

Nature Journaling

Journaling has many benefits and scientists have been using this tool throughout history! There is no right or wrong way to journal and below are some tips to help you get started with your own journaling adventure. Grab a notebook, writing utensil, and prepare to do some exploring as we discuss a variety of ways to journal our findings!

Materials Needed:

- ✓ Journal, notebook, or loose-leaf paper
- ✓ Pen or pencil for writing
- ✓ Coloring utensils
- ✓ Field identification books (optional)
- ✓ Camera (optional)

Steps:

- Find an outdoor space to explore (local park, backyard, or even a nearby tree)
- Notice your surroundings
 - You can sit in one spot or go for a walk
- When you find something that interests you, stop to observe and draw or write about it. You can also take a picture as a reference.
- You may wish to take notes and sketch what you see first and create your journal entry afterwards. Options for what to include in a nature journal:
 - Leaf rubbings
 - Record of temperature, date, season, ...
 - List of all the animals and plants you saw
 - Photographs
 - Poetry
 - Painting
 - Visiting the same area multiple times and drawing or writing down any differences or changes noticed
- Identification books or online resources can help with learning more about what you see and find.
- Create a journal layout to organize your findings and thoughts. There are many options including the options below.
- Enjoy your creation

My Nature Adventure:

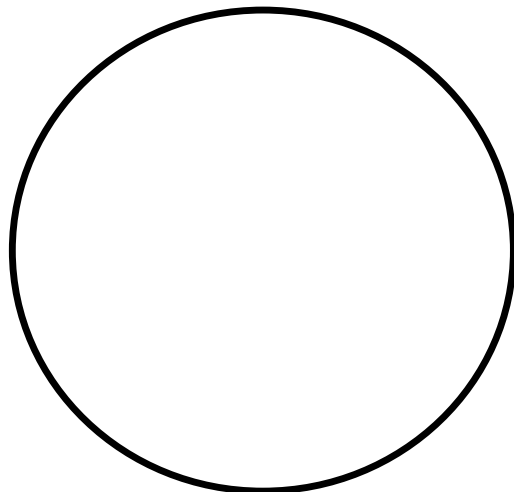
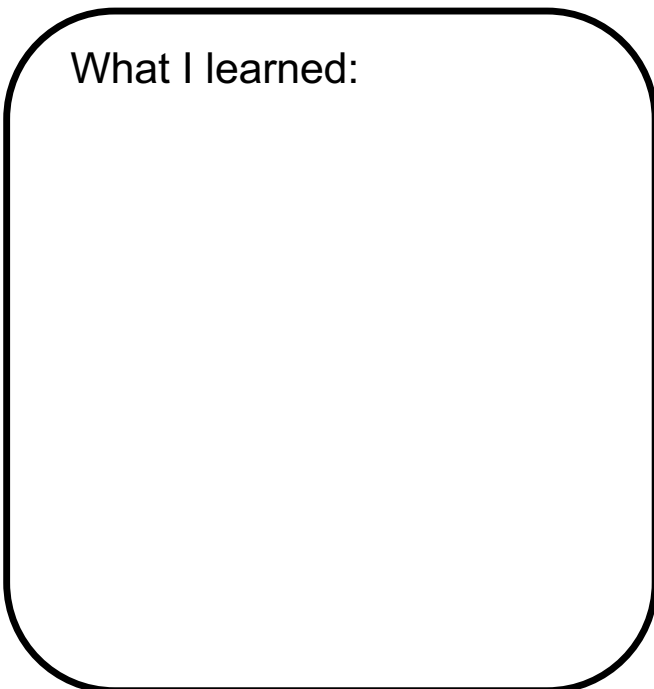
Weather:

Location:

What I saw:



What I learned:



My Mindfulness Journal:

(Close your eyes for a few minutes and journal your experience afterwards)

What I heard:

How I feel in nature:

My favorite things about nature:

What I wonder:



Saint Louis Zoo
Animals Always®