

NATURE JOURNAL



OBJECTIVES

Encourage observation, discovery, sense of wonder and connection with nature. Practice writing and drawing. Provide a space for creativity and self-expression.

MATERIALS

Paper or notebook

Pencils

Colored pencils

Optional: ruler, magnifying lens, binoculars

OVERVIEW

Nature journaling is about developing and sharpening observation and curiosity. It's an opportunity to connect with the world around you through looking closely, listening, recording, and asking questions. Nature journaling is an important scientific tool. It connects science and the arts and provides a platform for self-expression and creativity.

THE BASICS

- Nature journaling can be practiced at home. You don't have to travel far to get to know nature.
- In your journal/on your paper note the date, time, location, and weather conditions.
- Record your observations by writing and drawing.
- Writing includes labeling drawings, poetry, notes, and more.
- When drawing start with broad strokes recording shape and posture first then moving on to detail. Consider multiple sketches from different perspectives.
- Try mapping, drawing charts, including quotes, recording sounds or referencing history.
- Focus on conveying useful information like color, size, context, texture, etc.
- Ask questions.
- Identify relationships and similarities as well as differences.
 - Prompts: I notice..., I wonder..., It reminds me of...

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ADDITIONAL RESOURCES

Opening the World Through Nature Journaling: Integrating Art, Science, and Language Arts, second edition by John Muir Laws, Emily Breunig, Emilie Lygren, and Celeste Lopez.

WARM-UP ACTIVITY

Pick two or three objects from your surroundings. These can be things you can see from where you are standing or sitting or things you have collected (like pinecones). Work together calling out observations. Encourage all observations. Use I notice, I wonder, and it reminds me of. After making the observations, discuss what the most interesting observations and questions were.

JOURNALING ACTIVITY

Grab your journals or paper and pencils. Look for two items from the same category: two flowers, leaves, seeds, birds, etc. Compare the two items. Sketch, label, take notes, or write a poem. Identify at least three differences and three similarities. What questions come up?

DEBRIEF

Share your observations and questions with each other. What questions came up that you can research and find the answers to?

SHARE

Share your nature journal using #DiscoverEEonESVA and #veslandtrust

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DATE:

LOCATION:

WEATHER:

A large, empty rectangular area for writing, framed by a green border. This area is intended for the user to record their nature journal observations.

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VES Land Trust
VIRGINIA EASTERN SHORE

DATE:

LOCATION:

WEATHER:

A large, empty rectangular area for writing, framed by a green border. This area is intended for the user to record their observations and notes during their nature journaling session.