

Journal A Leaf:

- Look around at the different leaves you find on the ground and select a favorite leaf
- Draw your favorite leaf, or trace around it, and record what you like about it in your journal
- Make a rubbing of your leaf. What do you notice about the pattern it makes?
- Optional: Use each page in your journal to draw and/or rub a different leaf that you collected.



Journal What You Hear:

- Sit for 5-10 minutes and listen. On your journal page, place an X in the center and as you hear a sound record it with symbols or words where you heard it from on your journal page
- Share your Sound Maps with one another in your group. How did what you hear compare?



Journal A Tree:

- Draw a tree you like in your journal and give it a name
- Write down what you like about it
- Does it have leaves? If so, what color are they? What shape? Add a drawing of what they look like next to your tree.
- What is the bark like? What color is it? How does it feel? Does it have a smell?
- Can you wrap your arms around your tree's trunk?
- Write down any animals you see using this tree



Journal An Insect:

- Look around and find an insect to observe
- Draw your insect in your journal and where it was (On the ground? Under a leaf? On a tree?)
- Write down what you notice about it
- What do you wonder about it?
- Find another insect to observe and enter it in your journal
- How is it similar to your first one?
- How is it different?
- If you could be either of these insects, who would you choose and why?





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Journal a Comparison:

- Find 2 similar objects (Ex: rocks, leaves, flowers, seashells...)
- Draw both side by side on your journal page
- Write down what you notice about both (color, shape, size, feel...)
- Look at how they are similar and how they are different
- Write down any questions you have
- Which one did you find more interesting and why?



Journal an Event Map:

- Make a map of the path or trail you are walking or hiking on as you go along
- Stop to draw and/or use words to identify things that you observe/interest you along the way-
Examples:
flowers, ants, a bird you hear, a lizard on a rock, a tree, a creek...
- Create a title for your map
- Share your map with someone else



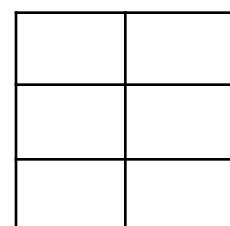
Journal Clouds:

- Look up at the sky and focus on the clouds
- Sketch their shapes on your journal page
- What do you notice about them?
- In what ways are they the same and/or different?
- What do their shapes remind you of?
- Are they moving? If so, how fast or slow? How does their shape change?



Journal a Collection:

- Just as people collect certain items like coins, stamps, or seashells, you will be creating a collection of nature items during your time outdoors
- To begin, draw 4-6 boxes on a blank journal page (you can always add more)
- Explore the nature around you
- When you see a nature item that catches your attention, sketch it in one of the boxes
- Label your boxes





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Journal an Animal You Observe:

- Take time to explore the nature around you in the trees, on the ground, under leaf litter....
- Focus on any animal or insect that catches your attention
- What do you notice about it (color, movement, activity, sound...)
- Using pictures, words, and numbers record what you're noticing in your journal
- Write down any questions or wonderings you have about it



Journal Evidence of Animals:

- As you explore your surroundings, look for evidence or signs that animals live there even if you don't see them
- You might find a feather, a web, animal tracks, a nest, a leaf that's been chewed on, scat, or perhaps you hear a bird chirping, or leaves rustling
- Record any signs you find in your journal that show animals are there
- Include any questions you may have about the evidence you found



Journal a Mystery Plant:

- Have each person in your group find a plant and draw it on their journal page - be sure that no one sees what the other is drawing
- Be careful to observe and record details with words, pictures, and numbers as needed
- When everyone is finished, take turns sharing your mystery plant page and having others see if they can locate it from your clues



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Journal Zoomed Out and Zoomed In:

- Find a nature object that interests you - a tree, a plant, an insect, an area of ground, a log...
- Draw this in a "zoomed out" view that gives the general shape of the whole object
- Then "zoom in" for a closer look at a smaller part of the object. What details do you notice that you didn't see when looking at it "zoomed out" and record these on your page





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