



Intro to Nature Journaling

Students will learn how to nature journal by closely examining a plant and journaling about it.



Materials:

- Notebook or blank piece of paper
- Writing and coloring supplies
- Wolf Ridge Environmental Learning Center [Spring Plants Field Guide](#) (optional)

Instructions:

1. Nature journaling is the process of recording and drawing what you see outside to help you reflect on nature. It can also create a phenological record.
2. Bring your students to an outdoor space where there are some plants (even if it is grass or trees!). Have students bring a notebook or blank pieces of paper on a clipboard, as well writing and coloring supplies.
3. Have students to find a “sit spot” to sit and observe the world around them. Encourage them to find a sit spot where they can see some sort of plant.
4. Have students write the date, the weather, and any other observations about their sit spot.
5. After they do that, have students draw or write about whatever plant they sat by. If they need prompts, ask them questions like “How would you describe its color?”, “Try feeling it. What does it feel like?”, “Can you try drawing and labeling the different parts of the plant?”, or “Are there any other interesting things by this plant?”
6. Optional: Have students share their nature journal pages with their classmates. If you like this activity, you can have students return to their “sit spot” every week or month to have them see what changed!
7. The ‘Spring Plants Field Guide’ from Wolf Ridge ELC is a useful format and template that could work easily for this activity.