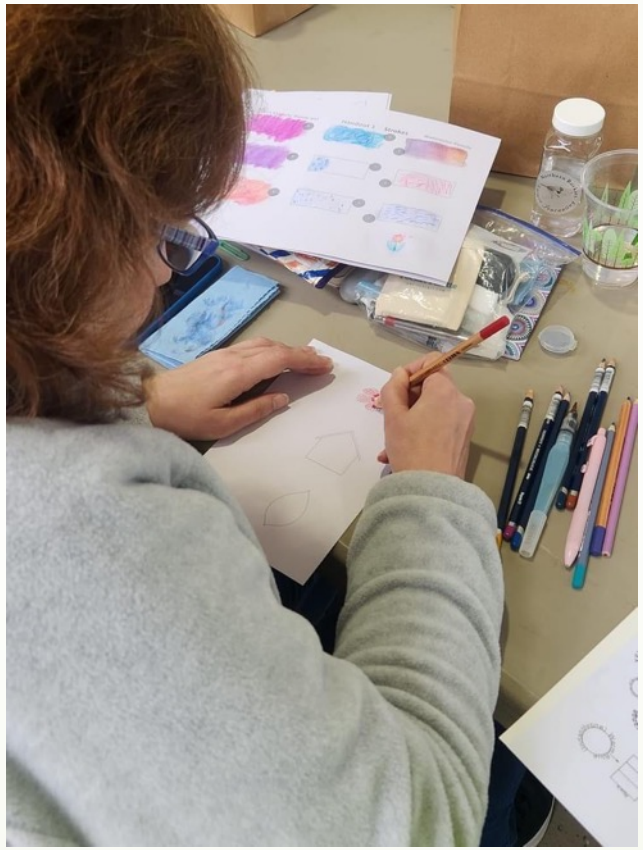
"Nature Journaling: Observation, Curiosity and Creativity“

Lisa Portwood

Today's adventure..

- What is nature journaling?
- How it's done…
- Where to start…
- Supplies
- Examples
- Resources

What comes to mind when you hear the words “nature journaling?”



What is nature journaling?

- It's your tool to think, ask questions and learn.
- Nature journaling is the practice of recording observations, questions, and ideas about your environment in a notebook.
- Simply put, it's recording our relationship with nature using words and visuals.

What are the benefits?

"I am a firm believer that observation leads to knowing; knowing leads to caring; caring leads to stewardship; stewardship leads to conservation" - Sandy McDermott

Benefits and why would you want to start one?

- Helps you to process your experience with nature.
- If fosters a deepened sense of place and your relationship with nature.
- It's a process of education – endless learning opportunities!
- Helps you slow down and pay attention, notice more and get curious about the world around you!
- It's an intergenerational activity!

How it's done…

- Approach with joy and an open mind.
- Be in the moment!
- Learn to see, don't just look.
- Nurture your curiosity – for something to be interesting, you have to be interested.
- There's no wrong way to do it!

Where to start…

Choose a sit spot:

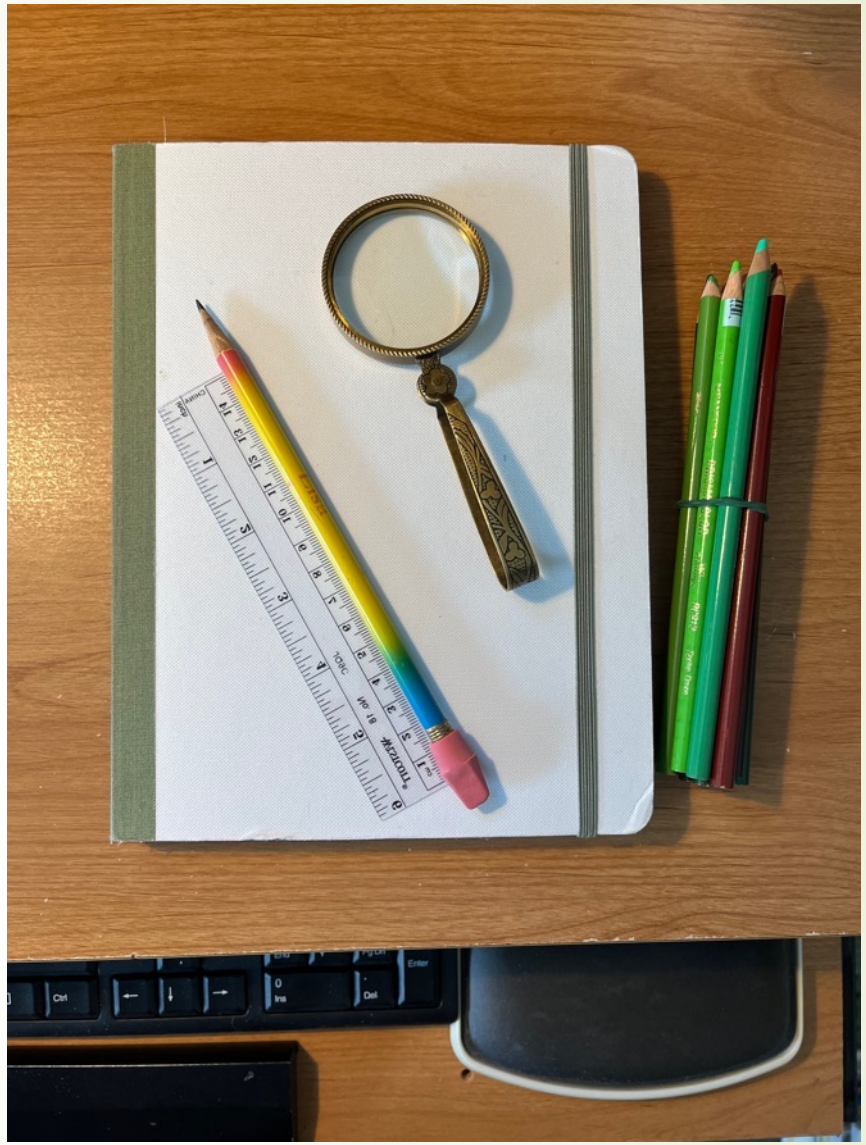
- A natural area or park
- Your neighborhood
- Your back yard
- Look out your window
- Even your refrigerator!

