

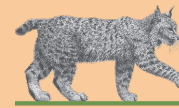
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NATURE JOURNALING

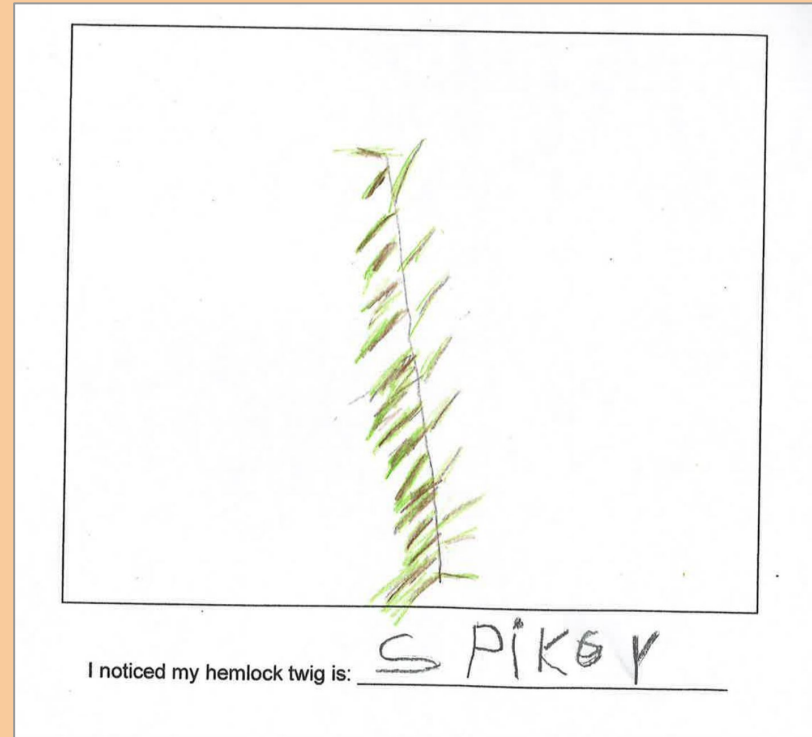
An Introduction

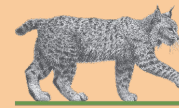




