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...
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