Supplies

- A journal
- A writing instrument (pencil or pen)
- Colored pencils
- Ruler or tape measure
- Magnification
- A bag to keep things together

Optional extras:

- Binoculars
- Field Guide

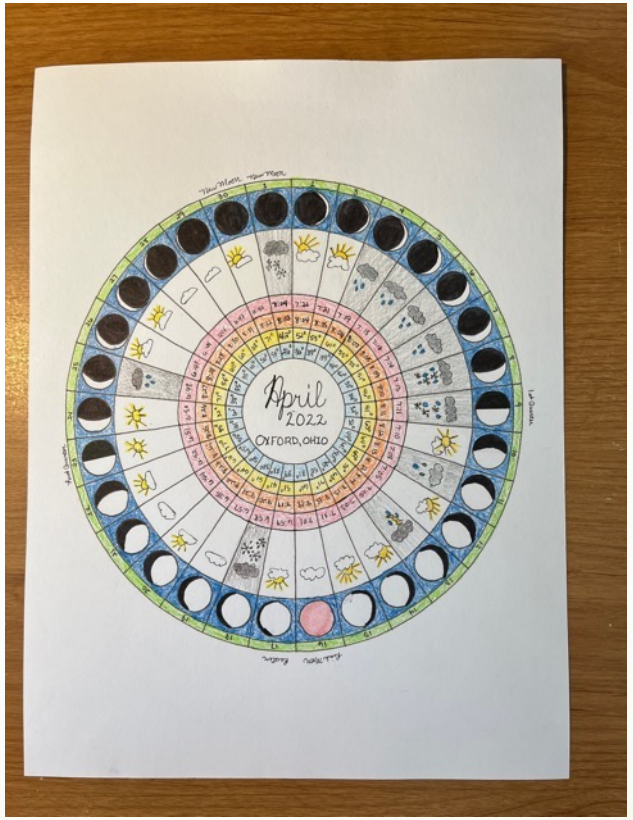


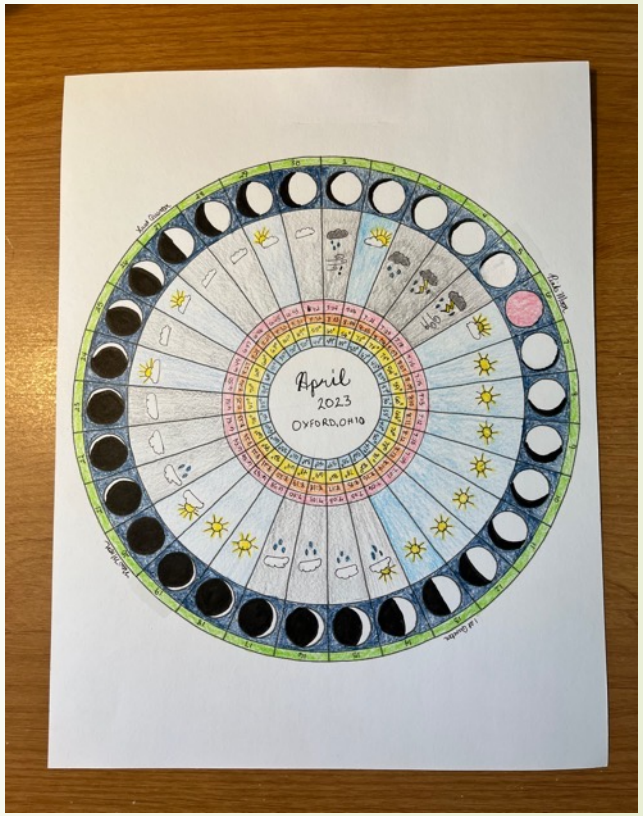
Tools to get you started

- Include metadata: Date, place, time of day, weather, sunrise and sunset, & moon phase.
- It may contain words, pictures/doodles and numbers.
- What catches your eye? Find your "Wow!"
- What questions do you have? What does it make you wonder about?
- Connect your observations with things you already know…It reminds me of _____.

