

# Nature Journal Prompts



STEM • ART & NATURE • OUR OCEAN • GET OUTSIDE!

A *journal* can be a place to write down our thoughts and feelings about what is happening in our lives. A *nature journal* can be a great place to take notes or make *observations* about what you see, hear, and feel as you explore outside. By adding sketches, descriptions, and mixed media to your nature notebook, you can find new ways to reflect on the natural world around you, even from inside your living room.

## Get Started:

*Now that you have a great nature journal, it's time to use it! Remember, you can write, sketch, or collage!*

*Stuck on where to start? I like to start with the date, where I am, and what the weather is like.*

## Nature Journal Prompts:

Check out these nature journal prompts for more ideas:

- Spend 30 seconds sitting by an open window with your eyes closed. What sounds do you hear? Can you write down the sounds? Can you draw the sounds?
- What is your favorite time of year to play outside? What makes it special?
- Can you write a story from the perspective of a bird? How does a bird see the world differently?
- Weather-Watching: Record the weather at three different times of the day or the week. What did you notice? Can you draw it?
- Think about your favorite place in nature. What makes it special? Can you draw or write about how you feel when you visit that special place? Is there something special, like a pine spill or leaf you can glue in your journal to remind you of that special feeling?
- Draw a leaf that you find or make a leaf rubbing. Now, try one with a different leaf. What is similar about the two leaves? What is different?
- Can you find an ant and trace its path?
- If you can go outside, draw any tracks you see. Record any other signs of animals you find, as well.
- Take a walk around the block. How many tree species do you see? Can you make a map of your block or neighborhood, and include the different trees?
- Have fun exploring!

**\*\*\*Remember, your nature journal is just for you! It doesn't have to be beautiful, but instead should have great descriptions of the world around you, so that you can look back and see all of the great things you noticed, thought, and wondered about.\*\*\***

