



GroundsWell  
EXPLORERS

Research project:

**Is spending time in parks  
good for our health and  
happiness?**

Researcher name: \_\_\_\_\_

Research group: **Park Protector**

# Introduction

Parks are special green spaces where we can play, exercise, and relax. They have trees, grass, and open spaces for sports, picnics, and spending time with family and friends. Parks help us stay active, they can make us feel happier and less stressed, and they give animals, birds and insects a place to live. But parks can also have problems - sometimes they have litter, broken equipment or not enough trees, benches or toilets. Your job is to conduct an experience to find out if parks help people feel healthier and happier.

## Where can I find more information?



I could ask my parents/guardians or teachers what they know...

I could look on the Internet...

I could read books about spending time in parks...

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# What else I discovered...



Use this page to tell us what else you learned about spending time in parks before you conducted your experiment. Did you ask your friends/family/teacher? Read any books? Check the Internet?

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# Design your experiment...



You could...

- Go to a park and count how many people are walking, sitting, playing sports, or doing any other kind of exercise or sport, or how many people are with their families or their pets
- Ask people in parks why they are there
- Jot down any problems you see - is there litter? are people using bins?
- Count how many different trees or plants you can see

**Everyone in the research team could do something different**

## We will...

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# How will you present your findings?



How will you tell us what you found?

You could...

- Write a few sentences to tell us what you found
- Draw a poster to show what you found
- Write a story which tells us what you found
- Lots of other possibilities!

You will present this to the group in April. Everyone in the research team could do something different and you could present it all.

**We will...**

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# BONUS! Challenge



You could do some things to improve our parks. You could...

- Tell friends and family about why parks are important
- Pick up litter (safely) and use the bins
- Plant something in the ground
- Draw a picture to design YOUR dream park
- What else could you do?

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A large, empty rectangular box with a thick black border, intended for drawing a picture of a dream park.