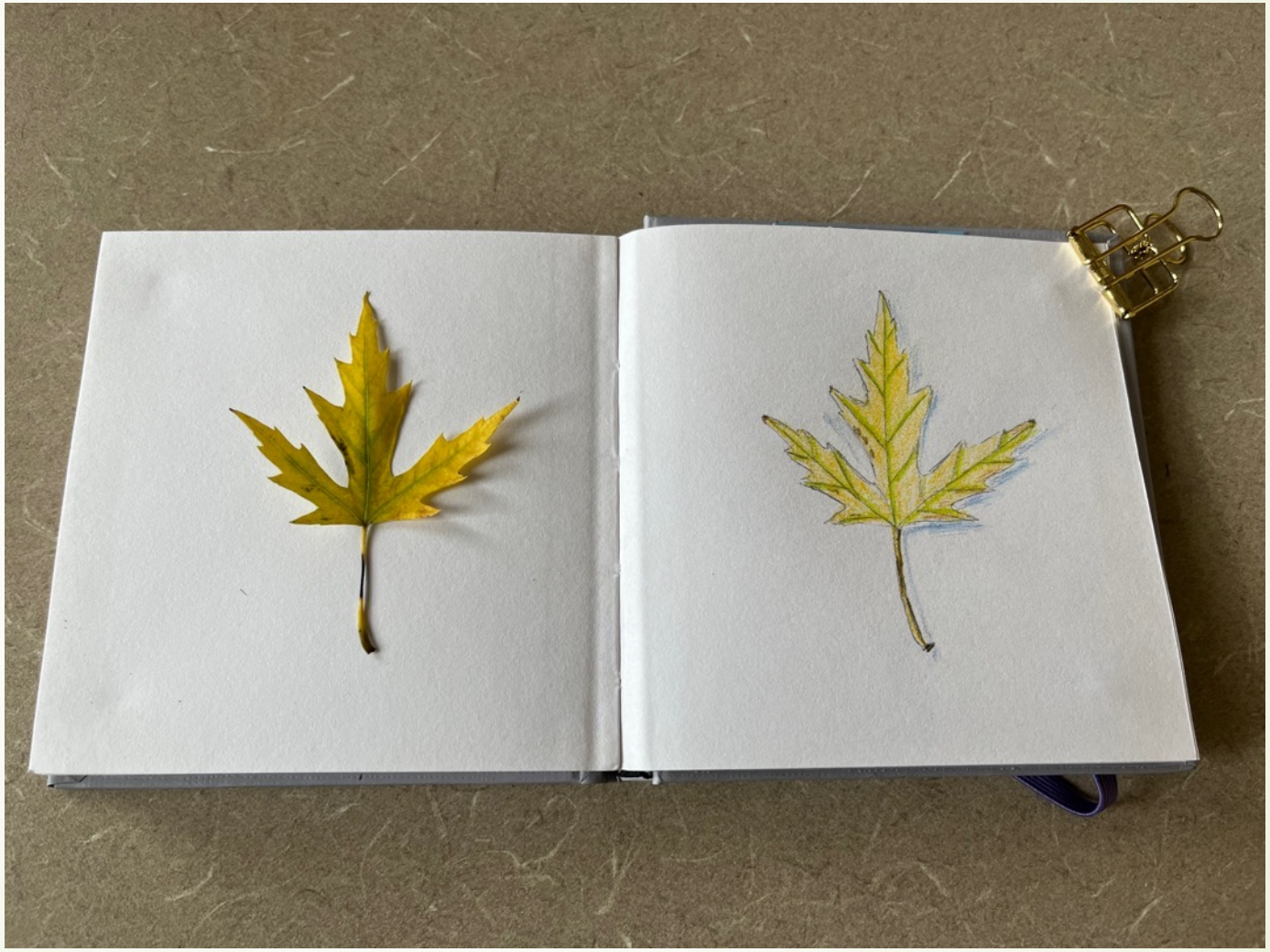
Do a color study…

Phenology Wheels





Trace a leaf from your neighborhood

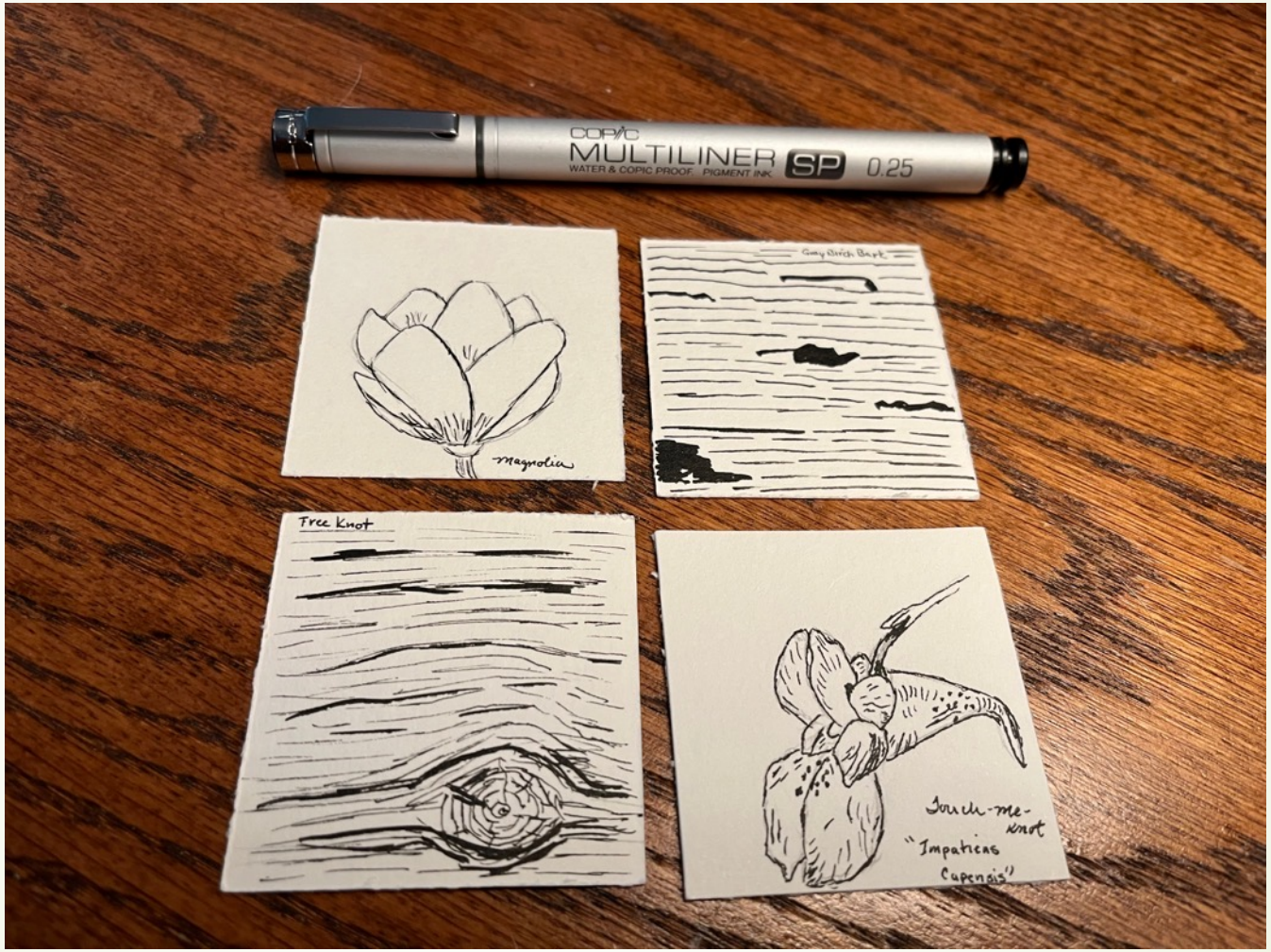


Start a herbarium…

