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?

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.

If your child finds drawing intimidating for fear of imperfections, try reading *Ish*, by Peter H. Reynolds.

Journals are ‘perfectly imperfect’ & can always be ‘works in progress’
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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.
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I see...

I think...

I wonder...

Sketch/I feel...