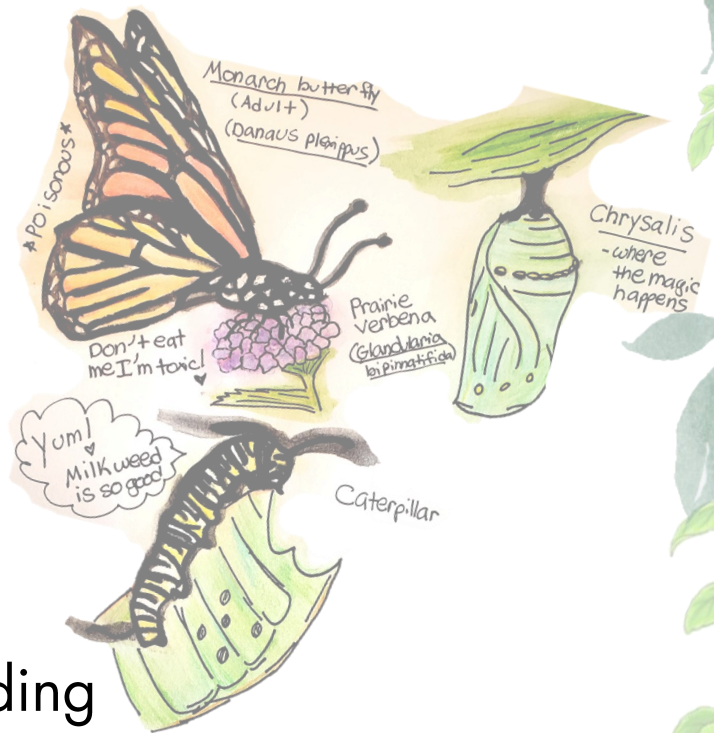


# Nature Journal Essentials

*Nature Journaling is the regular recording of observations, thoughts, and feelings about the natural world around you through drawing, writing, labeling, sketching, etc. Don't worry about spelling, punctuation, grammar, getting things "right," being a good drawer, or anything else! Distill the spirit of the natural*

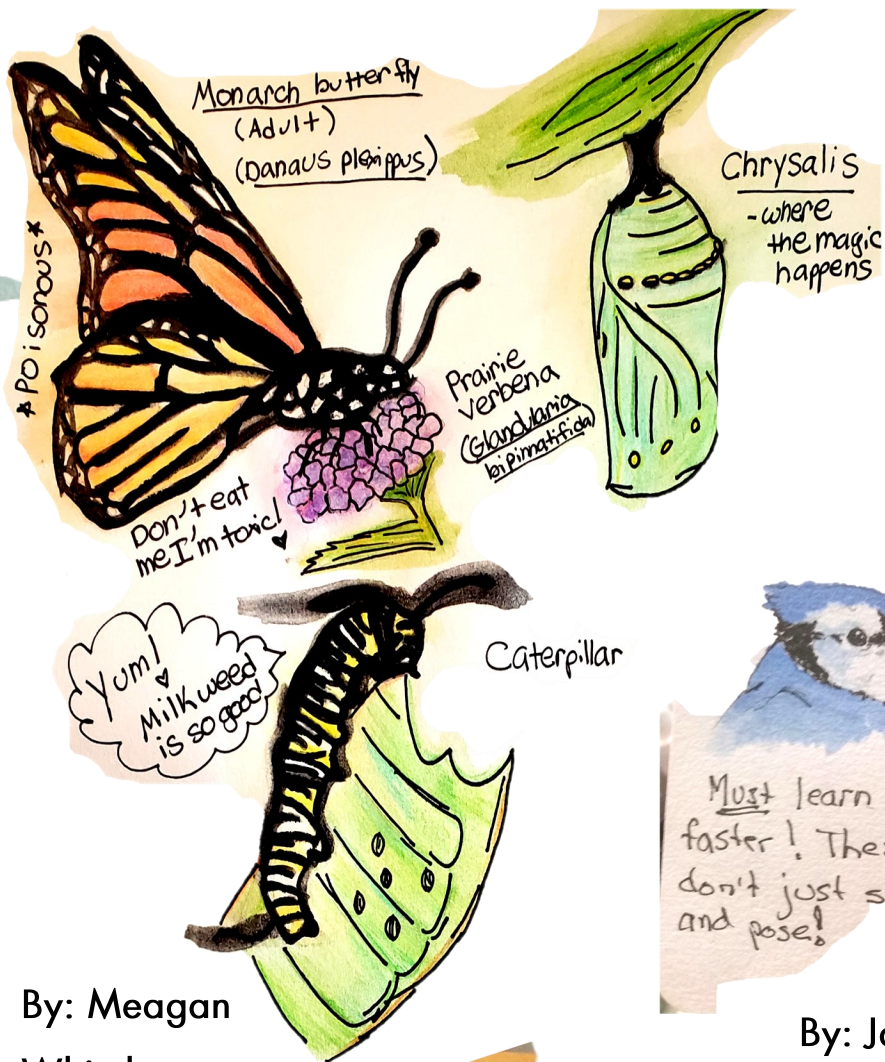
For each entry add:

- Date
- Time
- Location
- Weather Conditions
- Today's Discovery
- Draw, Sketch, Describe Finding
- Label Drawing
- Description (long or short)
  - Why was it interesting?
  - What does it remind you of?
  - Write down at least one question to answer later.

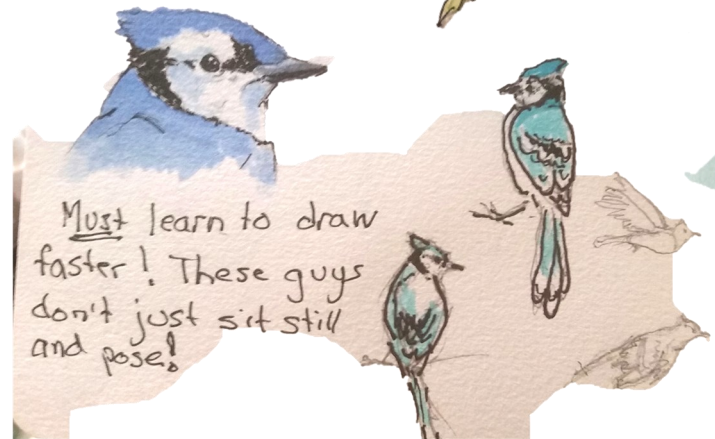




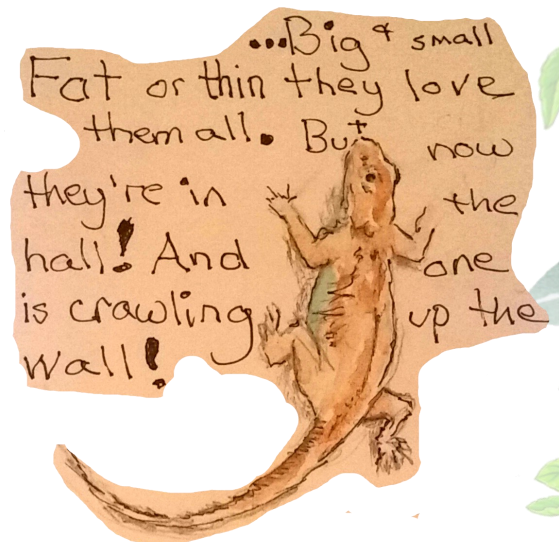
# Nature Journal Examples



By: Meagan  
Whitehouse



By: Jane Jones



Date:\_\_\_\_\_ Time:\_\_\_\_\_

Location:\_\_\_\_\_

Weather Conditions:\_\_\_\_\_

Today's Discovery: \_\_\_\_\_

Sketch/Draw Space:

Description:

Why was it interesting?\_\_\_\_\_

What does it remind you of?\_\_\_\_\_

Write down at least one question:

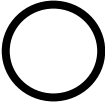
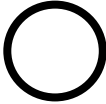
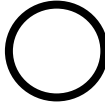
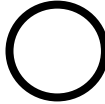
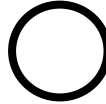
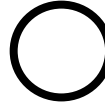
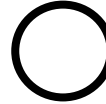
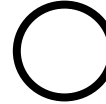
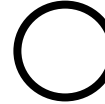



# Nature Tracker: Month \_\_\_\_\_

A circular nature tracker grid with concentric rings and radial lines. The outer ring is numbered 1 through 31. The grid is divided into four quadrants by a vertical line and a horizontal line. The top-right quadrant is numbered 1-12, the bottom-right 13-24, the bottom-left 25-31, and the top-left is blank. There are several horizontal lines extending from the left side of the grid, corresponding to the days 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, and 31.

