



Nature Journaling Ideas

You don't need much to start a natural journal: a small notebook or some sheets of paper, something to draw or write with (pen, pencil, crayons, etc.), and the great outdoors! You get to choose what to do in your journal. If you like art, draw or paint! If you prefer writing, write! Below is a list of ideas to get started.

- Go to your backyard and draw or write about your favorite spot or the first thing you see.
- Add some leaf or bark rubbings. Try to identify the type of tree or plant. Use field guides or the iNaturalist app to help you.
- Tape or glue found objects into your journal (leaves, petals, maple seeds.)
- Collect fallen leaves and twigs and make creatures with the shapes!
- Write a poem about your surroundings. Use all your senses to open your mind to what is around you.
- Try adding color from nature! Rub mud into a page, or smear some juice from a blueberry or strawberry.
- Close your eyes and try to identify 5 different sounds.
- Make up a story about the birds or animals around you.
- Make a Nature Meme!
- Make a list of birds, insects, leaves, or flowers you have observed. Use field guides or the iNaturalist app to help you.
- Close your eyes and focus on what you smell. Write or draw how it makes you feel.
- Look for animal tracks and try to draw them! Can you identify who they belong to?
- Pick a spot to sit in at different times of the day or week. Record how the same spot it is different over time. Are plants growing? Are different animals about? Has the weather changed?
- Look up Nature Quotes to inspire you— John Muir and Rachel Carlson are some of our favorite nature writers.