What is a nature journal?

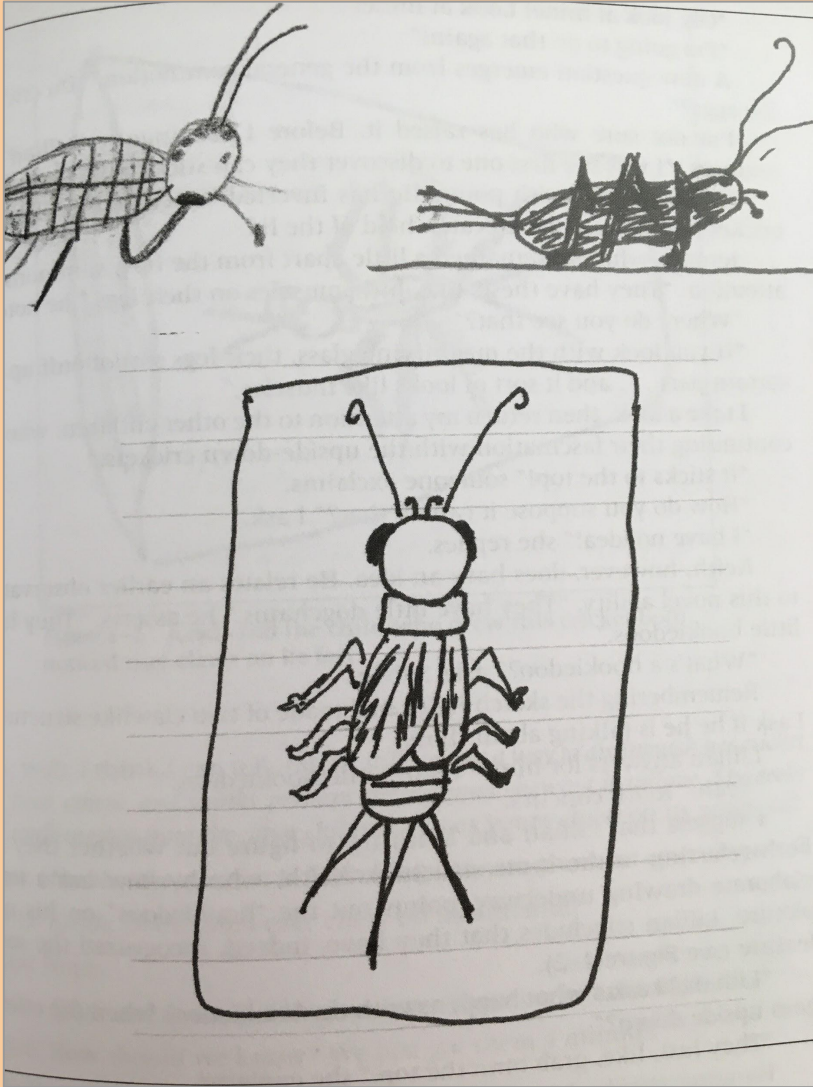
A nature journal is a special place for you to keep a record of what you notice when you focus on nearby nature.





