

Observing nature during lockdown: how well do you watch?

New research from environmental charity Earthwatch, designed to help explore how people can watch well and develop their powers of observation, suggests that being trapped in lockdown could have unexpected, positive side effects as more of us take the time to observe and connect with the nature around us.

1. Thinking generally about when you observe nature...Which, if any, of the following feelings does this leave you with a sense of?

	All UK	Male	Female
	%	%	%
Sense of calm	67	63	71
Sense of gratitude	37	31	43
Sense of sadness	6	5	7
Sense of joy	50	44	55
Sense of irritation	2	2	1
Sense of wonderment	47	44	50
Sense of having wasted time	2	2	2
Sense of boredom	3	4	3
No particular feeling	9	12	7
Some other feeling, please write in	4	4	4

1. Thinking generally about when you are observing nature with the following types of people...Would you say you usually comment or talk with them about what you're observing together?

	All UK	Male	Female
	%	%	%
Yes with my children	64	60	67
Yes with my partner	85	84	86
Yes with someone else in my household	38	37	39

2. Now thinking about since the UK has been in lockdown as a result of the Coronavirus (i.e. since 23rd March) how much more or less would you say you're talking or commenting on what you're watching with the following people when observing nature together, or is it about the same?

With my children	All UK	Male	Female
	%	%	%
Much more	17	17	17
A little more	28	28	28
Total more	45	46	45

With my partner	All UK	Male	Female
	%	%	%

Much more	19	17	21
A little more	33	34	32
Total more	52	51	53

With someone else in my household	All UK	Male	Female
	%	%	%
Much more	15	13	16
A little more	22	23	22
Total more	37	37	38

3. Still thinking about since the UK has been in lockdown (i.e. since 23rd March)...In general, how much more or less have you been observing nature as a result of the lockdown measures, or has the lockdown made no difference? (Please select the option that best applies)

	All UK	Male	Female
	%	%	%
Much more	21	17	24
A little more	38	38	38
Total more	59	54	63

4. To what extent would you say your "powers of observation" (i.e. ability to watch or observe) have got better or worse when observing nature, or do you think they have stayed the same?

	All UK	Male	Female
	%	%	%
Much better	10	7	13
A little better	26	24	28
Total better	36	32	41

5. Do you miss any types of natural places (e.g. woodland, parks, the sea etc.), as a result of lockdown?

	All UK	Male	Female
	%	%	%
Yes	72	68	76
No	28	32	24

6. Which, if any, of the following natural places have you missed during lockdown?

	All UK	Male	Female
	%	%	%
The sea	51	47	55
Wood or forest	41	41	42
Parks	33	30	35
Hills or mountains	30	31	30
Rivers	25	25	26
Streams	22	22	21
Haven't missed any	28	32	24
Other	3	2	3