

# Nature Journaling



## *Improve Your Observation*

Nature journaling can be practiced in almost any space and can help create connections with the environment around us through focused observation.

Find an area within the park that you would like to observe and document. Spend 3 to 5 minutes in that location and pay attention to details you might otherwise overlook. Use your senses to focus on what you observed. What do you hear? What do you smell? What do you see?

Use the space below to draw or describe your observations.



Zoom in, zoom out: Observe an organism as a whole then focus on one small feature (for example a leaf or feather). Finish by observing the organism in the big picture of its habitat.

Diversity Blitz: Find as many different organisms as possible around you and categorize them by type (for example flowers, trees, bugs, etc.).

*Anywhere Activity*