

Frequently Asked Questions About the 2023 Nature Makeover Consultation (\$1,500 value)

Who is conducting the consultation?

Ms. Jo Watson Hackl, Founder of <https://Outdoorosity.org>, award-winning researcher, and author of the award-winning book *Smack Dab in the Middle of Maybe*, is offering a limited number of grants for a free consultation to help you identify and implement free and low-cost ways to incorporate nature into your school setting.

What is the purpose of the consultation?

Research has shown that incorporating natural elements into the school environment can help reduce student stress and increase student focus. The consultation is designed to assist you in facilitating a nature make-over for your school space. During the preparation for, follow-up to, and two-hour virtual consultation, Ms. Hackl will work with you (as well as anyone on your team that you'd like to include) to identify easy and low-cost science-backed ways to bring nature into your school space to enhance mental and physical well-being for you and your students. She will then work with you to develop an implementation plan including helping to develop a plan to secure local funding and volunteers for any necessary elements.

Who can participate in the consultation?

Participation in the study is free and open to all K-12 schools throughout the world.

How can I apply for a consultation?

Here's a link to the application form: <https://forms.gle/8DRpbvJksqdP8m6V7>


What support will be provided to schools participating in the consultation?

Schools participating in the consultation will complete a questionnaire to determine elements of their desired environment, their goals in the makeover process, and any physical and other limitations in the target space. This will be followed by a two-hour virtual consultation to discuss ways to achieve the desired results in your physical space and a follow-up implementation plan.

How will results be used?

Ms. Hackl plans to compare performance data (gathered without any identifying student information) of groups that successfully implemented a nature makeover to data for groups that did not. If she finds a statistically significant difference, she will report her findings in a scholarly paper or article. She also requests that you provide "before" and "after" photos of your space, to be used to highlight the project.

How was the \$1,500 estimated value of the participation grant determined?



The \$1,500 estimated value of the grant is based on the collective time of Ms. Hackl and her team in researching and putting together resources to facilitate a smooth and efficient nature makeover for your space and for her time in meeting with you and any members of your team and doing follow-up. Participation is voluntary and no one is paid to participate. Ms. Hackl's purpose in offering this grant is to advance scholarship in this area and to create opportunities for students and faculty to experience the mental and physical benefits of exposure to natural elements in a school setting.