Nature Journal

Draw or trace your favourite thing found in nature to make this journal your own
What is a nature journal?
Keeping a nature journal is a great way to help you observe and connect with the natural world around you.
Observe the nature around you by asking questions, drawing pictures, tracing leaf outlines and much more! Use this journal to track how you felt when you saw the flower, bird, bee, or other things you found interesting.
Later on, look back and see the observations you collected. Many naturalists use nature journals to track changes found in nature from season to season, year to year.
What will you use your nature journal for?

Start your journal by asking yourself these questions. Try to use as many words as you can to describe what you found.

• **What do you see?**
  Is it a noisy creek, a round red leaf or a bug with a hard shell?

• **What do you hear?**
  Is it a bee buzzing, a tree creaking or birds chirping?

• **What do you smell?**
  Is it the sweet scent of a flower, a bog or fresh dirt?

Remember, when you’re exploring
LEAVE ONLY FOOTPRINTS, TAKE ONLY MEMORIES
That means we shouldn’t pick living plants because they are important to the habitat you found them in.
Draw what the plant looks like instead, leaving the plant for other creatures.
What else can you observe?

- If you see an animal, what is it doing?
- What colour is the plant or animal that you saw?
- Do you know what it’s called?
- If not, don’t be afraid to give it a silly name to help you remember it the next time you see it.
- Is it connected with another living thing by providing food or shelter for a creatures’ survival?
- Is it better to draw pictures than to write?
- How do you feel at this moment?
- Be creative! What else can you do help you remember what you saw?

Another idea

Do you think you would enjoy keeping a list of birds that you saw? Here’s how you can do it.

Write down the name of the bird that you saw. Don't forget to the date so you can track the different types of birds you saw at the end of the year. The next year, start a new list so you can compare.

If this is your first nature journal, we hope it inspires you to create more. If you’ve kept nature journals before, keep this one in your hiking backpack, just in case you forget the one you’re working on.

In any case, the most important thing is to make it yours, and have fun!
**What do you see?**

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**Observations:**

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**Questions:**

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More about what you saw today

Leave only footprints, take only memories
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**Observations:**

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**Questions:**

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Date: 
Location: 
Observations:
Try writing a list poem. List the things you see on the right, words to describe these things on the left. Like this:

<table>
<thead>
<tr>
<th>Furry</th>
<th>Log</th>
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<tbody>
<tr>
<td>Peeling</td>
<td>Tree</td>
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<tr>
<td>Slimy</td>
<td>Worm</td>
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**Observations:**

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**Questions:**

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Find a 'Sit Spot', a place to sit and observe your surroundings, like under a tree or near some water. Use your four senses — listen, look, smell and feel the things closest to you.
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Date: ___________________________  Time: ___________________________

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Questions:

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Try writing an acrostic poem. Spell your observation vertically and write a few words after each letter. Like this:

Tall
Rough
Easy to climb
Everywhere

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Questions: ______________________
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Try writing a rhyming couplet - a poem made up of two lines of words that rhyme. Like this:

This mushroom is yellow.
It looks very mellow.
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