Nature Journaling for All Ages!

- **What You'll Need:**
  - A notebook or notebook paper
  - Want to make your own notebook? Check out these easy steps to make one: https://www.hellowonderful.co/post/10-CREATIVE-DIY-JOURNALS-FOR-KIDS/
  - A writing utensil

- **What is Nature Journaling:**
  - Nature Journaling is a popular way to help get you in touch with the world around you. Learn how to better listen, see and feel the world in this fun introduction to journaling. Participants are encouraged to both draw and write about their experiences while gaining and better understanding and appreciation for what surrounds us.

- **Getting Started:**
  - Establish a "Code of Ethics" for observing nature. This could include things like: Observe from a safe distance; Leave plants and natural features as we've found them; Stay on paved trails and boardwalks; Respect animals; etc.
  - Take your journal to a spot outside close to your home. This could be in a front or back yard, a porch, etc. Take 5 minutes to listen, watch, and feel around you. Record what you experience in your journal. This step helps you get a sense for the activity.
  - With parent/guardian supervision and/or permission, try going to a nature-based spot. This could be a spot in your backyard, a pond, a trail, etc. Walk around the area in silence. Listen for different sounds (do you hear birds, can you hear the wind, are the leaves making noise, does the ground make noise when you walk). What do you see (is there a lot of grass, what animals or insects are around, are there flowers, are there clouds in the sky). What do you feel (how does being in nature feel to you, is nature important, why should we care about our natural world)
  - If able, try going to atleast one other nature-based spot. What differences can you note? Try going at different times during the day. Does time affect what you observe?