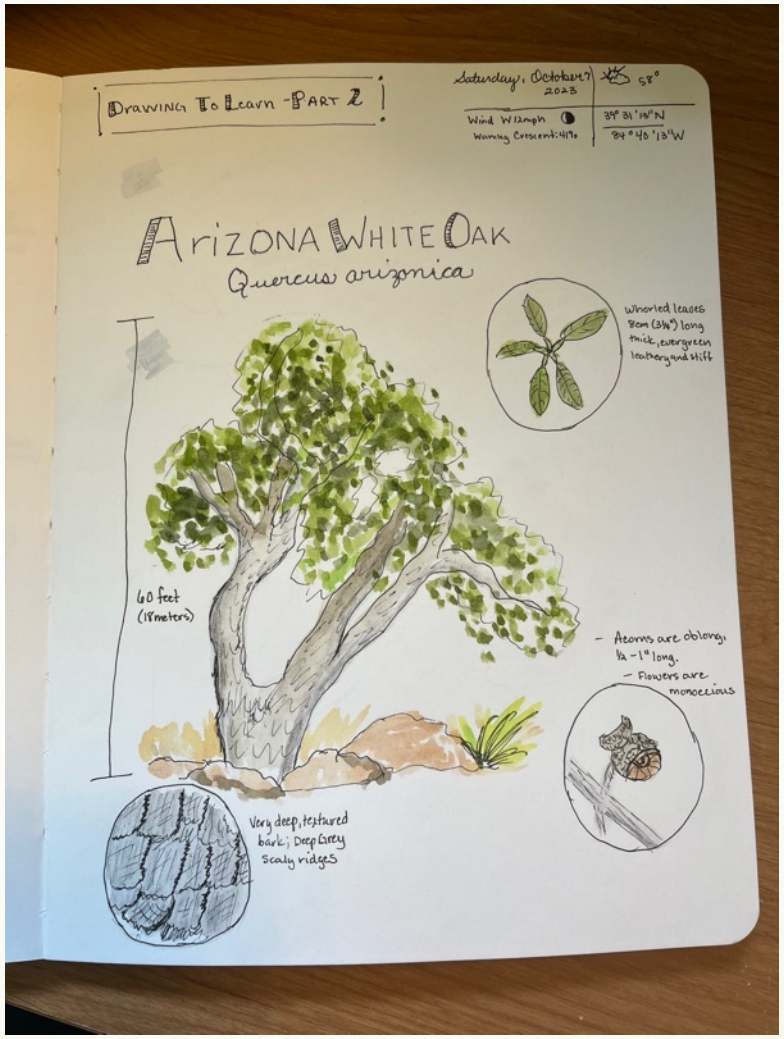
Use photography

Photos by Christy Howard

Work small on loose paper…



Write less, sketch more details



Write a lot…even include a map!

