</u>, parks or other green space <u>near</u> <u>where you live</u> ('nearby nature') shifted as a result of the COVID-19 pandemic?

Value Much Less	Value Less	No Change	Value More	Value Much More	No Opinion
0	0	0	0	O	0

Please tell us about the nearby nature you have used BEFORE and DURING the COVID-19 pandemic, <u>over a one-month period</u>.

	In a typical month BEFORE COVID- 19				During the LAST MONTH			
	Frequently	Sometimes	Rarely	Never	Frequently	Sometimes	Rarely	Never
Watched birds through a window	0	0	0	0	0	0	0	0
Listened to birdsong	0	0	0	0	0	0	0	0
Smelled rain or plants	0	0	0	0	0	0	0	0
Looked at greenery and plants through a window	0	0	0	0	0	0	0	0
Spent time in my backyard	0	0	0	0	0	0	0	0

Please describe alternatives and substitutions you have used or would like to use to replace being outdoors DURING COVID-19.

Please indicate the extent to which you agree or disagree with the following statements about alternatives to being outdoors.

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
I enjoy watching nature through a window.	0	0	0	0	0
I enjoy listening to nature through a window.	0	0	0	0	0
I enjoy looking at images of nature.	0	0	0	0	0
I enjoy listening to natural sounds through recordings (water, birds).	0	0	0	0	0
I enjoy growing indoor plants.	0	0	0	0	0
I enjoy virtual reality of nature scenes.	0	0	0	0	0
I can access/use sidewalks/shared spaces in my neighborhood.	0	0	0	0	0
I can access/use a fitness facility.	0	0	0	0	0
My ideal vacation spot would be a remote, wilderness area.	0	0	0	0	0
I always think about how my actions affect the environment.	0	0	0	0	0
My connection to nature and the environment is a part of my spirituality.	0	0	0	0	0
I take notice of wildlife wherever I am.	0	0	0	0	0
My relationship to nature is an important part of who I am	0	0	0	0	0
I feel very connected to all living things and the earth.	0	0	0	0	0

*p.3-4 of Coping with COVID through nature: Evidence from breast cancer patients and the output from the intake form