

# Project Get Outdoors Child Care Provider Training

## Post-Training Assessment

1. How important do you feel nature experiences are to child development?
  - a. Extremely important
  - b. Sort of important
  - c. Not very important
  
2. How much time per day does the average American child spend outdoors?
  - a. None
  - b. 5 to 10 minutes
  - c. 1 to 2 hours
  - d. 3 or more hours
  
3. If you can, list three ways that nature experiences and outdoor play help children develop healthy:

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4. What would you say is the most valuable thing you learned from this training?

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Thank you for your time!