

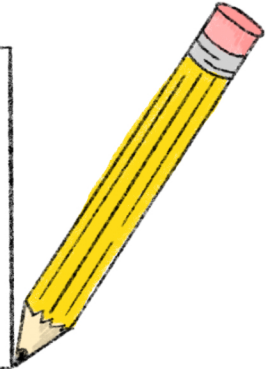
THE BASICS OF Nature Journaling

OBSERVE...

Be present and notice
What do you...
see?...hear?...
feel?...smell?

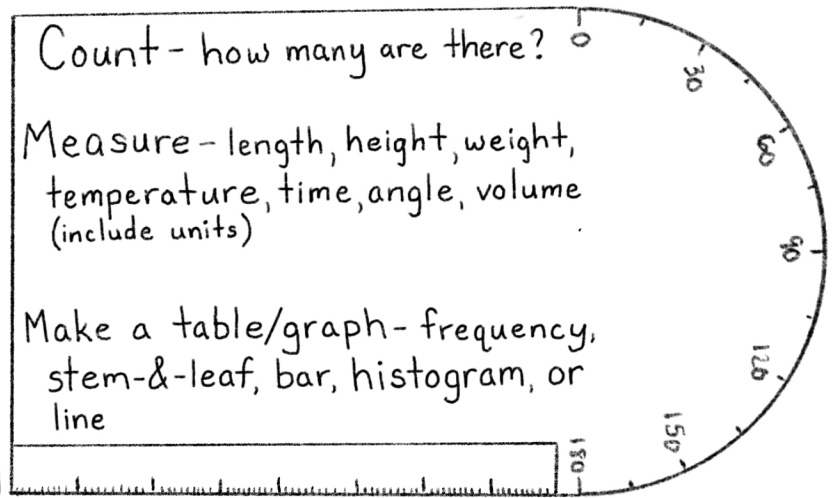
WRITE...

Describe what you observe
Label features... Write a
poem or story... Connect
with past experiences...
Ask questions



NUMBER...

Count - how many are there?
Measure - length, height, weight,
temperature, time, angle, volume
(include units)
Make a table/graph - frequency,
stem-&-leaf, bar, histogram, or
line



Quick sketch
Detailed drawing
Create a map
Add color
Pencil Ink
Gouache Watercolor



SKETCH...



For more information and resources,
scan the QR code or visit <http://bit.ly/naturejournalingresources>