

Nature Journaling!

Description

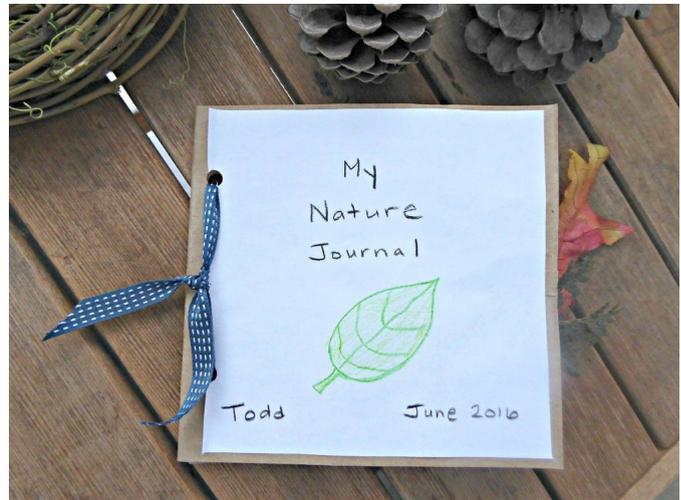
Nature Journals are a place where children can write, draw, sketch, place photos and objects that they have seen and found in nature. Each day, children can spend time in their backyard or looking out the window to make observations of what they see in nature. This is a great activity to get children looking closer at nature and focusing on the small things. It will help them to see more, understand and appreciate the nature that is all around us, that sometimes we may not notice.

Ages: 4+

Length: 30 minutes

Materials and Supplies:

- Pencils, crayons, pencil crayons
- White glue/ glue sticks
- Paper
- Hole punch
- Thin cardboard (ie. cereal box)
- Scissors
- String



Source: <https://www.ealt.ca/kids-blog/nature-journal>

Preparation

- a. Discuss how nature is all around us, even just exploring our backyard or looking out our window can lead to new discoveries! Today we are going to be observing what is around us and putting it into our Nature Journals.
- b. Collect natural objects to use/ add into the nature journal. This could be from your backyard or while on a walk around your neighbourhood (keep in mind social distancing rules).

Directions

1. Determine the size of the nature journal you want to make.
2. Cut your blank paper to this size.
3. Cut 2 separate sheets of thin cardboard to this size.
4. Hole punch the blank paper sheets and the 2 pieces of cardboard, near the top of the page, in the middle and near the bottom.
5. Place 1 piece of cardboard on top of the stack of blank paper and one on the bottom. Line up the holes.
6. Cut 3 pieces of string.
7. Feed each piece of string through each of the holes. Tie tightly and cut the extra string off.

8. Decorate your nature journal! Add colour and decorations. You can even glue on natural objects that you have found, such as leaves!
9. Head outside (or to a window) and find a spot that you can sit and watch. Encourage the children to sit and close their eyes and listen to what is around them. What do they hear? What can they see? How do they feel while listening to nature around them? What did they notice that they hadn't before? They can record all of this in their nature journal through writing, drawing, sketching, poems and more!
10. Plan a time each day for the children to do this. Have them try different places and different methods of recording their thoughts in their journal!

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#AllanBrooksNatureJournal](#)