



Nature Journaling – What is it?

A nature journal is a place to grow your thoughts, feelings, ideas, observations, and experiences with nature. Keeping a nature journal provides a rich opportunity to study the natural world and develop a deeper relationship with the environment.

Nature Journaling – How to get started?

Journaling activities can be anything from writing to drawing or using special paper to capture the silhouette under the sun or remains of objects found in nature. Below are a few ideas to get started.

- Write your observations down on journaling paper as the seasons change
- Observe and sketch your surroundings on sketch paper with pencil or watercolors
- Using sun paper place items such as rocks, sticks, and leaves capture the silhouettes on paper
- Make a Do-It-Yourself nature journal using found objects
- Using pressing paper place leaves and flowers on paper and press to capture the remains
- Sit in nature and record your thoughts in poetry, song, or quotes that are meaningful
- Keep a record of your feelings about your relationship with the natural world
- Focus on a single subject; insects, trees, plants, birds, animals, etc. and record your sightings
- Discover a new area and keep a journal of the places you've explored
- Start a journal collection of plant leaves and make notes of where they were found
- Trace found objects such as acorns, flowers, twigs, leaves or berries

Did we miss anything? Let us know! Email BackYard Nature Center, bync@backyardnaturecenter.org