

FLINT RIVER QUARIUM: CONSERVATION CRAFTS

NATURE JOURNALING

Record the wonders of nature

WHAT IS NATURE JOURNALING?

Making and keeping a nature journal is a fun way for kids (and adults) of all ages to study nature and record their observations and experiences in the natural world. There is no right or wrong way to keep a nature journal. You can start with a spiral-bound sketchbook and fill it with drawings, observations, poetry, inspirational nature quotes, or pressed plants and flowers. Or, if you prefer, you can compile individual pages into a three-ring binder and re-arrange the pages as you like--by date, location, or topic, for example.

Nature journaling inspires you to spend more time outside, noticing and appreciating many of the details that most people miss—the tiny wildflowers popping up in the new spring grass, the squirrel “highway” in the branches overhead, the varied colors and textures of fall leaves. Nature is full of wonders, and, in your nature journal, you can capture them in your own unique way.

You don't have to visit a park or nature preserve to get started. Any small pocket of green space will do—even your own back yard! Perhaps best of all, nature journaling can become a lifelong passion. So, pick up your pencil, pen or paints, and give nature journaling a try!



WHAT YOU WILL NEED

- Sketchbook or blank paper
- Pencil or pen to write observations or make notes
- Your choice of art supplies. Crayons are good for younger children. Colored pencils allow for more detail. Paint is a great option for capturing your artistic impressions.
- Tape or glue for adding pressed plants or flowers
- Your full attention!

Check out these nature journals for inspiration!



Crayons are a great choice for a child's first nature journal. Keep it fun!



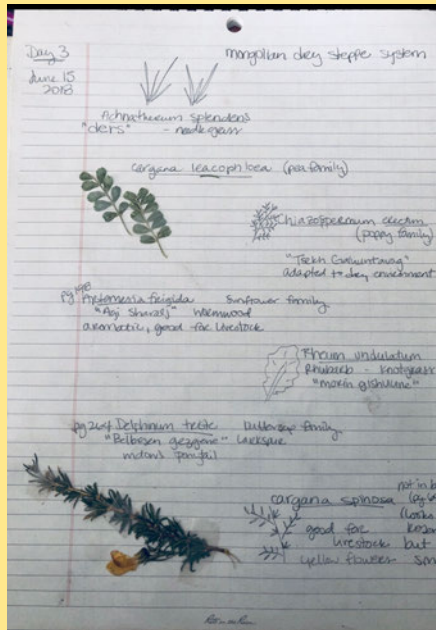
Try your hand at a study of one animal or plant. Notice the details!



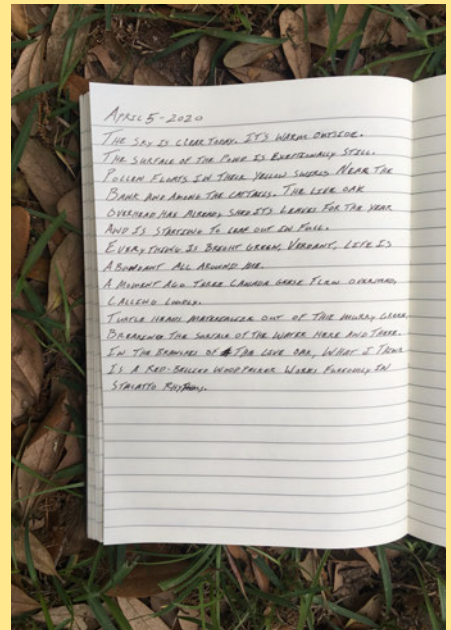
Paint can capture the vibrant colors in nature--such a beautiful palette!



Are you a techie? Draw what you see in a digital format!



Adding pressed plants to your journal can add a whole new dimension!



Not an artist? That's okay! Record your observations in writing!