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Weather Tracker: Month \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10
Moon Phase										

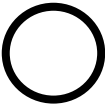
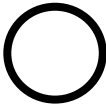
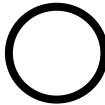
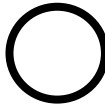
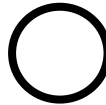
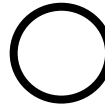
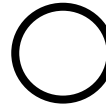
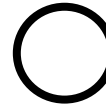
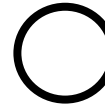

Sunrise

Sunset

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	1	2	3	4	5	6	7	8	9	10
Moon Phase										

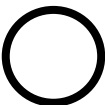
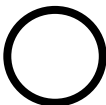
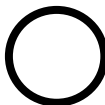
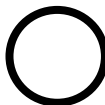
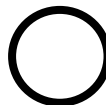
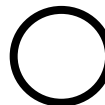
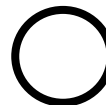
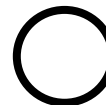


Sunrise

Sunset

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	21	22	23	24	25	26	27	28	29	30
Moon Phase										

Sunrise

Sunset

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Cl



**Key:**



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9

5

2

5



11

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1

Age Group	Percentage
18-24	~10%
25-34	~35%
35-44	~25%
45-54	~20%
55-64	~15%
65-74	~10%
75-84	~5%
85+	~2%

# Reflection Page

Read your journal entries. Think about the question below and write or draw your thoughts about each question.

Date: \_\_\_\_\_ Time Period of Entries: \_\_\_\_\_

*What were the most interesting things I observed?*

*What changes did I notice (if any) during this time period?*

*What patterns/connections can I make among the observed entries?*

*What questions did my observations spark? Can I study this further?*

*What are the big ideas that I have learned?*

*What skills do I plan to improve upon over the next set of entries?*

*Which of my observations/comments would I like to share with others?*



# Nature Journaling Through Poetry

Try expressing your emotion, thought, and observation of the natural world through poetry when journaling.  
Just have fun!

## Cinquain Poem

Cinquain is 5 lines based on either on # of syllables or # of words, each with a unique purpose:

Describe something in the natural world focusing on the number of syllables/words, by following the outline below:

Line 1: The title (2 Syllables/Words)

Line 2: A description of the title (4 Syllables/Words)

Line 3: A description of action (6 Syllables/Words)

Line 4: A description of a feeling (8 Syllables/Words)

Line 5: Another word for the title (2 Syllables/Words)

*Example:*

*Milkweed*

*Local beauty*



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# Haiku Poem

Haiku is 3 lines of five, seven, & five syllables each. Emphasis on syllables, not the rhyme.

Describe something in the natural world focusing on the number of syllables, not the rhyme:

Line 1: 5 Syllables

Line 2: 7 Syllables

Line 3: 5 Syllables

## Example:

*Golden-cheeked Warbler  
Texas native born and raised  
Please sing your sweet song.*

# Alliteration Poem

Alliteration is the repetition of the same letter of sound at the beginning of closely connected words in a phrase or sentence.

Describe something in the natural world using the same letter or sound.

## Example:

# Personification Poem

Personification is attributing human-like quality to something that is not human or an inanimate object, "bringing it to life."

Pick something in the natural world and answer the following questions to create your personification poem:

Line 1: What are you?

Line 2: Where do you live?

Line 3: What are your favorite colors?

Line 4: What clothes do you like to wear?

Line 5: What is your job?

Line 6: Who are your family and friends?

Line 7: Where do you go on vacation?

Line 8: What is your favorite holiday?

Line 9: How do you move?

## Example:

*Surprise!*

*I am a kiss.*

*I live inside of a cave.*

*I love the absence of color,*

*But with light I take on a certain clarity.*



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# Trace a Leaf: Creature Creation

Find a leaf and trace it in the space below. Then turn your leaf into a fun creature (real or imaginary).

Where does your creature live? \_\_\_\_\_

What adaptation(s) does your creature have? \_\_\_\_\_

Write a Story about your Creature: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_ Weather Conditions: \_\_\_\_\_



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# Sketch a Natural Scene

Find a leaf and trace it in the space below. Then turn your leaf into a fun creature (real or imaginary).

Sketch/Draw Space:

Description:

What attracted you the scene? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Three Foot Focus

Take a 3 foot string and tie it into a circle. Place your circle somewhere in the environment. Focus in and sketch something within that circle.

Sketch/Draw Space:

Description:

What attracted you in the space? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

## *Find 1 Mammal*

Sketch/Draw Space:

Description:

What was interesting about it? \_\_\_\_\_

\_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

## *Find 2 Reptiles*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

*Find 3 Scats/Tracks*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_

# Nature Journal Challenge

## *Find 4 Grasses*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

*Find 5 Birds*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

## *Find 6 Leaves*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

## *Find 7 Flowers*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

## *Find 8 Insects*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

## *Find 9 Rocks*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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# Nature Journal Challenge

*Find and Dispose 10 Pieces of Litter*

Sketch/Draw Space:

Description:

What was interesting? \_\_\_\_\_

Which was your favorite? \_\_\_\_\_

Write down at least one question:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

Location: \_\_\_\_\_

Weather Conditions: \_\_\_\_\_



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