



# Nature Journaling

## Recording Your Discoveries

Nature journaling is something anyone can do. It's a simple process of recording your observations about birds, plants, trees, etc on paper. They can be as elaborate or as simple as you like.

Start simple and expand as you go!

### Things You Need

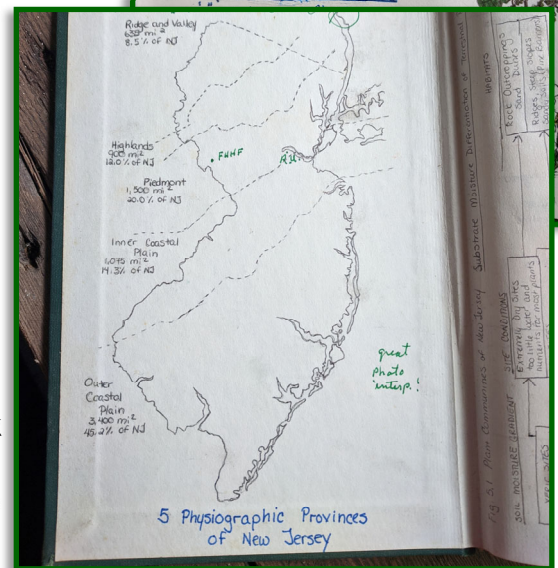
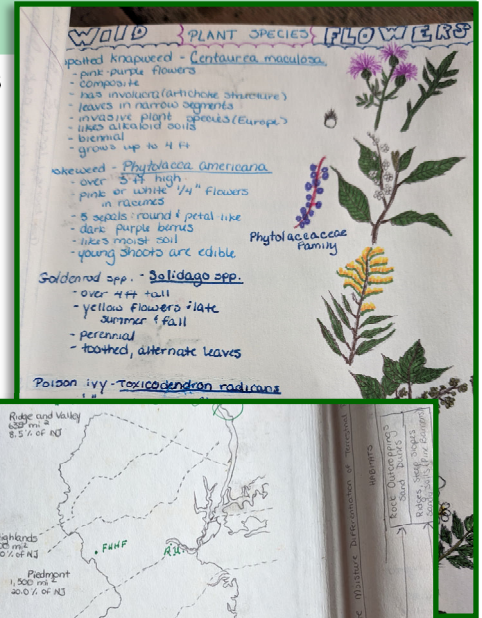
- pencil or pen
- Journal or paper
- Paints
- Markers
- Glue

You decide what you are going to include in your journal—just want to write about what you are seeing? You can do that! Like to draw? You can do that too! Use your creativity to express yourself. If you are in your yard, press some wildflowers or leaves—just remember that it is illegal to pick or harm vegetation on wildlife management areas, parks and forests. Glue found feathers in your journal and identify them.

The object of journaling is to increase our observational skills. Take the time to study what you are seeing. Be descriptive. Make connections. Use your five senses.

Plus, nature journaling has some great benefits such as improved health, better moods and behaviors, increased productivity and mental health.

Did you know that some of the greatest naturalists kept nature journals? John Muir, Rachel Carson and Aldo Leopold are just a few notable names who kept journals.



## Ask A Naturalist

What should I write about? Here are some prompts to get you started -

- What do squirrels eat? Where does their food come from? What else eats that?
- What is making that sound? Why is it calling like that?
- Who left these tracks? Which way were they going? Why were they going that way?
- Why does this plant grow in this spot but not at the top of that hill?
- What do the colors tell us? What about the shapes of things?

Include photos, drawings, leaf rubbings and more to help you see the world around you.