

Psychology Department

**Examination of the connection between physical activity, self-esteem and enjoyment in young children**

04.12.2020

Dear Parent/Guardian,

I am a final year student studying Psychology at the University of Winchester. Your child’s school has generously agreed to support the data collection required for my final year research project. The research aims to investigate the **relationship between physical activity/ green exercise and its effect on young children’s well-being**. This will inform future interventions, both school based and therapeutic, to improve young children’s well-being.

This is an invitation to take part, your participation would be greatly appreciated! The project will involve you and your child completing a straightforward online survey (further information is included in the participation information sheet).

If you would like to participate, please follow the link below which will take you through the process and provide access to the information sheets:

<https://winchesterpsychology.qualtrics.com/jfe/form/SV_d5z7h44i0rb5E0J>



Thank you very much for taking your time to read this.

Yours faithfully,

Rosie Sims