

Make your own Nature Journal!



Materials:

Plain paper / Scissors / Hole punch / String / Construction paper / Stick / Materials to decorate

Process:

1. Fold all the papers you will use in half. Cut them along the fold.
2. Use a hole punch to punch two or three holes along the border of your pages. Use previously punched pages as a guide for your new pages to make sure that they all line up.
3. Bookend your journal with a piece of construction paper on each side, front and back.
4. Lay the stick flat on the front of your journal.
5. Loop string through each hole and tie it around the stick.
6. Decorate your Nature Journal with drawings, your name, stickers, or leaf rubbings however you would like!
7. As you fill up your nature journal, you can take the string binding off, add more pages, and re-tie. Add as much as you like!

Nature Journaling



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Journaling Prompts

- Draw a picture of all the organisms you see. Write the names of the things you find under each picture. If you do not know a name, that's okay – you can try to look it up when you return!
- Close your eyes and use your senses. What do you hear, smell, or feel? When you open your eyes, write down what you notice. Use your sensory words to write a poem or story.
- Take along crayons and make leaf rubbings to add to your journal pages. Look up the type of tree and use it as a tree guide to identify other trees.
- Press flowers or leaves you find in between the pages.
- Add a page for observing a tree or natural area in every season. Visit it each season and draw the changes you notice.
- Map your hike. Draw the start of your trailhead, add pictures of your observations along the way, and add an X where the best part of your hike was. What is your hiking treasure?
- Search for seeds and nuts. Draw their shape and try to find the trees or plants that they come from.
- Imagine if the trees could talk. What would the ones around you say?
- Add a page for “I wonder....”
- Add a page for “I found out...”
- Zoom out: Instead of just noticing what is around you, try to “zoom out” your focus and notice the whole forest, the sky, the entire beach, or whichever habitat you are in.
- Zoom in: Look closer at the things you might normally pass. Bring a magnifying glass to help you look closer.
- **Rainbow walk:** Try to find different things in nature that are all different colors.

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