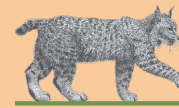
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A nature journal is a special place for you to keep a record of what you wonder about your observations.

Why does the cricket have three tails?



A nature journal is a special place for you to keep a record of what you think about your observations.

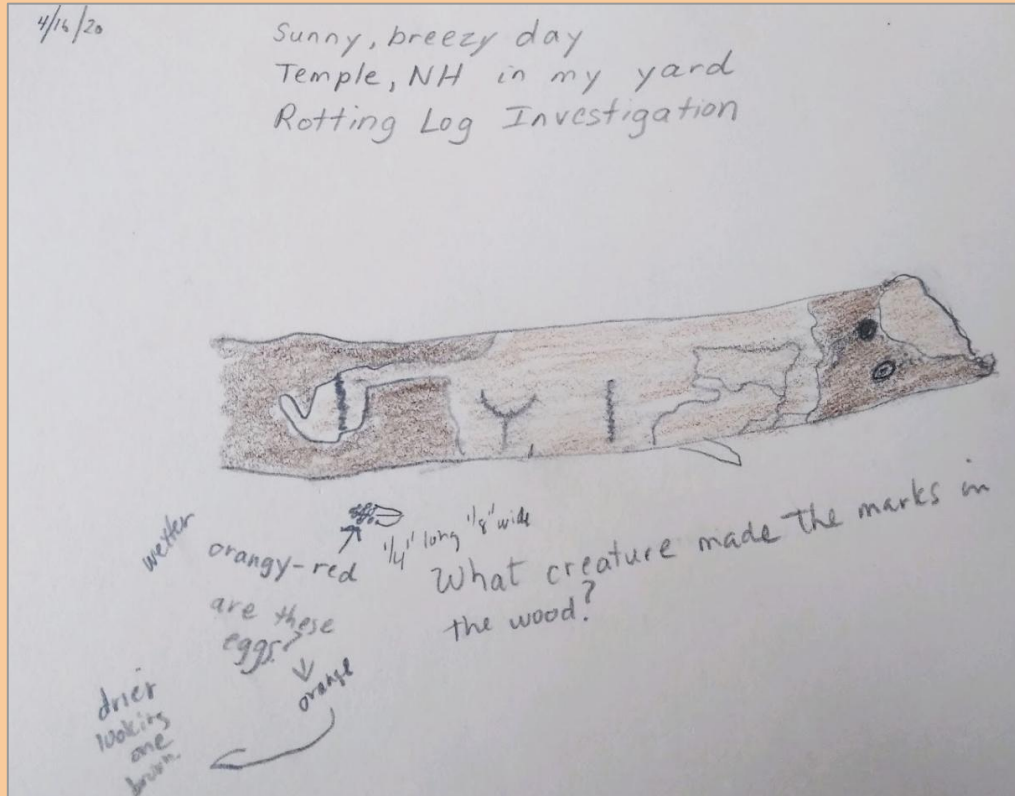


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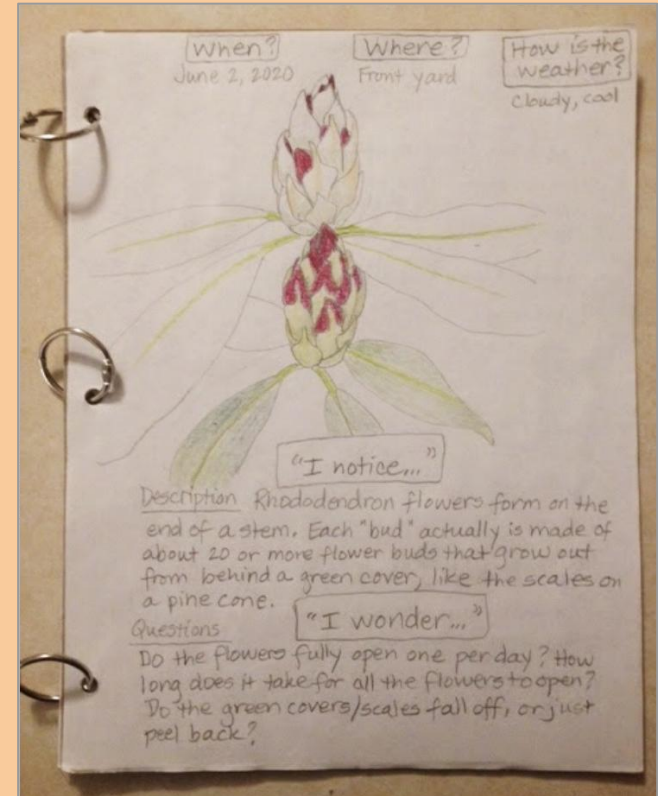
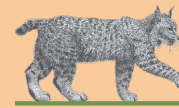


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You might design
the cover of
your nature
journal to
express what
you like outside.

Or, you could put
nature journal
pages into a binder
or pocket folder.

