

NQ-36

Measuring young people's
Nature Intelligence using
a 36 item self-assessment
questionnaire



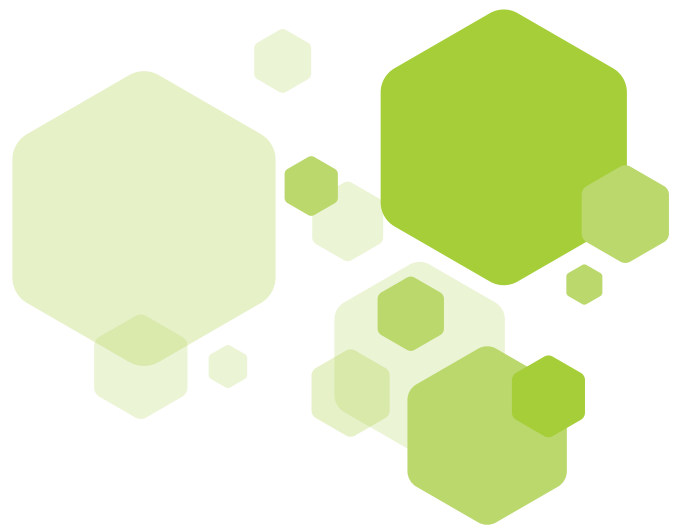
Introduction to the NQ-36

Nature Intelligence, or NQ, is a multidimensional concept comprising human qualities to connect to nature in a cognitive, emotional and spiritual manner. You can use these qualities actively to support both your mental and social health and well-being as well as the well-being of nature and the planet.

This questionnaire, especially designed for young people 16 to 30 years old, will help you to make your own *nature intelligence profile*. NQ has four domains, and each domain has three unique competencies. In this NQ-36 questionnaire you will read 36 statements which you will score according to how in general they apply to you. Using the instructions given after the test you can calculate your own score per domain and competency and fill this into the NQ profile template (on page 5). Using this profile, you can identify which NQ domain and competency you have most developed and where there is potential for growth.

This questionnaire has been developed as part of an EU funded Erasmus+ project. All supporting publications can be found on www.natureintelligence.eu.

Full report on development of the scale:
Van den Berg, A.E. & Albers T. (2022). *Nature Intelligence in Youth Work: Conceptual model, measurement scale and critical success factors*. Aalten: Anatta Foundation. (downloadable from www.natureintelligence.eu/resources)



Cognitive Dimension

Literacy	1	I can identify many things in nature like animals, plants, and stones/logs etc.	1	2	3	4	5
	2	I can recognize and understand processes, patterns and cycles in nature.	1	2	3	4	5
	3	I possess specialized knowledge about a specific aspect of nature like birds, edible plants, and fossils.	1	2	3	4	5
Curiosity	4	I am interested in information about nature, like watching nature films/documentaries, reading books or articles.	1	2	3	4	5
	5	I am intrigued by how everything in nature seems to be interconnected.	1	2	3	4	5
	6	I am fascinated by Nature's beauty and the experiences it provides.	1	2	3	4	5
Skills	7	I am able to apply my knowledge about nature in my daily life, for example growing food or searching for food in the wild.	1	2	3	4	5
	8	I don't get lost in nature easily.	1	2	3	4	5
	9	I possess nature survival skills such as starting a fire, finding food, building a shelter for sleeping etc.	1	2	3	4	5

Emotional Dimension

Connectedness	10	I think of the natural world as a community to which I belong.	1	2	3	4	5
	11	I care deeply for living beings: animals, plants or mushrooms.	1	2	3	4	5
	12	I think that animals, plants, and humans are all interrelated.	1	2	3	4	5
Embodiment	13	I am not bothered if I get wet or muddy when in nature.	1	2	3	4	5
	14	I like to walk barefoot outdoors.	1	2	3	4	5
	15	I enjoy digging in the earth with my bare hands.	1	2	3	4	5
Open-mindedness	16	I can stand the sight of dead birds or other small animals in nature without feeling uncomfortable.	1	2	3	4	5
	17	I would be fine with spending a day in nature without toilets or other facilities.	1	2	3	4	5
	18	I would rather not kill flies or other insects.	1	2	3	4	5

Spirit Dimension

Transcendence	19	Even everyday nature settings are full of complexity and beauty.	1	2	3	4	5
	20	I have an open mind to the spiritual meaning of things in nature.	1	2	3	4	5
	21	I feel that all inhabitants of earth, human and other organisms, share a common 'life force', 'energy', or 'soul'.	1	2	3	4	5
Mindfulness	22	When in nature, I feel in touch with the here and now.	1	2	3	4	5
	23	Nature helps me to keep track of my thoughts and feelings.	1	2	3	4	5
	24	Nature enhances my awareness of sensations like smells, sounds and the wind on my face.	1	2	3	4	5
Authenticity	25	Nature inspires me to stay true to myself and live according to my values and beliefs.	1	2	3	4	5
	26	When in nature I feel free to express my personal opinion.	1	2	3	4	5
	27	Nature inspires me to reflect on the meaning of life.	1	2	3	4	5

