

NATURE JOURNALING

Ridgefield National Wildlife Refuge



Visit Your Local Refuges
www.fws.gov/Refuge/Ridgefield

Your Name: _____

Instructions

1. Nature journaling is the process of keeping a place-based, personal record of events, observations, and experiences in the outdoors.
 - Review this definition and reflect on some of the following ideas:
 - What makes a nature journal unique?
 - Why is ‘place’ central to nature journaling?
2. Review the example entry.
3. Do a journal entry using an object close to you.
4. Find an area with lots to observe and start hunting!
5. Complete journal entries using the prompts given.
 - Write something you notice about what you find, what you wonder about it, and something it reminds you of (it does not have to be something else in nature!).
 - Then, draw a rough sketch of what you found (you do not need to be an artist!)
6. After completing the entries with prompts, try some with anything in the area that interests you using the ‘What did you find?’ entries.
7. At the end of your day outside, reflect using the questions in the back of the book. These can be written as responses or done aloud.

NOTE: In the back of the journal, there is a tally page for some extra tracking as you observe and explore!

KEEP A TALLY

Mark how many birds you see!

Mark all the animals you see that are **not** birds!

Mark all the different kinds of plants, including trees, that you notice!

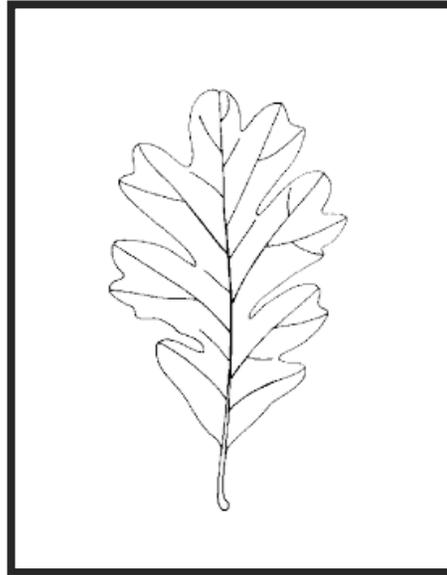
Mark every time you see an insect!

Mark every time you feel a connection with nature or the world around you!

How are we a part of nature, no matter where we are?

How would you tell the story of your day outside? (Use your journal entries to help!)

EXAMPLE: Oregon White Oak



I notice...the leaves
have many small and
rounded edges.

I wonder...why do the
branches grow like that?

It reminds me of...the
tree that grows in my
backyard and a tree I
saw in a movie!

FIND: An example object or object around you!
Do this together!

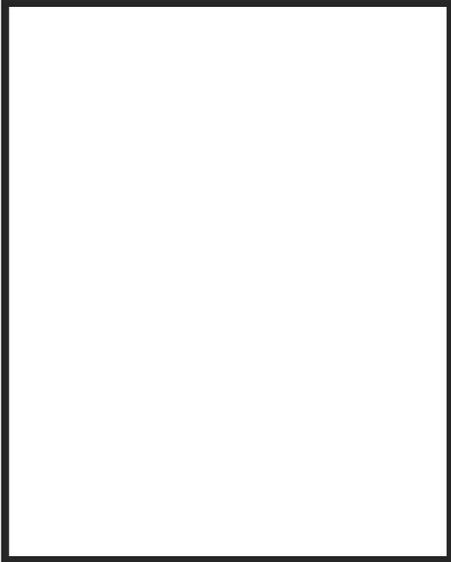


I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something yellow
(Ex. a leaf, a bird, moss)

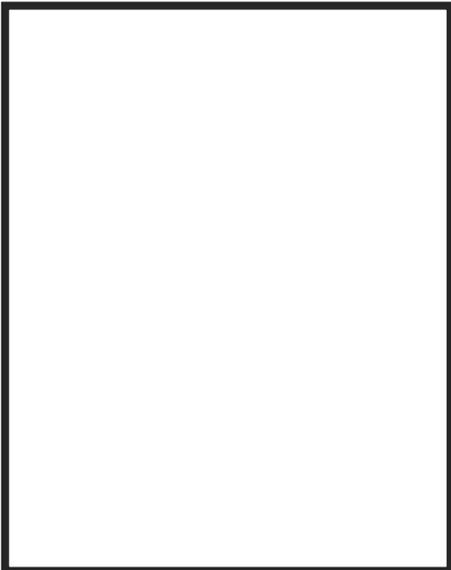


I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something soft
(Ex. soil, moss, grass)



