

Nature Journaling

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Gesture Sketching *

1. Record the date, time and weather.
2. Use quick, small lines and work on drawing what you see, not what you *think* you see. Remember to be kind to yourself – your sketches will get better and better!
3. If something changes, like the animal moves, leave that sketch and start a new one – you can go back to continue if it returns to that position.
4. Keep practicing – you can try giving yourself different amounts of time as you quickly sketch and reflect on the changes in how much detail you can include.



*Adapted from Campus
Calgary Open Minds' *Journey into Journaling*