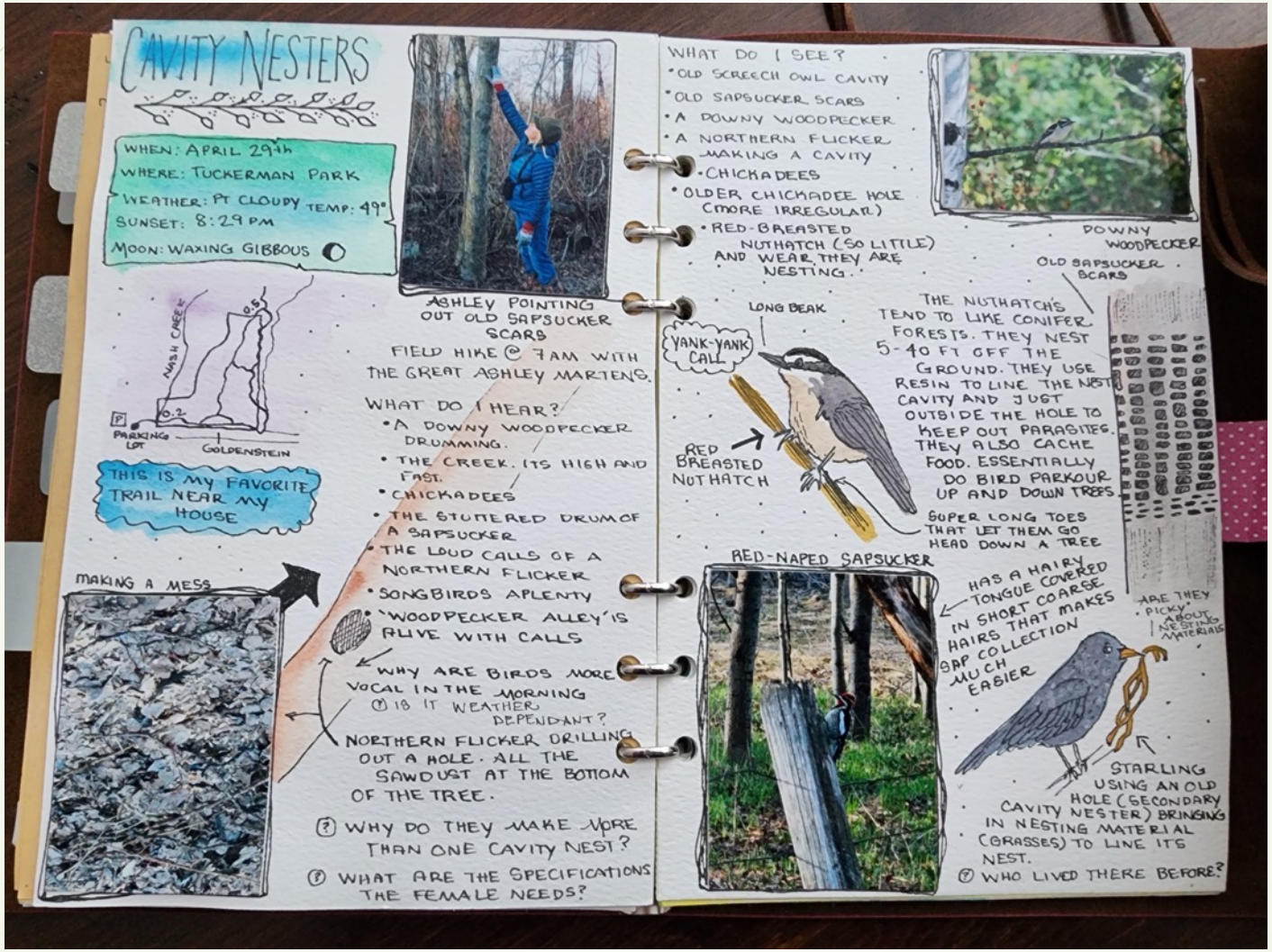
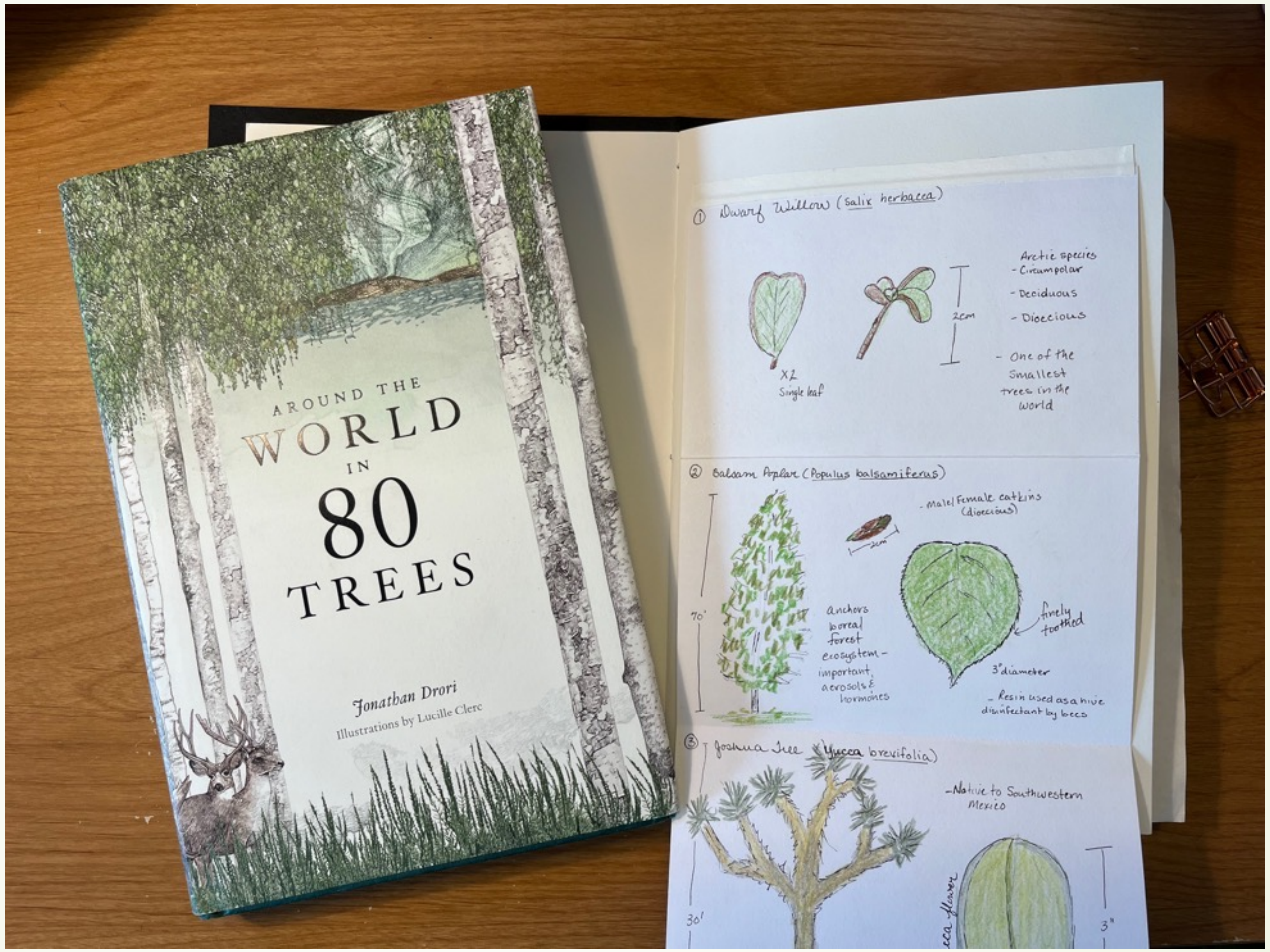
