Name:

My Heart Soars Outdoor Lesson Final Reflection

1. Do you think this lesson is more effective outside or in the classroom? Please explain why.

1. Circle one of the following: (this applies to life in general, not English class)

When I am outside in a natural environment:

1. I hate it. I would much rather be indoors and I don’t like going outside.
2. I would just rather be indoors. I feel better indoors.
3. I am neutral. Outside or inside doesn’t really matter to me.
4. I would really prefer to be outside. I just feel more comfortable outside and I like being outdoors.
5. When I am outside “My heart soars”. I would rather be outside than anywhere else.

1. Please explain how important (or not important) the natural world is to you. How do you feel when you are outside and what makes you feel this way?