*Supplementary Table 1. Scores on the Interact*

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| **INTERACT (range 0-4)\*** | **Gardening (n=7)** | **Nature Walk (n=6)** |
|  | Mean group score (range) | Mean group score (range) |
| **Mood** |  |  |
| Tearful/sad | 0.00 (0-0) | 0.00 (0-0) |
| Happy/content | 2.86 (0-4) | 3.50 (3-4) |
| Fearful/anxious | 0.00 (0-0) | 0.00 (0-0) |
| Confused | 0.57 (0-2) | 0.33 (0-2) |
| Laughing | 1.29 (0-2) | 2.00 (1-3) |
| Enthusiasm | 3.00 (2-4) | 2.67 (2-4) |
| **Speech** |  |  |
| Talked spontaneously | 2.00 (0-4) | 1.83 (1-2) |
| Recalled memories | 0.43 (0-2) | 2.00 (2-2) |
| Spoke clearly | 3.29 (1-4) | 2.50 (1-4) |
| Spoke sensibly | 3.57 (2-4) | 2.67 (1-4) |
| Spoke in normal-length sentences | 3.43 (1-4) | 2.33 (0-4) |
| **Relating to professional/volunteer** |  |  |
| Held eye contact appropriately | 2.71 (0-4) | 2.40 (0-3) |
| Touching | 0.00 (0-0) | 0.80 (0-2) |
| Related well | 3.57 (2-4) | 3.67 (3-4) |
| Co-operated | 3.71 (3-4) | 4.00 (4-4) |
| Listened to voice/noise | 3.86 (3-4) | 3.83 (3-4) |
| Responded to speaking | 3.29 (1-4) | 3.00 (1-4) |
| **Relating to other participants** |  |  |
| Held eye contact appropriately | 2.57 (0-4)  000 (0-0) | 3.00 (2-4) |
| Touching | 0.00 (0-0) | 0.00 (0-0) |
| Related well | 2.71 (0-4) | 3.67 (2-4) |
| Co-operated | 3.00 (0-4) | 3.33 (2-4) |
| Listened to voice/noise | 3.29 (1-4) | 3.67 (3-4) |
| Responded to speaking | 3.00 (0-4) | 3.17 (2-4) |
| **Relating to environment** |  |  |
| Tracked observable stimuli | 3.57 (1-4) | 3.50 (2-4) |
| Touched objects/equipment appropriately | 3.71 (3-4) | 4.00 (4-4) |
| Attentive to/focused on activity/objects | 3.57 (2-4) | 3.33 (2-4) |
| Responding to activity or objects | 3.43 (1-4)  2,00 | 3.00 (2-4) |
| Comments/questions about activities/objects | 2.00 (0-3) | 1.67 (0-3) |
| **Need for prompting** |  |  |
| Did things on own initiative | 2.57 (1-4) | 1.67 (1-2) |
| **Stimulation level** |  |  |
| Wandering/restless | 0.00 (0-0) | 0.67 (0-4) |
| Enjoying self | 3.14 (1-4) | 3.33 (2-4) |
| Bored/inactive | 0.43 (0-2) | 1.17 (0-4) |
| Alert/active | 3.43 (2-4) | 2.33 (0-4) |
| Relaxed/content | 3.43 (2-4) | 3.33 (0-4) |
| Verbal anger (talk angrily) | 0.00 (0-0) | 0.00 (0-0) |
| Verbal anger (yelling) | 0.00 (0-0) | 0.00 (0-0) |
| Aggressive | 0.00 (0-0) | 0.00 (0-0) |
| Negativism/complaining | 0.14 (0-1) | 0.00 (0-0) |
| Reluctance | 0.00 (0-0) | 0.00 (0-0) |
| Repetitious mannerism | 0.29 (0-2) | 0.33 (0-2) |

*From 0: Not at all to 4: Nearly all the time*