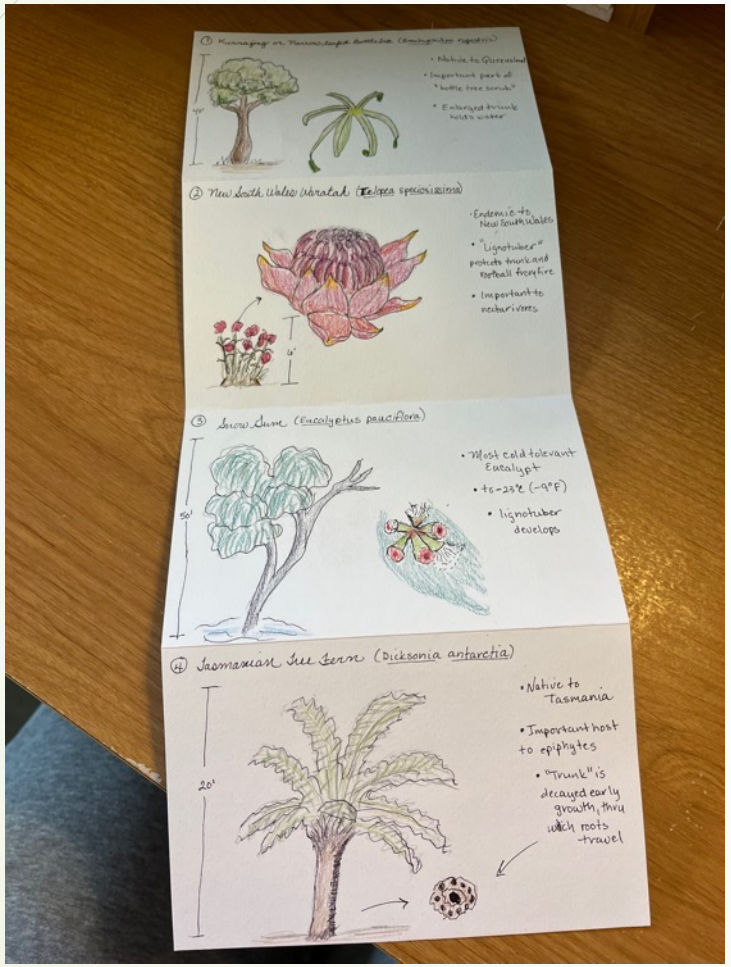


