

Observe Nature

Create a Nature Journal

Spring is a wonderful time of year to create a Nature Journal! New life is springing up – plants growing, leaves budding, animals giving birth, insects appearing...

Here are a few suggestions on how to go about this.

1. Let's make the Nature Journal first. It can be as easy as taking a piece of colored or white or colored paper and folding it in half. Cut along the fold. This becomes your cover. Print Nature Journal on it. Now using markers, crayons, or colored pencils, draw pictures on it that remind you of nature!



2. Next get a minimum for 6 pieces of white paper or print out the sample pages shown on the next page. Cut the pages in half. This will give you enough for 12 observations, one per month. Staple this together to look like a booklet.



3. Pick a spot in your backyard or somewhere close to your house. Go to this same spot every time to make your observation. Decide upon a day each month; try to go about the same time of day each month to make your observations. You will notice changes each time you go!
4. Here are some things to include in your journal:
 - The date and time of the observation
 - A description of the habitat – forest, field, pond, beach, backyard, etc.
 - Temperature
 - Weather: sunny, cloudy, rainy, temperature, snow, windy, etc. You might want to draw symbols for this. A sun for sunny, clouds for cloudy, raindrops for rain, snowflakes for snow.
5. Stop! Use all of your senses. Look around you. Now look up toward the sky. What do you see? Take a deep breath and smell, sit or stand still and listen, feel the texture of some of the leaves, grass, tree bark near you.
6. Now write or draw your observations. Be sure to include colors, sizes, and shapes of things. You can bring your crayons, markers, colored pencils with you if you draw what you see. What trees, flowers, and plants do you see? What do they look like? What does the sky look like? What do you hear? Do you see any animals, insects buzzing around you, or bugs crawling on the ground?
7. When you go the next time, look carefully for any changes from your last visit.
8. At the end of the year, look back at your Nature Journal. What did you find most interesting about nature by doing this? What surprised you about your study?

Created by Elaine Hendrickson, 2020
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Reference: Using a Nature Notebook,
Maine Department of Inland Fisheries and Wildlife
[Nature-Based Educational Tools and Activities](#)



Nature Journal

Date: _____

Time: _____

Place: _____

Temperature: _____

Weather: _____

Write or draw your observation. Remember to include what you see, hear, smell, and feel.

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