I notice... _____

I wonder... _____

It reminds me of... _____

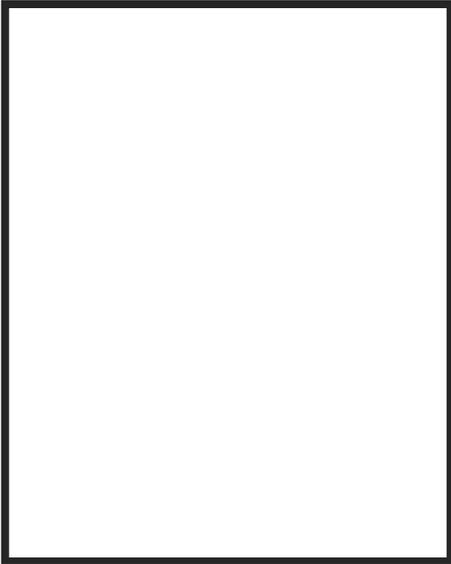
FINAL REFLECTIONS

Describe your favorite thing that you saw outside today.

Why is it important for us to be aware of what is around us?

(Final Reflections cont. on next page)

What did you find?

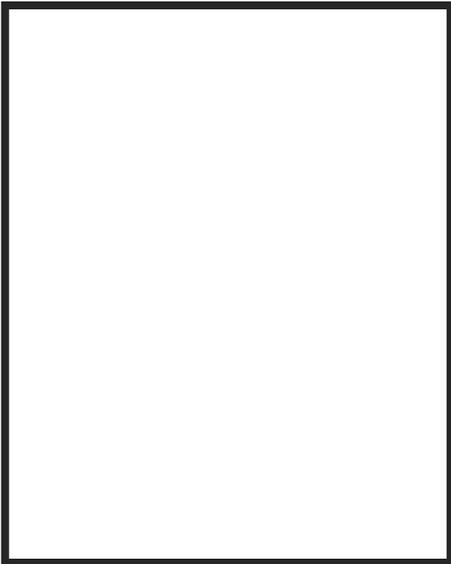


I notice... _____

I wonder... _____

It reminds me of... _____

What did you find?



I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something round
(Ex. a rock, a berry, an insect)



I notice... _____

I wonder... _____

It reminds me of... _____

FIND: A view or landscape
(Ex. the wetlands, a tree line, clouds over the hills)

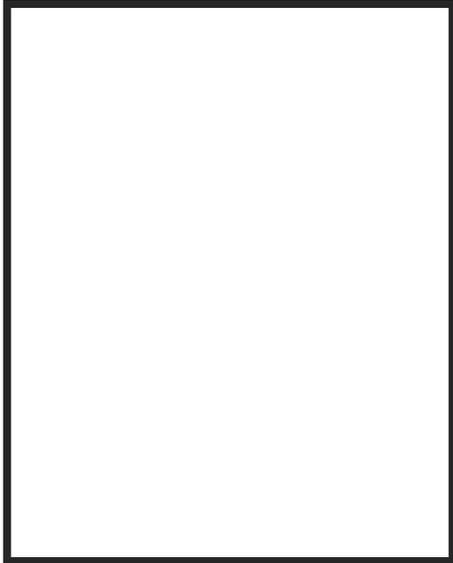


I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something you have never seen before
(Ex. an animal, a plant, a landscape)

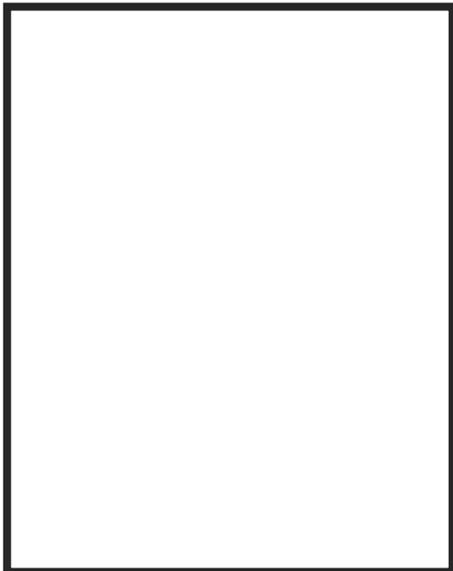


I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something beautiful
(Ex. a bird, a flower, water reflection)



I notice... _____

I wonder... _____

It reminds me of... _____

What did you find?



I notice... _____

I wonder... _____

It reminds me of... _____

What did you find?



I notice... _____

I wonder... _____

It reminds me of... _____