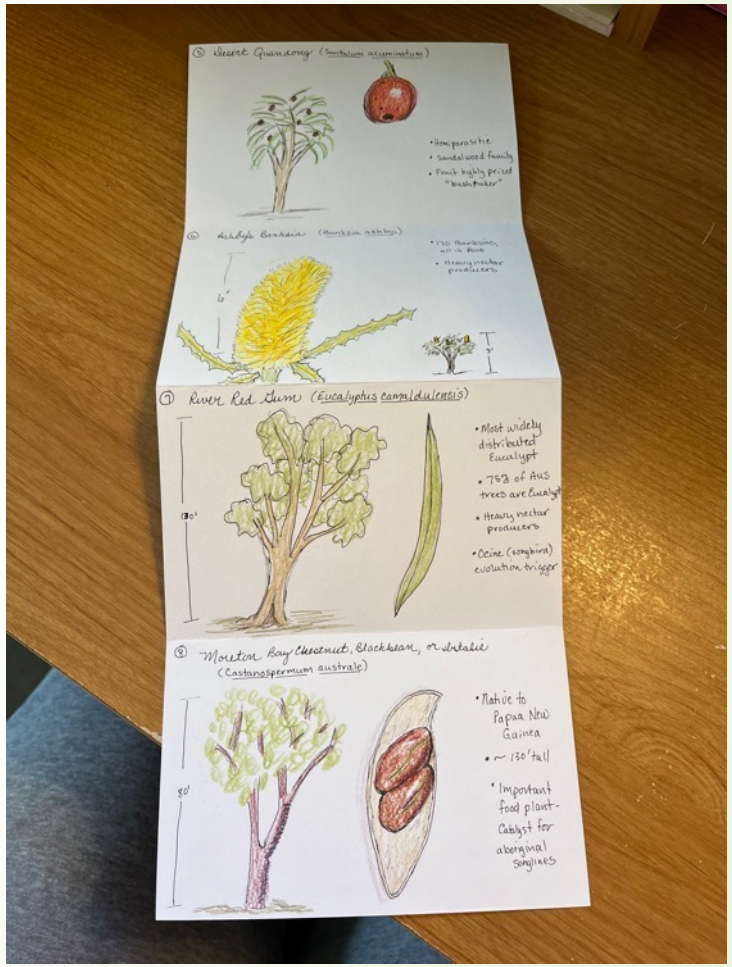
Photo by Christy Howard

Do a book study…

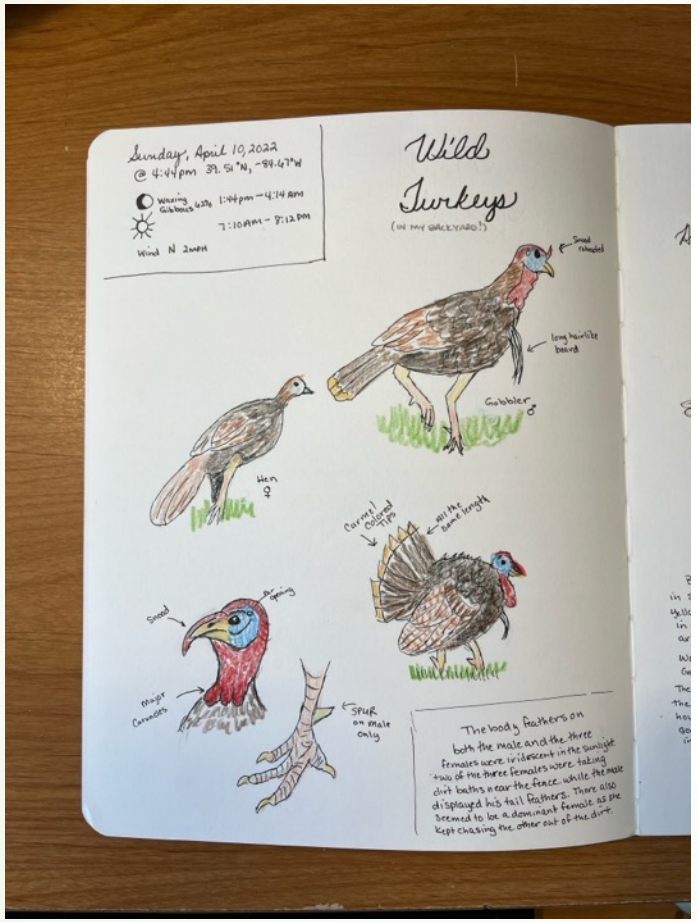


More pages from the book study…





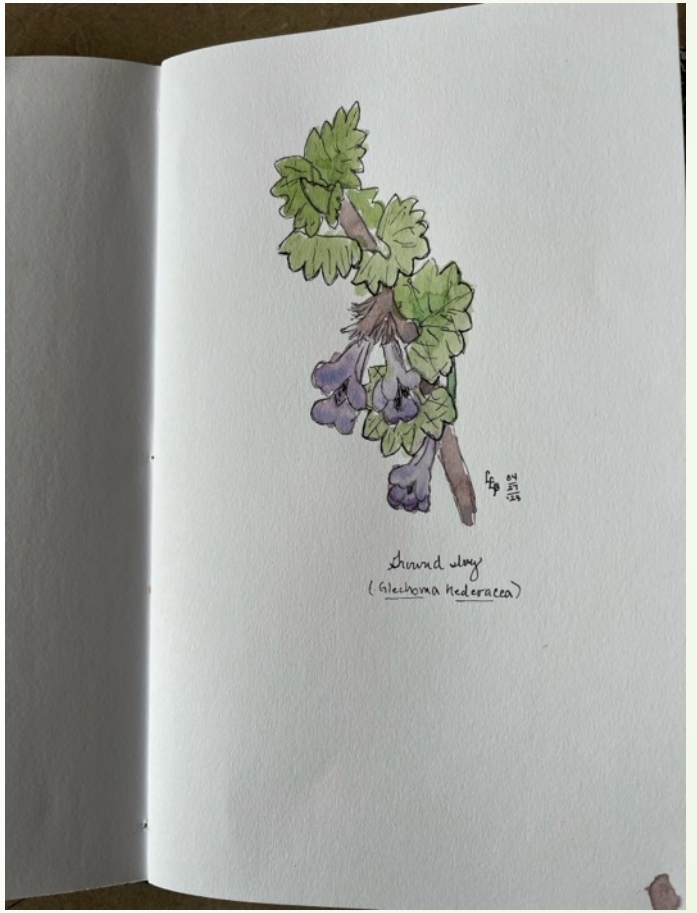
Backyard bird studies…



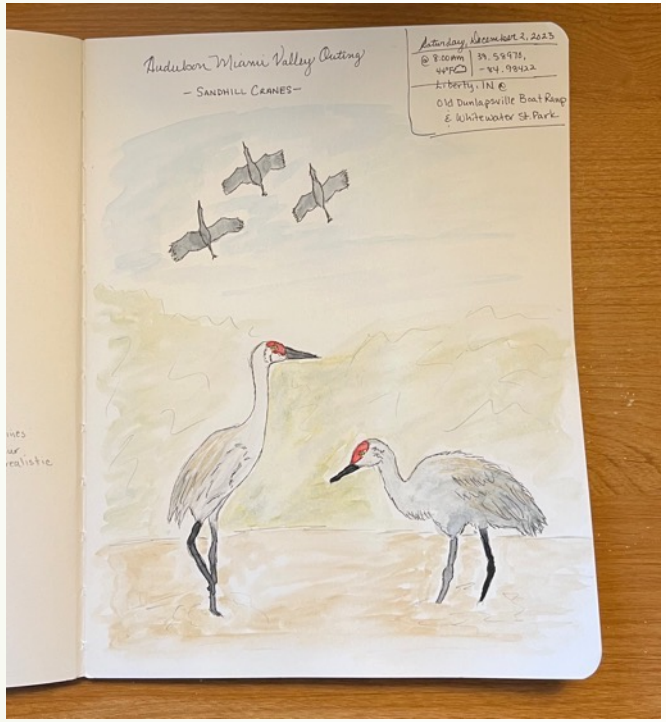
Who grows there?

Ground Ivy

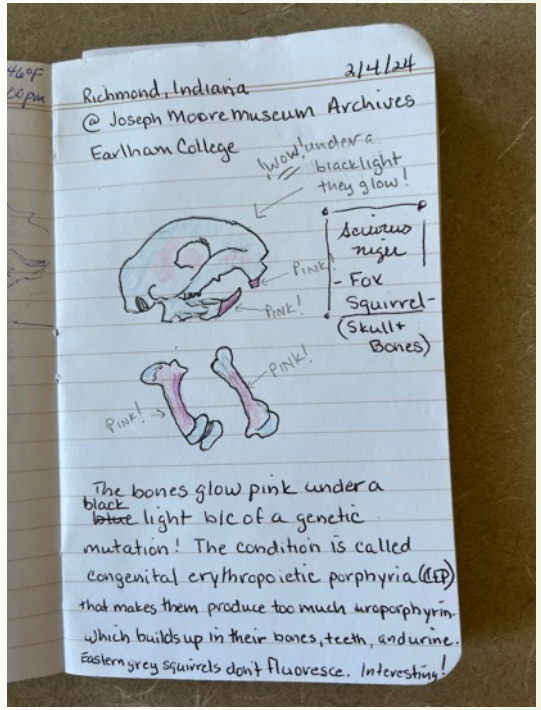
Glechoma hederacea



Go on a field trip and record your "wow" from the day!



