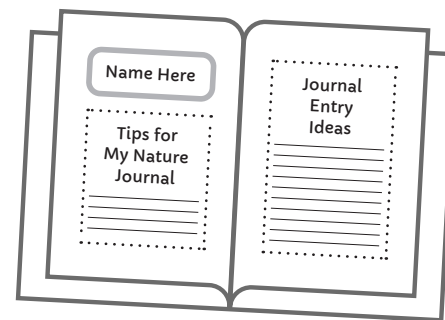


Create Your Own Nature Journal

Go on a nature adventure!

Instructions:

- Cut the next page in half along the dotted lines.
- Glue or tape the two halves to the beginning of a notebook.



This Nature Journal belongs to:

My nature journal is a place to slow down, look closely, wonder, and discover the natural world around me.

Tips for My Nature Journal

- **Start with the basics.** Write the date, place and time. Also record the weather, including temperature.
- **There are no mistakes!** My journal doesn't have to be perfect. I can try new things, make discoveries, and learn from my experiences.
- **Get creative!** I can write a poem, make up a song, sketch or paint a picture, or try something completely new!
- **Be kind to nature.** I will look closely without harming plants, animals, or their homes. If I collect something for my journal, I will only collect things that are safe to collect and that living things are no longer using.
- I can use these three questions to guide my observations:
 - I notice... What do I see, hear, smell, or feel?
 - I wonder... What questions pop into my mind?
 - It reminds me of... What does it make me think of or remember?

Journal Entry Ideas

- **What's Growing?** Do I see leaves, buds, flowers, fruits, or seeds? I can sketch or write about what I notice.
- **Look for Animals:** What animals do I see? What are they doing? I can sketch them or describe what I observe.
- **Wander and Wonder:** Gaze around me. What else do I notice about nature today? Does anything make me wonder about something new?
- **Watch Something Change:** Choose a plant to observe over time. I can visit it each week and record what I notice. I can even give my plant a name!
- **Season Spotter:** What signs of the season do I notice? I can look for changes in leaves, flowers, animals, temperature, or daylight.
- **Climate Connection:** Pick something I observed today, like a tree, animal, flower, stream, or weather pattern. How might changes in temperature, rainfall, or the timing of the seasons affect it?
- **Water Watch:** Where do I see water in nature today? Is it in a stream, a puddle, a pond, in soil, or on plants? What living things might depend on it?
- **Pollinator Patrol:** Look for bees, butterflies, moths, hummingbirds, or other pollinators. What flowers are they visiting? What do I think they are looking for?
- **Wildlife Homes:** Look for places where living things might live, rest, eat, or hide. What makes this spot a good home?
- **Signs of Humans:** Look around the outdoor space. Do I notice litter, trails, buildings, roads, or other ways people have changed the landscape? How might these changes affect plants and animals?

