

SENECA PARK ZOO
Nature Journal



What is a Nature Journal or Nature Journaling?

The regular recording of **observations**, **perceptions**, and **feelings** about the natural world. This can be done by drawing, note taking, or asking questions in a nature journal almost anywhere.

How to Nature Journal

1. Gather your journaling materials.
 - All you need to get started is paper and something to write with! As time goes on you will find the supplies that you need for your style of journaling such as colored pencils, a voice recorder, charcoal, or camera.
2. Find some nature!
 - This could be your backyard or a local park and can be as large or small of an area as you like.
3. Record the date, time, location, and weather conditions on your page.
 - It is important to record what is called “metadata” when journaling. Seeing dates, times, and weather conditions over time may show you patterns in nature you did not see otherwise.
4. Take a couple minutes to observe nature around you without journaling first.
 - Sitting quietly for a few minutes will allow nature to become used to your presence. Allow nature to resume after you settle, and take some time to just observe. Observing nature is a skill that gets better with practice. Slow down and use all your senses to observe the nature around you. You will see more and more each day.
5. Start to record what you are observing around you in your journal.
 - There are a variety of ways to do this and do what feels right! This could be pages of full pictures, a combination of pictures with notes, or full written pages of notes, poems, or questions in your journal. Your journal should consist of the best ways that you can connect with and observe nature.

There is no wrong way to journal. Have fun and enjoy connecting with nature in your own way!



Date: _____

Time: _____

Location: _____

Weather: _____



Pick something small, like a pinecone, a bug, or a single flower.

Draw it with as much detail as you can. What do you notice by looking so closely? What are you wondering?



Date: _____

Time: _____

Location: _____

Weather: _____



Try to take in your whole surroundings.

Sketch the outline of everything you see. What do you notice about how the different elements fit together? What does this remind you of?