Birdwatching field trip with Audubon Miami Valley



Audubon field trip to Joseph Moore Museum at Earlham College

Resources

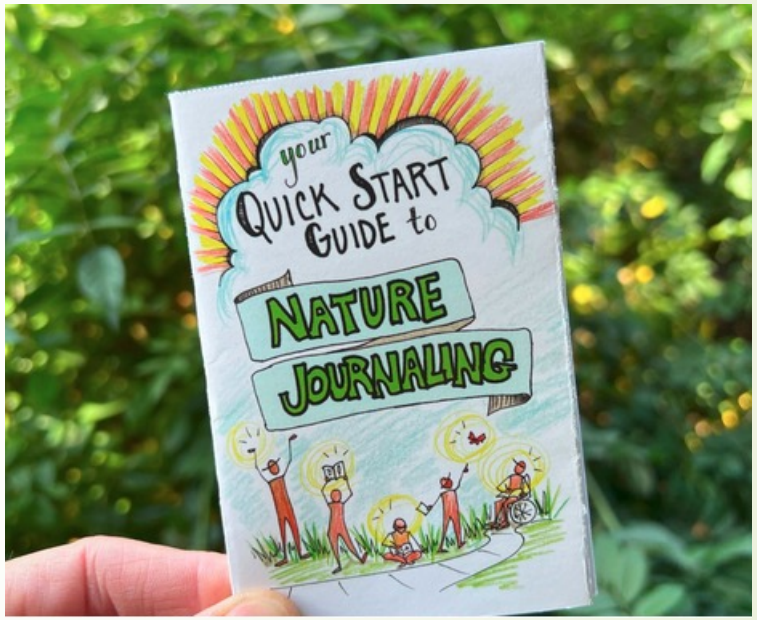
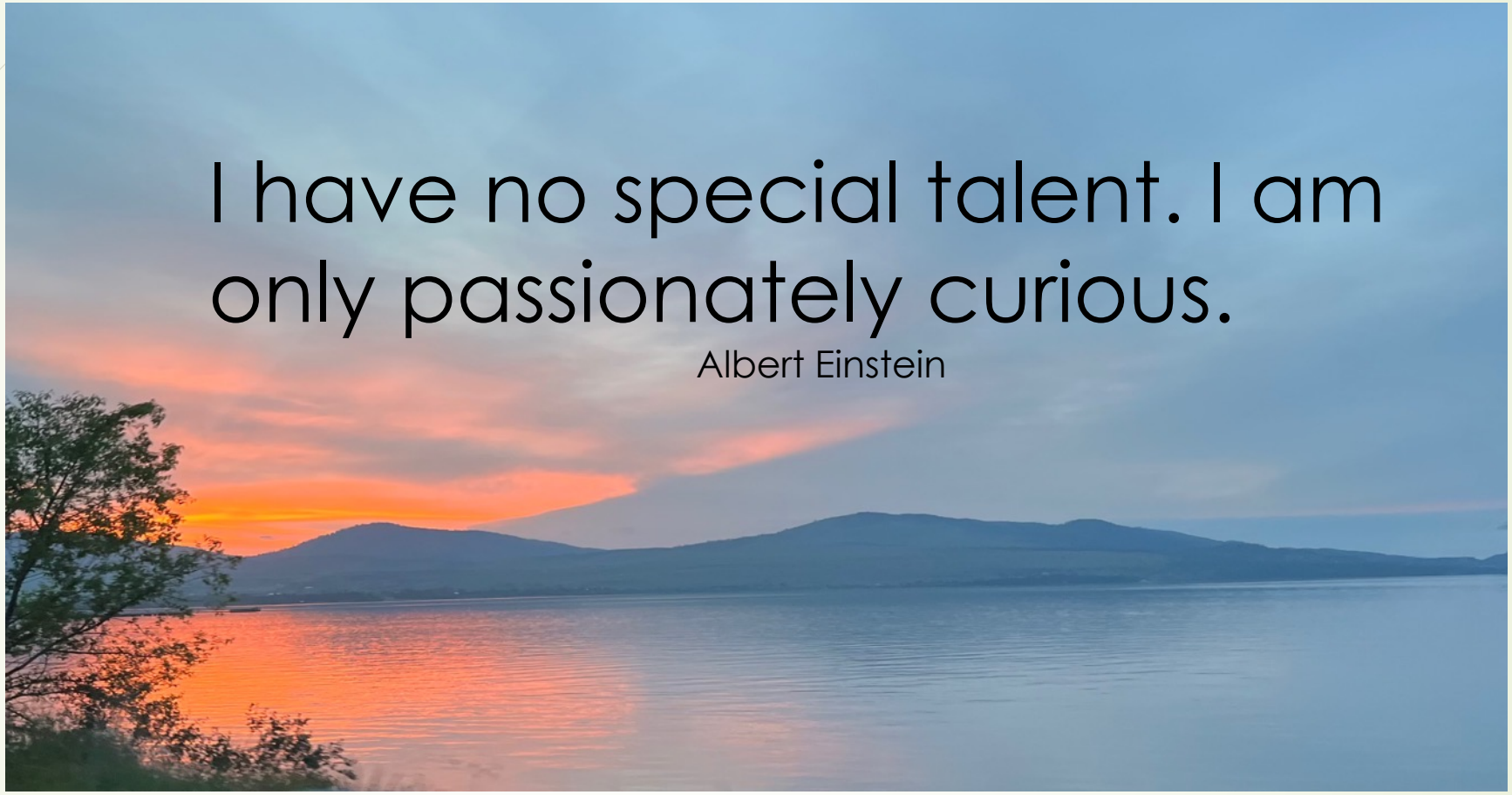


Photo: Wild Wonder Foundation

Helpful online resources

- https://www.wildwonder.org/
- https://www.exploringoverland.com
- https://marleypeifer.com/


I have no special talent. I am only passionately curious.
Albert Einstein

Practice passionate curiosity and find your wow!

Thank you!

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