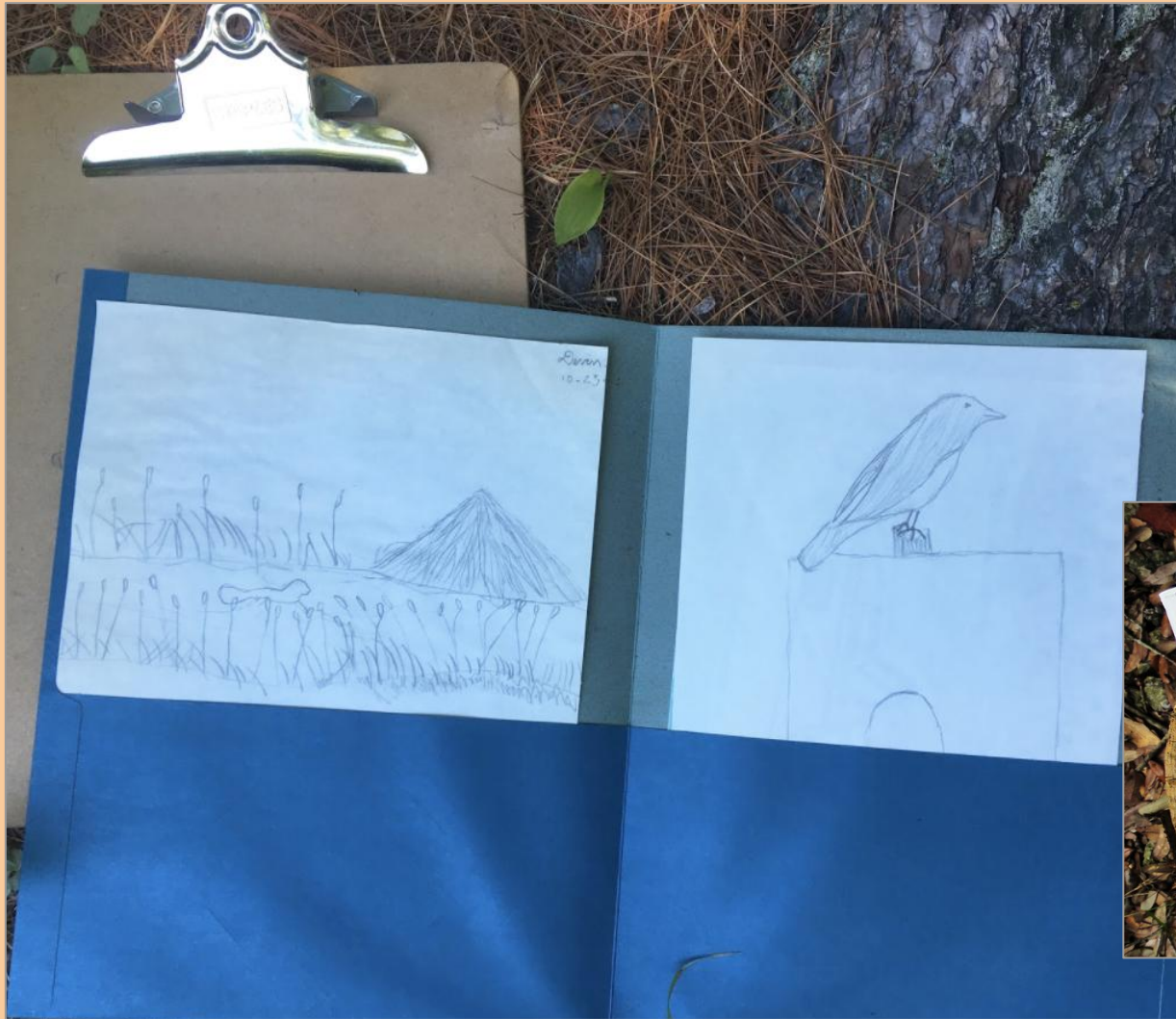


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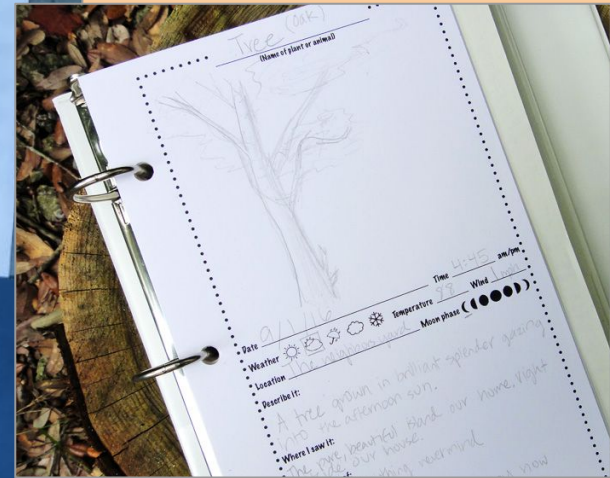


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Find a spot to
settle yourself
where you can
focus on nature.

