

# Nature Journaling

Journaling is a wonderfully adaptable process that allows us to observe deeply, reflect and be curious. There is no single way to journal, and it can be done by people of all ages. Why not journal together as a family today?

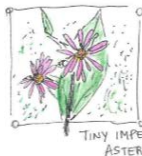
Six beautiful things



CANMORE MOUNTAINS



TREE OUT OF SOIL



TINY IMPERFECT ASTERS

A journal is a tool for thinking. It's *not* about completing a polished piece of artwork for display. You can use a picture, words, or both together.

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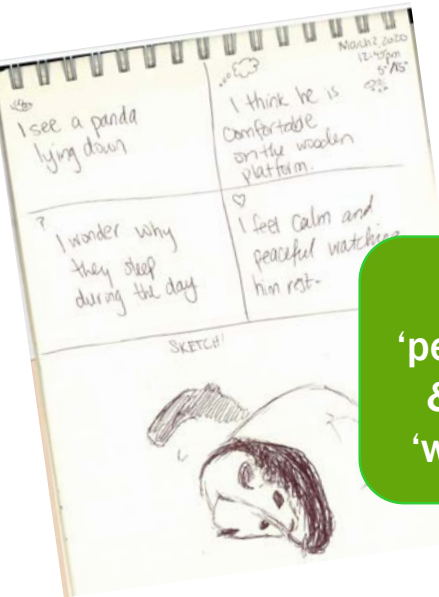
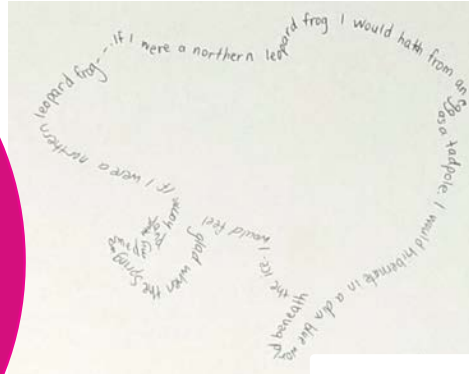
WHAT IVE NOTICED IS FAR:

- New branches are reddish, covered in tiny white spores
- leaves are a burgundy color with bright reddish petioles
- leaf edges have shallow serrated teeth
- Suckers sprouting at the base of the bark is grey
- Single leaves, alternating off main stem

SEPT. 30, 2016  
1:30 PM  
BACKYARD/SOUTH  
FACING  
FULL SUN ☀️  
TEMP: 13°C  
WIND - SW  
LIGHT BR  
CLOUD C

Why are the branches...  
No leaves...  
Is this...  
Is it...

Find drawing intimidating?  
Try reading *Ish*, by Peter H. Reynolds!



Journals are 'perfectly imperfect' & can always be 'works in progress'



# Nature Journaling

## See, Think, Wonder, Sketch (+Feel)\*

One helpful strategy for a beginning journaler can be to use a framework.

1. Find an interesting item: it could be a gnarled twig, an animal outside the window, or some sunset-tinged clouds... the options are limitless!
2. Take some time to observe. Get comfortable.
3. Write or draw some of the things you observe in the "I See" section, what thoughts they bring to mind under "I think", what questions you have in the "I wonder" section, and explore how it makes you feel in the "I feel" section,









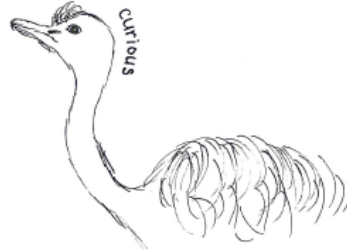



You can:

use the template on the next page,  
divide up your own page,  
or jot things down  
free-form on your page.

Here is an example of a completed journal entry:

Share yours with us using  
**#YYCZooSupportingYou**

\*See, Think, Wonder, Sketch (+Feel)  
was shared by Amanda Foote,  
Museum School Coordinator,  
and comes from Campus Calgary  
Open Minds' *Journey into Journaling*.

Nature Journaling		Date April 7, 2020
 <b>I see...</b> Alpacas   scratch scratch! 	<b>I think...</b>  • Alpacas are comfortable + warm   Fleece • Greater Rhea is Curious • Greater Rhea + ostrich: related	
• Why together? • Alpaca 	 Curious  relaxed <b>Sketch/I feel...</b> 	
 <b>I wonder...</b>		

# Nature Journaling

Date  
Time  
Weather  
Temperature



**I see...**

**I think...**



**I wonder...**

**Sketch/I feel...**

