

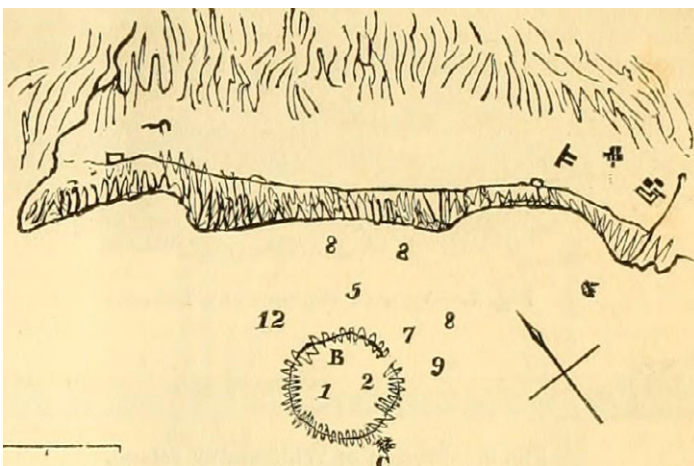
# Start a Nature Journal

## Age group

All ages

## Directions

1. Find a sturdy notebook that you can take outdoors and don't mind getting dirty. It can be any size you are comfortable with.
2. Make sure to put your name and phone number in the front in case you lose it so it can be returned. You might even want to decorate the front of your journal with pictures of plants and animals that you really like.
3. Each time you do a nature activity, or visit Polly Hill Arboretum, make an entry. You should always put the date, where you are, and the type of weather at the top of your journal entry. Start a new page for each day.
4. In your journal, you can write what you see, draw pictures, or sketch a map of the area. If you meet any scientists, write their names down in your journal and describe what they were doing. You can take pictures of anything that you see and want to remember, and then glue them in your journal later. You can collect flowers or leaves (with permission from your parents if it's your yard, or permission from the landowner. It is usually okay to pick up leaves that have fallen on the ground.) Have fun with this, it is *your* journal!
5. Here are some examples of what people put in their journals, and topics to get you started:



## Nature Journal Ideas:

- Pick a tree this spring and visit it every week. Each week, either take a picture or draw your tree. Make observations about what changes you see in your tree.

-Make a map of your own backyard. Use [inaturalist.com](https://www.inaturalist.com) or a tree book to identify the different trees, and show where they are on your map. If you can't find their real names, get creative and give it your own name.

-Practice bark rubbings! Put a page of your journal on the bark of a tree, and using a pencil or crayon, rub it against the paper so that the bark pattern is shown on your journal page. You can do this with leaves too. Don't forget to make note of the location of your tree.

-Collect flowers or leaves that you think are interesting. Tape or glue them into your nature journal. As always, get permission first. It is usually okay to pick up leaves that have fallen on the ground.