Action Dimension

Health	28	If I want to feel refreshed and energized, I take a trip to nature.	1	2	3	4	5
	29	When I feel stressed or down, doing something in nature makes me feel better.	1	2	3	4	5
	30	Natural surroundings help me more to sort out my feelings than urban surroundings do.	1	2	3	4	5
Engagement	31	I am concerned about the climate and the environment.	1	2	3	4	5
	32	I pay attention to my consumption habits out of respect for nature and the environment.	1	2	3	4	5
	33	Protecting nature and the environment is an important principle in my life.	1	2	3	4	5
Socializing	34	Being surrounded by nature makes it easier to engage with other people.	1	2	3	4	5
	35	I like to participate in activities in nature with others.	1	2	3	4	5
	36	I seek out parks or other natural settings as a place to chill out with friends.	1	2	3	4	5

Calculating your NQ-profile score

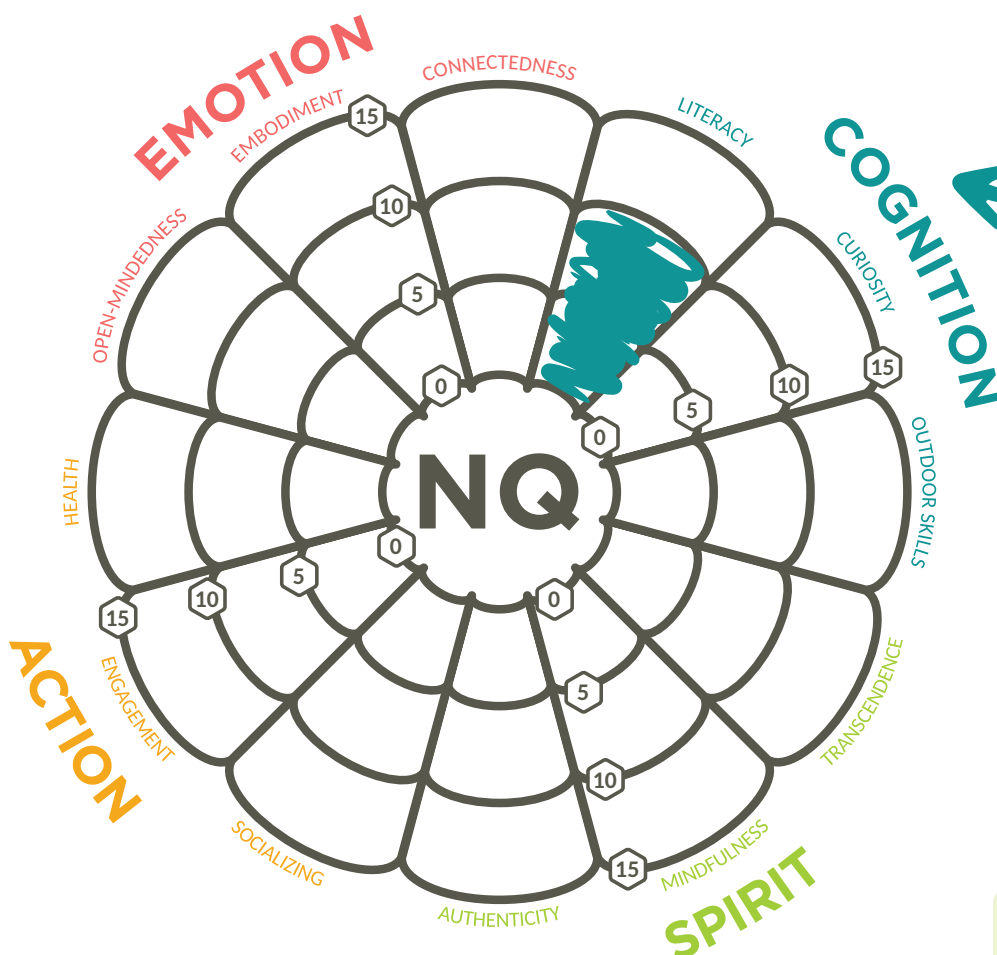
In order to develop your own NQ-profile you can take the following steps:

1. For each competency (e.g., 'literacy') there are three statements as you can see in the table on the previous page. For each competency you calculate the sum score by adding up your score per statement (Totally disagree =1 and totally agree =5) as in the example below. Your maximum score is 15 and minimum is 3 per competency. You can do this for all of the twelve competencies.
2. In order to develop your own 'NQ-spiderweb profile' you fill in your score per statement in the spiderweb template below. For each competency, draw a line in the part of the spiderweb corresponding to the competency. You start from the inside out, with the most inner part being score '0' and the most outer part being score '15'. You colour the part from the inner core of the spiderweb to the line you have drawn corresponding to your score. In the example below you can see that the 'literacy' competency has scored '10'.

