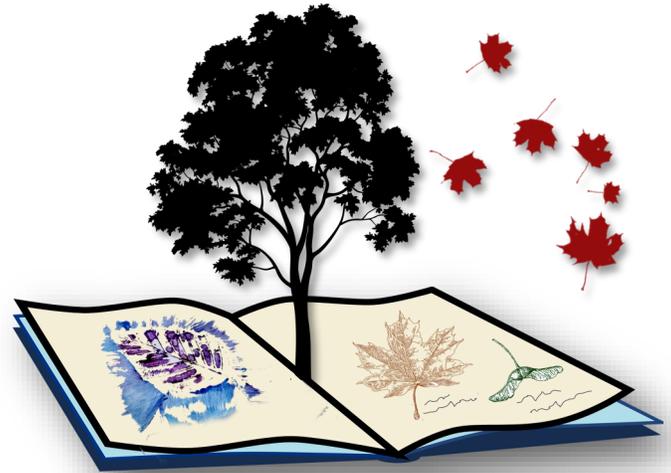


Your Nature Journal

Included in this packet is a blank nature journal. It is yours to keep and fill with all of the magic and wonder of nature! For hundreds of years, journals have been used by scientists, artists, philosophers and more to record thoughts, experiences, questions and experiments. Over the next few weeks, you will use your journal like a naturalist.



Include the information below in each entry:

DATE: What is today's date? Day, Month, Year



WEATHER: What conditions are outside? Is it cloudy, rainy, sunny, or partly sunny? Is there wind? Do you know the temperature?



TIME: What time is it? Morning (AM), afternoon or evening (PM)



LOCATION: Where are you? What place are you at in the world, in your town, on your block, in your home... be specific!

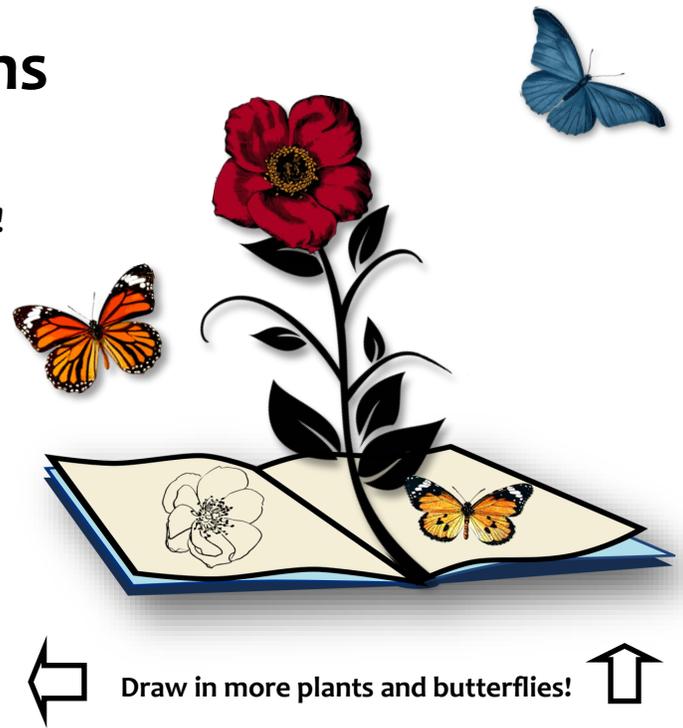


REFLECTION: End each activity with thoughtful, reflection questions

This is YOUR journal, so be creative and use pages in ways that work best for you. You can draw symbols for the weather, write a poem to describe something, use colors to show how something feels, and more. A nature journal is meant to help YOU explore the environment, so make it personal and have fun! Plus, draw on and color in this activity booklet as you go!

Reflection Question Options

Choose a question or make your own for each day!
The more interesting questions you ask, the more
your answers could lead to unique discoveries!



← Draw in more plants and butterflies! ↑

- Choose something of interest and observe it either for a period of time, or several times throughout the day. Record any changes.
- Reflect on the season. What season are we in? What evidence can you find?
- Count the number of different plants you see. Do you know their names? What would you name them and why? Draw or describe some.
- Draw and label a plant that you can see, scientific-illustration-style.
- Spot another plant. Where and how does it grow? What could its growing conditions tell us about it? How is it important? Use words and pictures.
- If you were a plant or animal, which would you be and why?
- Notice anything around you in your personal environment. How does it make you feel?
- What do you wish to know more about regarding nature? Why does this interest you?
- What other things do you wonder about the world?

Reflection Question Options


Draw in more birds!



- Are there animals around? Draw or describe how they look , sound and act.
- Spot a bird. How does it look and sound? Where is it and what is it doing?
- Count the number of different animals you see for 5 minutes or more.
- Notice the overall level of activity—or lack of activity! Why do you think this is?
- How diverse is the habitat? Is it all the same? Is the ground mostly concrete? Gravel? Grass?
- Are there many natural spaces for animals—with soil, plants, water? Do you see human-made objects— buildings, lights, sidewalks? Draw or describe them.
- How far can you see towards the horizon? What is in your way in all directions? How do things look different if you focus on something farther away? Do you know which direction you face?
- Where are the shadows in the scene? How do they change through the day?
- What are some animals that change and look different throughout their life cycle?
- How do you think animals know how to find their way home? What is home for them?

Journal Collecting Ideas

Leaf Rubbings & Paintings:

Find a leaf, either outdoors or in your kitchen. Place it under a page in your journal. Using the side of a crayon or pencil, gently rub on the page above the leaf. You can also paint on a leaf and press it onto the page. Observe the patterns the leaf creates!

Juicy Paint

Find a leaf, flower or berry. Rub it on a page and see what color it creates! Make observations about the plant you found and the color it made. How has or could this color be used?

Anatomy of a...

Find a leaf, flower, seed, branch, or other part of a plant. Notice its anatomy—the parts of a living thing. What are its parts? You can dissect, or pull apart this one part of the plant to see what it is made of, then draw and label the parts you know —taking a small sample is important to make sure the plant can still survive well.

Natural Recall

Study a rock, leaf, twig or other natural item for 30 seconds or more. Notice shapes, patterns, or anything of interest, then draw only from memory. See how close you came. Next, draw it from looking at it. You can try again, or try another!

Nature Scavenger Hunt

Look around your home and list or draw pictures of what came from nature. Hunt for: a rock, soil, seed, leaf, flower, insects, spider webs... The more you look, the more you will find, so get creative! Next, search for products made from nature, such as furniture from wood and clothes from cotton.



Journal Writing Ideas

Make a List

List all of the words that make you think of nature. This can include types of birds, trees, and insects, but also sounds and your feelings...

Memory

Write about a memory in nature, a time you felt happy or at peace when you were outdoors...

Imagine

Describe a place you have never been to or seen, but you imagine is full of life. It could be some place you have heard about, would like to go, or one you think needs to exist in the world...

Envision

What are some ways you could envision making your home, neighborhood, or world better for all forms of life? Draw or write about your vision!

Haiku

Haiku is a style of Japanese poetry traditionally written as 3 lines: The first line has 5 syllables; the second has 7 syllables; the third line has 5 syllables. Do not worry if you have not worked on syllables yet. Write any kind of nature poem!

Haiku Example:

Sapphire skies tumble,
Whistling tunes through hazy cloud,
A storm is brewing