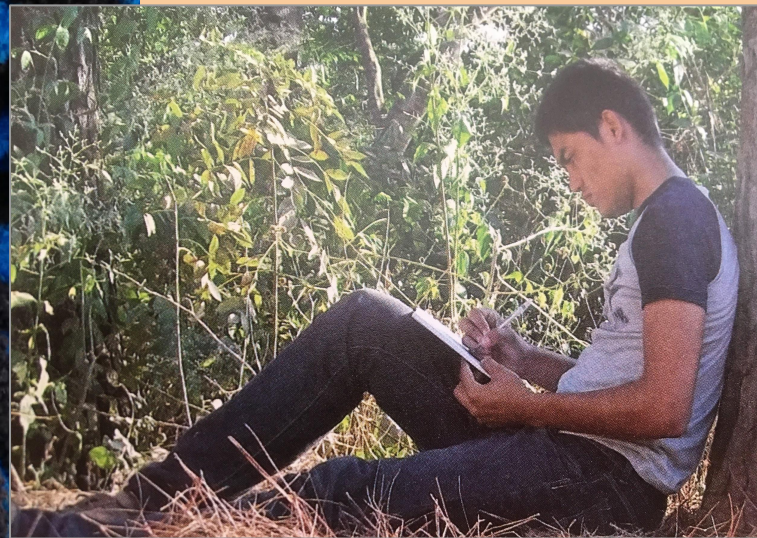


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Enjoy having your very own quiet time outside.



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Follow the prompt given by your teacher
such as carefully observing a plant.

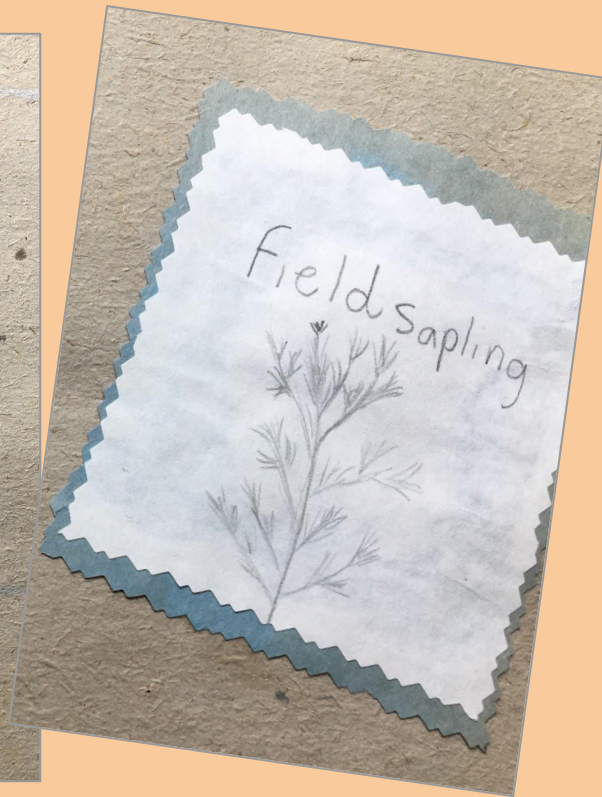


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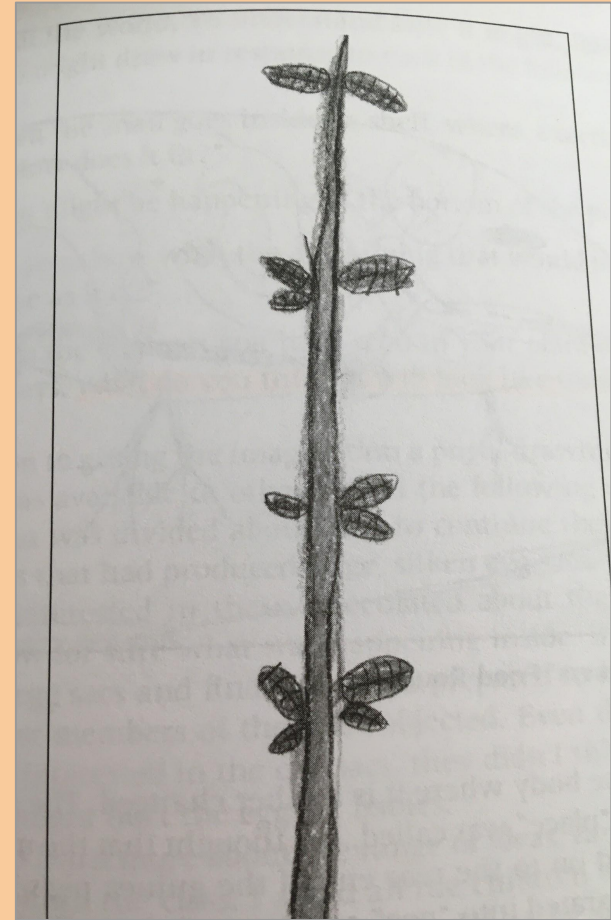
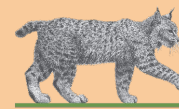