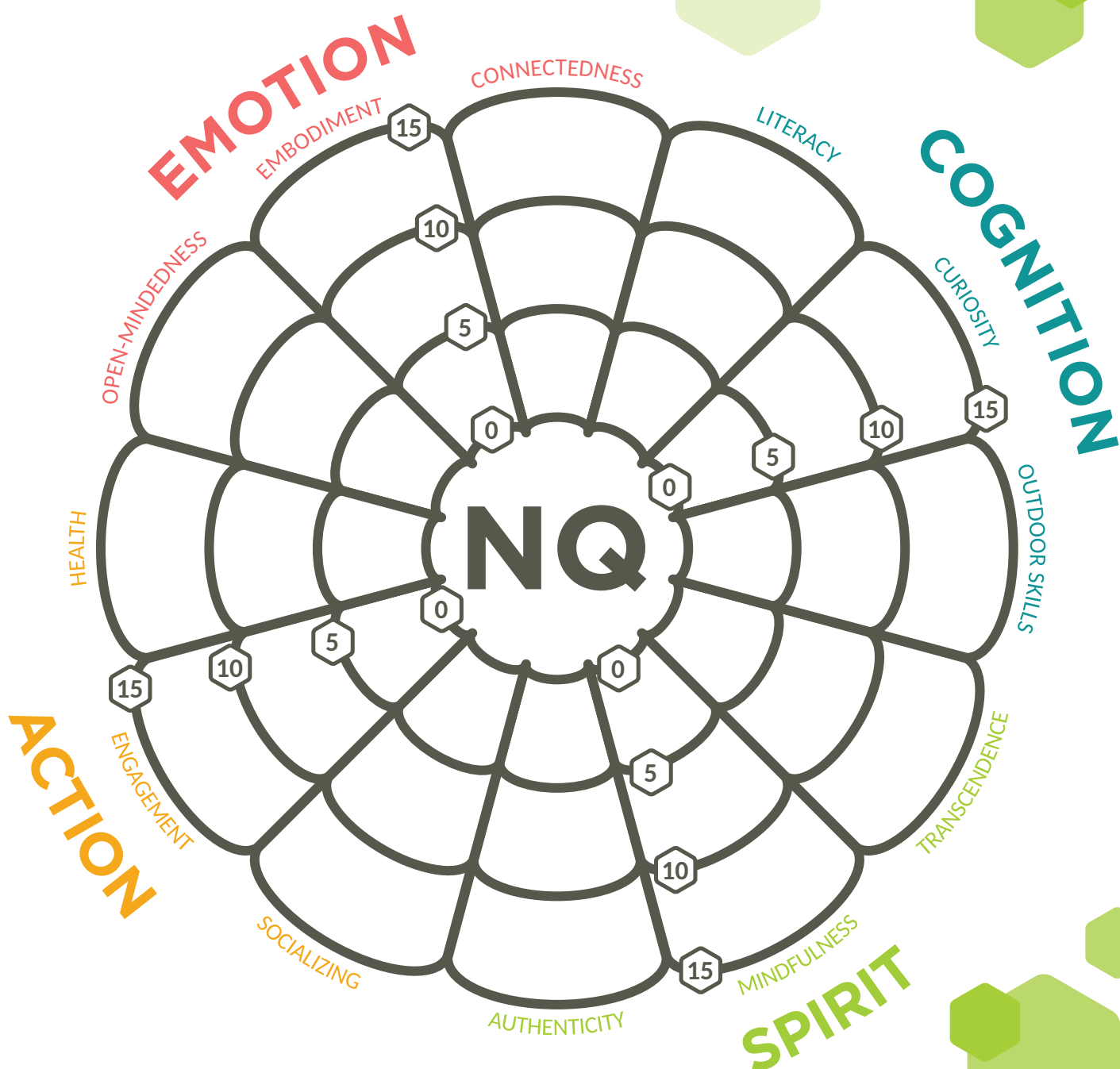
Cognitive Dimension

Literacy	1	I can identify many things in nature like animals, plants, and stones/logs etc.	1	2	3	4	5
	2	I can recognize and understand processes, patterns and cycles in nature.	1	2	3	4	5
	3	I possess specialized knowledge about a specific aspect of nature like birds, edible plants, and fossils.	1	2	3	4	5

