



## Green Hour Assessment

Students and staff will assess the current amount of time spent outside (“Green Hours”) both during and after school. Time spent outdoors will be collected and recorded.

Use this worksheet to help you prepare a Green Hour Action Plan. Have students and staff answer the questions below. If your school population is more than 500 students go to at least 50% of your school’s classrooms to answer the assessment. After you complete the Classroom Assessment, complete the School Assessment.

### Green Hour Classroom Assessment Worksheet

Turn in to \_\_\_\_\_ by \_\_\_\_\_.

Classroom #:	Teacher:	
Grade Level:	Subject:	
Total # in Class (Students & Staff):	Date of Assessment:	
<b>Estimate how many hours per week students and staff spend outside doing school-related activities:</b>		<b>Calculate the average amount of time per week students and staff spend outside doing school-related activities:</b>
Service Learning:	_____ hrs.	_____ hrs.
Outdoor physical education:	_____ hrs.	_____ hrs.
Walking to/from school:	_____ hrs.	_____ hrs.
Classes outside:	_____ hrs.	_____ hrs.
Outdoor field trips (zoo, nature center, etc.)	_____ hrs.	_____ hrs.
Outdoor sports practice:	_____ hrs.	_____ hrs.
After-school outdoor activities (school-sponsored, not sports team)	_____ hrs.	_____ hrs.
Additional time spent working in the schoolyard habitat or taking care of the school’s gardens:	_____ hrs.	_____ hrs.
Other: (please describe, in addition to the # of hours)	_____ hrs.	_____ hrs.
	_____	_____
	_____	_____
	_____	_____



### Green Hour Student and Staff Assessment Worksheet

Turn in to \_\_\_\_\_ by \_\_\_\_\_.

Estimate how many hours per week students and staff spend outside when they are not at school:		Calculate the average amount of time per week students and staff spend outside doing when they are not at school:
Dog walking: _____ hrs.		_____ hrs.
Outside jobs: _____ hrs.		_____ hrs.
Playground time: _____ hrs.		_____ hrs.
Park time: _____ hrs.		_____ hrs.
Yard work: _____ hrs.		_____ hrs.
Walking to do errands: _____ hrs.		_____ hrs.
Family walks: _____ hrs.		_____ hrs.
Playing in the backyard/neighborhood: _____ hrs.		_____ hrs.
After-school outdoor activities/sports (not school-sponsored) _____ hrs.		_____ hrs.
Other (please describe, in addition to # of hours): _____ hrs.		_____ hrs.
	_____	
	_____	
	_____	
	_____	
	_____	
	_____	