



香港學童自然連結感研究
及戶外環境教育推廣計劃
Hong Kong Nature Connectedness
and Outdoor Environmental Education



NATURE ENGAGEMENT RECORD SHEET

- During the pledge period, you are required to visit natural environments (including urban parks) for at least two consecutive 5-day periods, spending at least 15 minutes each day using all 5 senses to connect with nature.
- You can record the start and end dates, as well as the planned activities and locations for each day in advance.
- After completing each day's activities, you can also record your feeling and experience.

Example :

1ST DAY

Hong Kong
Park

ACTIVITIES AND FEELINGS

I observed birds on the tree and listened to their chirping for 15 minutes. I was surprised to find that the birds' sounds were so diverse, and I didn't expect there to be so many different species of birds even in the city.

Funding Organization



Main Organizer



Main Collaborator



Strategic Education Partner



Co-Organizers



香港青年協會
the hongkong federation of youth groups
可持續發展部
Sustainability Unit





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START DATE :

END DATE :

1ST DAY

2ND DAY

3RD DAY

4TH DAY

5TH DAY

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