10



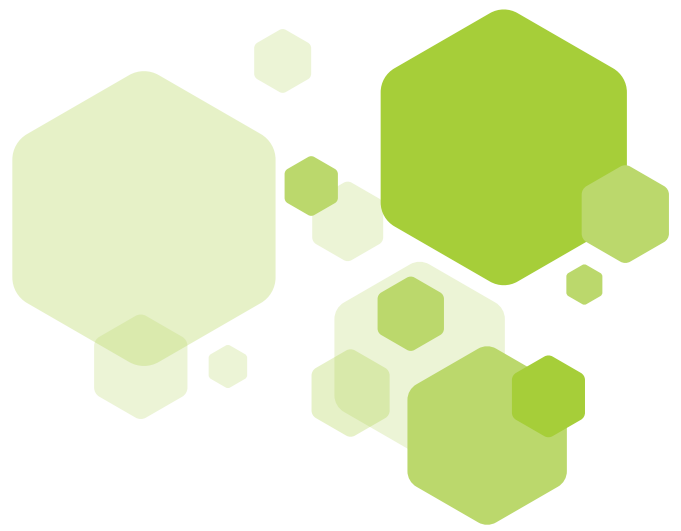
Template for your personal Nature Intelligence spiderweb profile



What does your NQ profile mean?

We believe that NQ and its four domains are present in everyone and in various degrees. NQ is a quality that is both innate and nurtured by past experiences, that can be developed and that changes throughout your life. Your NQ profile is therefore a visualization of your nature intelligence at this stage of your life. As well, it is a tool that helps you to identify which NQ domains and competencies you have developed most and where you have space for growth.

Reading the explanations of the different competencies in the table below you get an idea of which specific NQ qualities your nature intelligence is made up of. Nature intelligence is understood as an 'emergent property', which means that it is more than just a collection of competencies. You can compare it to water that possesses properties that are quite different from its dimensions, oxygen and hydrogen. More poetically, NQ can be compared to a rainbow that starts shining under specific conditions, if one is in the right time and place. As said, your NQ is more than just your scores per domain or competency. This is also why we do not calculate one final NQ score.



Domain

Cognition	Emotion	Spirit	Action
This dimension taps into the 'classic' competencies that are the focus of environmental education: environmental knowledge, attitudes and behaviours. NQ emphasizes the intuitive and experiential side of these competencies	This dimension evolves around the feeling of connectedness to nature. It reflects a sense of kinship and an affective individual experience of connection with nature, both psychologically and physically, through direct embodied experience and an open-minded approach towards both the positive and the negative sides of nature.	This dimension refers to a feeling of transcendence and interconnectedness, based on the realization that the natural world that surrounds us is alive and intelligent, just as humans are.	This dimension refers to the ability to use emotional, cognitive and spiritual competencies for regulating one's own health and the planet's health, as well as for socializing with peers. This dimension is somewhat an 'automatic' result when the cognition, emotion and spiritual dimensions of NQ are realized.

Competencies

Literacy	Connectedness	Transcendence	Health
<i>Knowledge and an intuitive understanding of the dimensions, elements, patterns, and processes of nature</i>	<i>The ability to connect to nature, to care for other living beings, to live in harmony and balance with nature, and to identify oneself as part of nature</i>	<i>A 'flow experience' (also known as 'magical moments' or 'peak experiences') during which one feels lifted and connected to something bigger</i>	<i>Recognising and using the relaxing and empowering capacities of nature for self-regulation and mental health</i>
Curiosity	Embodiment	Mindfulness	Engagement
<i>An interest in nature and awareness of the intrinsic value of nature</i>	<i>A direct connection with nature through physical contact, which also implies resiliency against more adverse conditions in nature such as bad weather or dirt</i>	<i>Having a mindful sensory experience of nature</i>	<i>Being motivated and capable to engage in actions that make the planet greener and more sustainable</i>
Outdoor skills	Open-mindedness	Authenticity	Socialization
<i>Having practical knowledge and basic skills for staying outdoors and living in nature</i>	<i>Having an open mind, enjoying all aspects of nature, even the things that might be scary or disgusting</i>	<i>The capacity to be true to oneself, to be an authentic person guided by one's own inner principles, as a precondition for, and outcome of, spiritual experiences with nature</i>	<i>Choosing nature as a place to spend time with friends and family and using a shared interest for nature to strengthen connections with peers</i>

Developing your NQ

Based on your profile score you can see which domains and competencies you have most developed at this stage of your life. As said, you can develop your nature intelligence and on the website [www.natureintelligence.eu](https://natureintelligence.eu) you can find resources on how to develop your domains and competencies. There is even a free online training course available, see <https://natureintelligence.eu/online-training-course/>.

