

# NATURE JOURNALING

*Remember: journaling is a relaxing, silent, and still activity. Try to see as much as you can without moving and distracting nature.*

Every journal entry should include:

- Time
- Date
- Place (Be specific!)
- Weather

What we should NOT do:

1. Move
2. Make noise
3. Forget to write or draw/label
4. Touch things or take things from the garden

What we SHOULD do:

1. **OBSERVE.** Sit really still and notice as much as you can about your section of the garden.
2. **WRITE about what you notice. What you saw, heard, or smelled.** Try to identify the objects, plants, and animals you find. Then you can begin writing a diary entry about what you see, or a story if you'd prefer.
3. **DRAW in pencil, or colored pencils** (No markers or crayons!) You don't have to color your pictures. It's okay if your drawings aren't perfect, but draw what you see. Label whatever you can.

