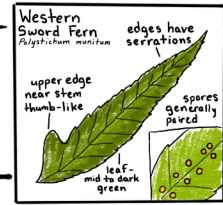


When we Nature Journal, we are

L

is for
LABEL

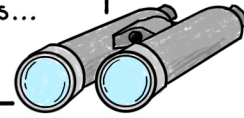
When we nature journal, it can be helpful to add labels. Examples include names (common and scientific), colors, structures, unique features, and more.



E

is for
EXPLORE

Look for new things...new places...new sounds... and add them to your journal!



A

is for
ASK

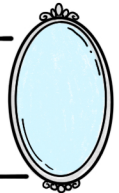
Be curious...Ask a question-then ask some more! And don't worry about having the answers, you can add them later



R

is for
REFLECT

Take some time to think about what you have learned. Leave space to add to your journal and make new connections.



N

is for
NOTICE

Look closely at the world around you-use your senses. Zoom in and notice the details...Zoom out and notice the big picture... Seek the everyday and the unique.



I

is for
IMAGINE

Be creative... Think about how/why something happens. Tell a story or poem about what you have seen



N

is for
NAVIGATE

Make a map-Where are you? Where did you go? Where did you find something?



G

is for
GROW

Practice helps us grow and learn new skills. The more "pencil miles" we do, the more interesting our journal will be.

