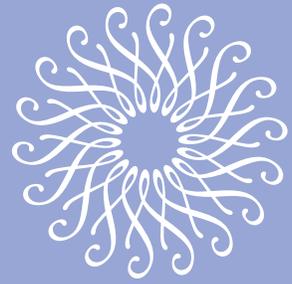


Nature Journal Activity



At a Glance:

Be inspired by the natural world around you. Get outside and begin to take a closer look at nature, take the time to observe the colors, sounds, textures, and movement for just a few minutes each day.

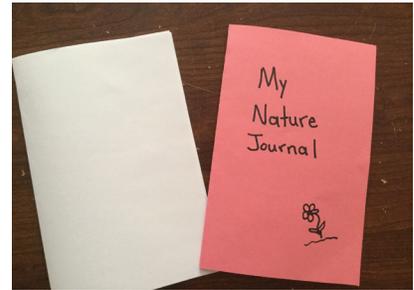
Nature Journal Materials:

- Construction paper or brown paper bag
- White paper
- Colored pencils, markers, or crayons
- Stapler

Directions:

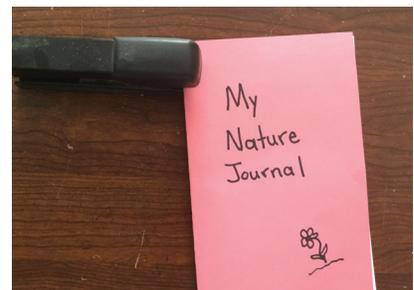
1. Fold one piece of construction paper in half. This will be the cover for your journal.

2. Decorate the cover and write the title "My Nature Journal".



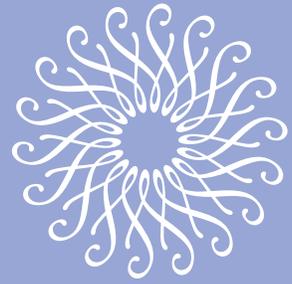
3. Next fold several pieces of white paper in half. Place these white pages inside the cover.

4. Use a stapler to secure your journal by placing a staple at the top, middle and bottom along the folded edge.



5. Now you are ready to begin journaling your experiences in nature. Use the ideas on the next page to get started!





Where do you begin?

There are so many things to observe outdoors! Start by using a clean page in your journal and write the date, time of day, weather, and your location on the top of the page. You may choose to visit the same spot each day to see how that spot changes throughout the seasons or you can visit a new spot each day to investigate and discover something new. Once you choose your spot, sit quietly for a few minutes to observe the nature around you, paying special attention to what you are seeing, hearing, feeling, and smelling. Then begin journaling!

Ideas for Journaling:

- Draw what you feel, see, hear, or smell. Drawings can be a great way to remember the moment. Try to identify and describe what you are seeing, hearing, or smelling under your drawing.
- Write a poem describing your feelings or about what you are experiencing through your senses.
- Write a short story.
- Collect a flower or leaf. You can attach your flower or leaf by taping it to your journal page.
- Write questions that you are curious about. Research and record the answers when you return indoors.
- Write a song. Use a familiar tune to compose your song. (Twinkle, Twinkle Little Star, Row Row Row Your Boat, etc.)
- Record details and draw the insects or birds you see and hear. What do they look like? Can you identify them?
- Look up close at a flower in bloom. Draw a picture of the flower. Can you identify the parts of the flower you see? Do you see more than one color on the flower? Can you identify the flower?
- Draw a diagram of the leaves hanging from a branch or use a crayon to do a bark rubbing of a tree. Can you figure out what kind of tree it is? Research and record the type of tree you observed.
- Listen. Record the sounds you hear close to you and in the distance. Which sounds can you identify? Which sounds are unfamiliar?
- Look at the sky. What do you see? Are the clouds drawing you a picture? Record what you see.