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Use words, pictures, and numbers, using more of whichever is most comfortable for you.

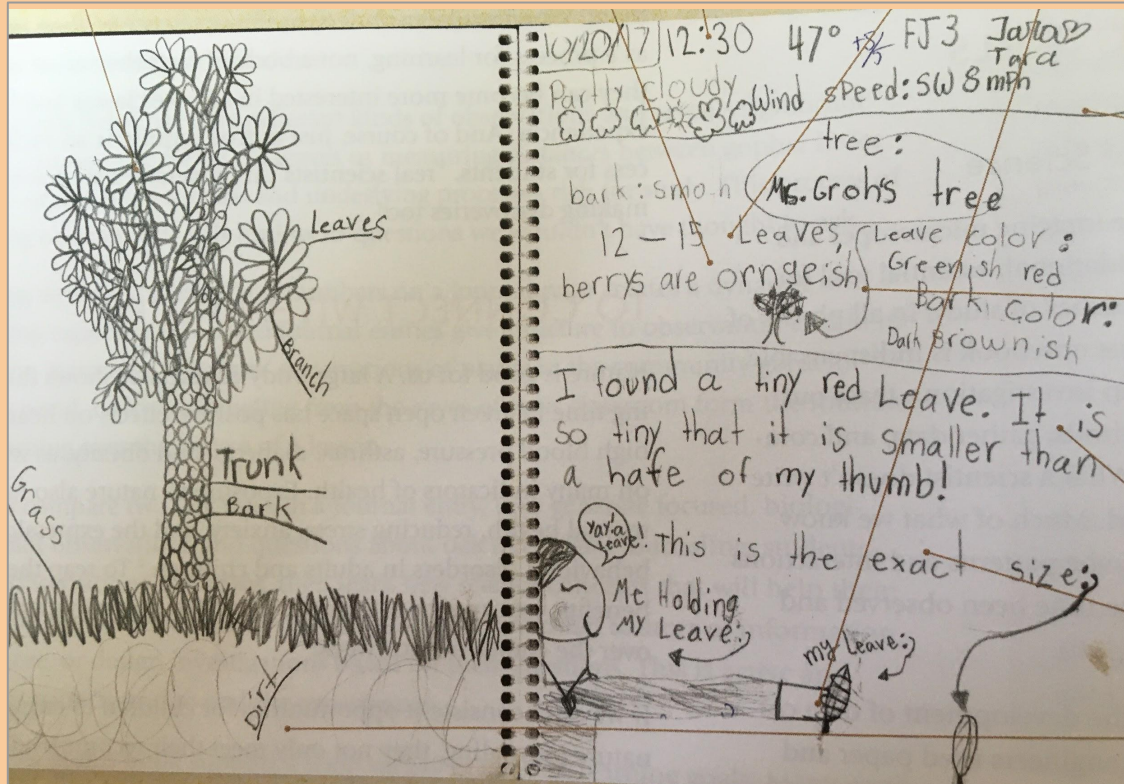


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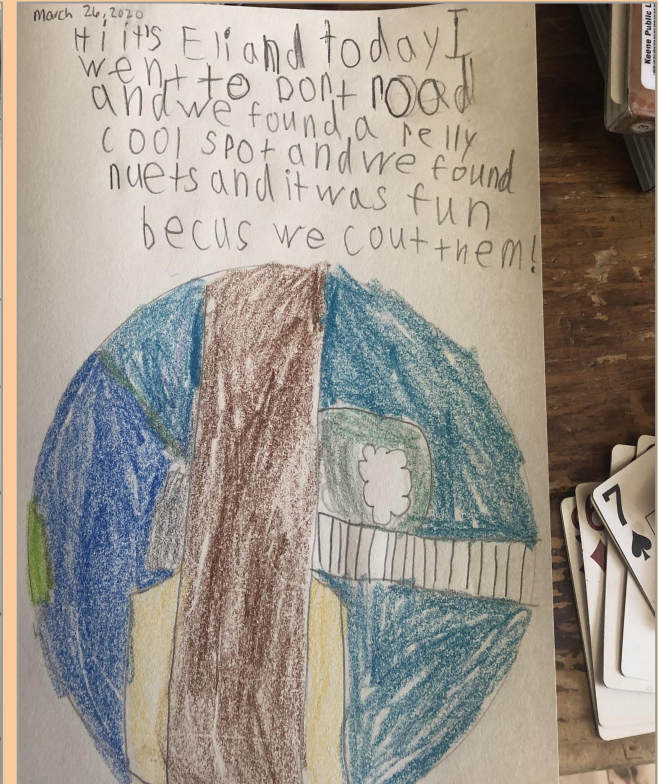
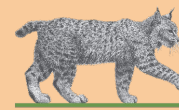


