

## How to start your nature journal

Even if you are inside you can pay attention to nature. Nature is the air we breathe, the sky above, the ground we walk on, and all the living things around us. By keeping a nature journal, you can become a better observer and learn wherever you are.

Making a nature journal is easy. You can use a notebook or a folded piece of paper to start your nature journal. On the front just write your name and “nature journal” and the year. If you like you can add a picture to the cover. You can also use [our template](#) for your pages.

Each page of your journal should have a few things in common:

- the date,
- the time of day you are making your observations,
- where you are,
- and the weather.

The rest is what you see, hear, smell, and feel around you. Do your best to describe in words and pictures the natural world. Start with five minutes a day and go from there.

### Materials list:

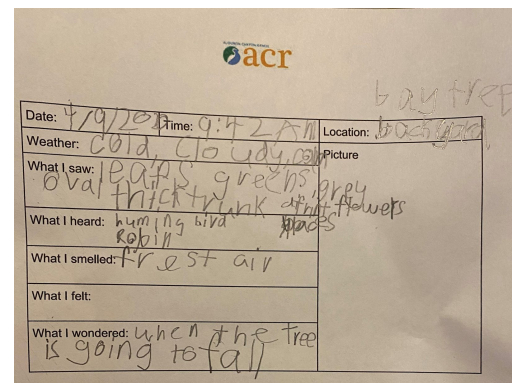
- Paper
- Pen or pencil
- Colored pencils or pens

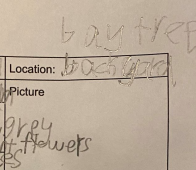
### For teachers and parents:

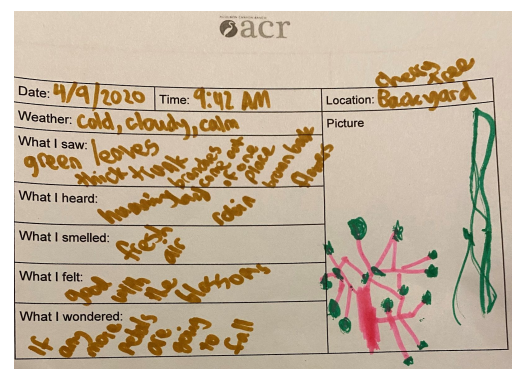
[Reading Rocket has more information about nature journaling](#)

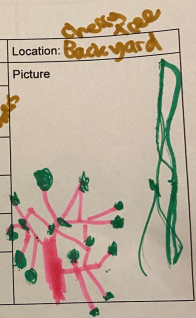
Depending on the age of your child this can be an independent activity, one in which your child does the observation and drawing and you write, or if you have different aged siblings they can work together.

*Right: Examples from an eight year old and a four year old.*



acr		
Date: 4/9/2020	Time: 9:42 AM	Location: backyard
Weather: cold, cloudy		Picture
What I saw: oval leaves green, thick trunk, grey flowers		
What I heard: humming bird, robin		
What I smelled: forest air		
What I felt:		
What I wondered: when the tree is going to fall		



acr		
Date: 4/9/2020	Time: 9:42 AM	Location: backyard
Weather: cold, cloudy, calm		Picture
What I saw: green leaves, thick trunk, pink flowers		
What I heard: humbird, robin		
What I smelled: fresh air		
What I felt: cool with the humbird		
What I wondered: if any more birds are going to fall		