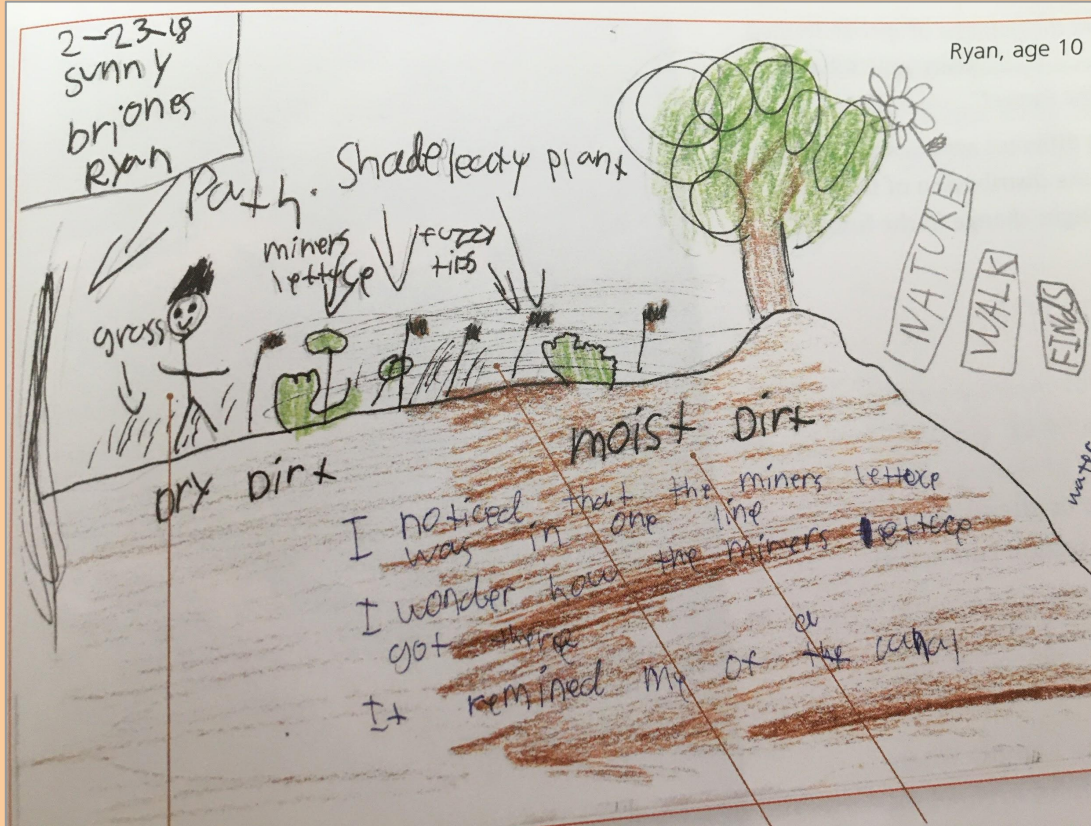
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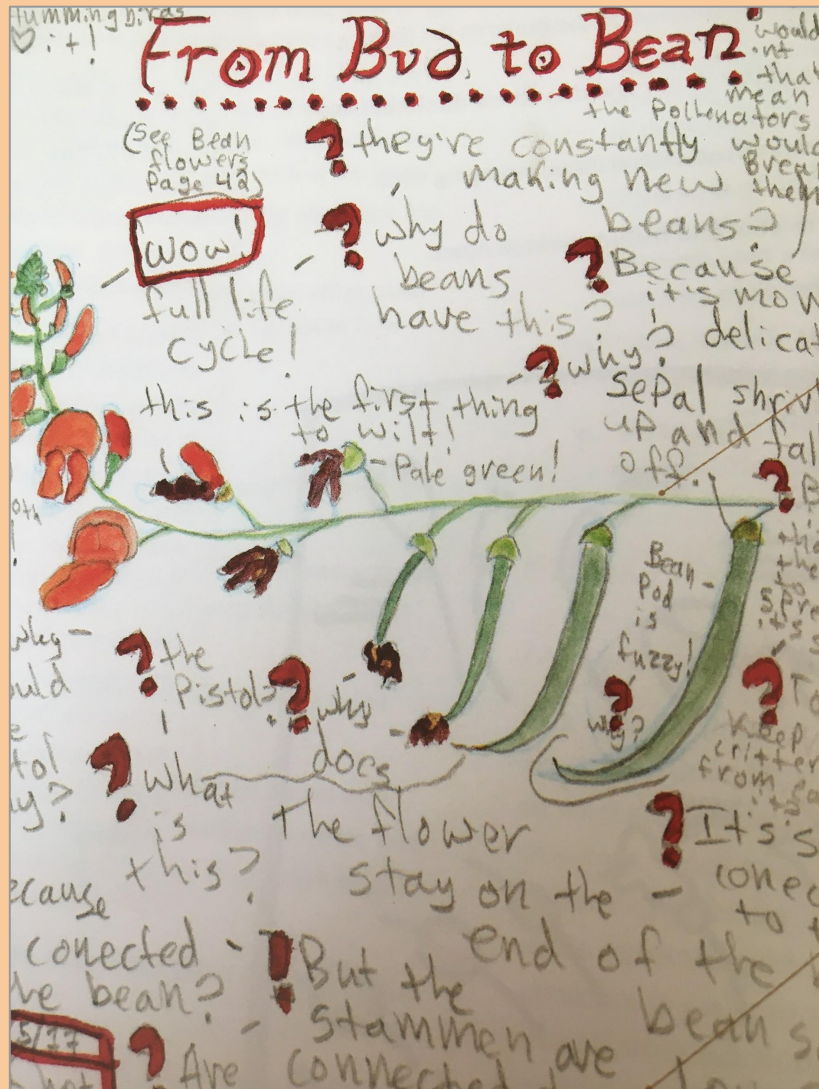
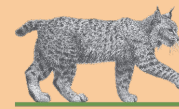


Your teacher might ask you to do a leaf rubbing, and then notice all the details you can see.




You might draw a map to show where you have been.





Or you might draw the life cycle of a plant or animal.



However you
approach nature
journaling, this is
your time to
slow down
and discover
nature's surprises!