

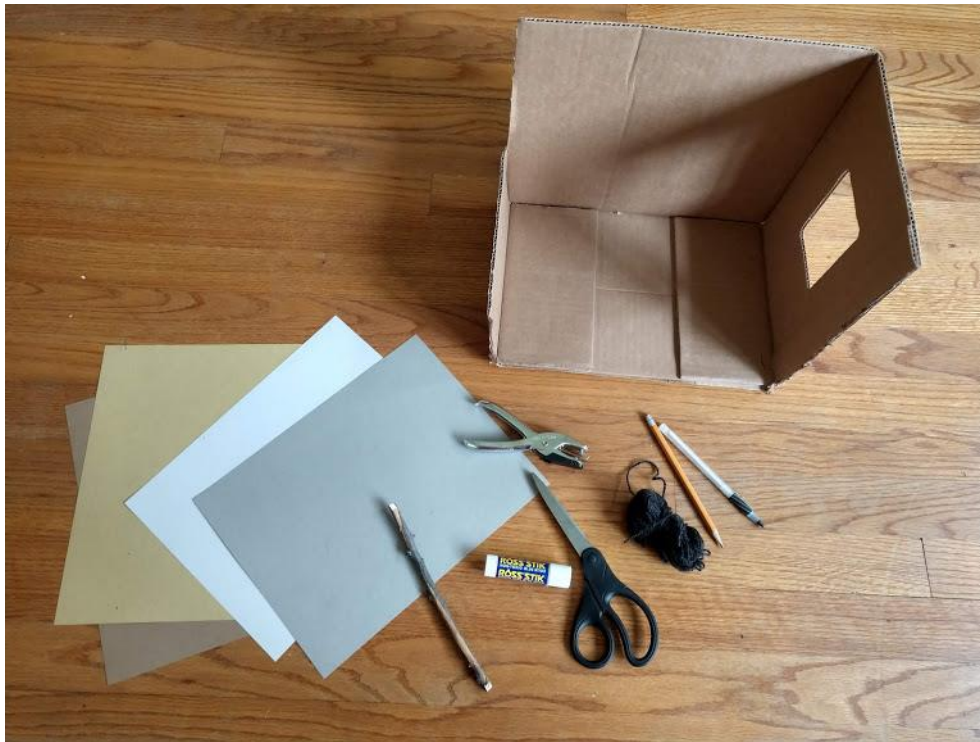


## Nature Journaling

Keeping and recording in a nature journal whether you are writing, or drawing can be a great way to connect with nature and reflect on your experiences outdoors. One may not think so, but observing nature using your 5 senses is your original scientific toolkit. When you observe your natural surrounding closely and record your observations through lists, stories, or sketches you are doing science! We look at nature journaling as a bridge between science and art. Below are instructions on how to make your very own nature journal and some tips about how to get started.

### Materials:

- Paper - regular printer size, collect half the number of pages you want in your journal, because we will cut them in half
- Cardboard- from either cereal boxes or packaging boxes
- Yarn or string
- Scissors
- Glue or tape (if you are covering the front and back with other paper)
- Hole puncher
- Stick from outside
- Optional: colorful or decorated paper for the covers, colored pencils or markers to decorate the cover, any other decorations for the cover





**Instructions:**

1. Gather all the materials
2. Cut all paper that will be pages in half and cut the cardboard covers the same size.



3. If you are covering the front and back covers with other paper, cut the same size cover paper and glue those to the cardboard covers.





4. Punch 2 or 3 holes on the left side of the pages and covers using the holepunch.



5. Depending on how many holes you punched, cut either 2 or 3 pieces of string or yarn about 10 inches long.







6. Thread the string or yarn through the holes seen below with a loop at the top and two “tails” on the bottom.



7. With each loop of yarn or string on the top, make an extra loop as seen below. This will ensure that the stick stay secure.



8. Put the stick in each (or all three) loops.



9. Pull the string or yarn tight (but not too tight, you will still need enough slack to turn the pages) and tie them together.



10. Decorate how ever you want and enjoy your very own, handmade nature journal!



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### **Nature Drawing Prompts**

**I See a Scene:** Draw a scene you see before you, whether it's a forest behind your house, your front yard or a couple trees along the road, draw the entirety of what's happening in front of you. Optional challenge: don't look down at your page at all when you are drawing. When you believe you have finished, look down and explore your masterpiece. Is it accurate or more abstract? It doesn't matter!

**Memory Drawing:** Pick one natural object near you. Study it for a while. Pay attention to the colors, shadows, size, and other details. Turn your body away from that object and draw everything you can remember about it. If there was any movement associated with it such as wind, illustrate or describe that movement. Feel free to write the things you remember about this object as well. When you are done, turn back around and compare your drawing with the actual object. How did you do?

**Detail Drawing:** Pick one natural object near you to study. Take some time to look very closely at the object. Draw every detail that you can. Feel free to use colored pencils or even mix paint to get the correct colors. Think like a scientist would and draw or write every detail that you notice. Optional challenge: create a story about this object. What kind of journey did this object go on to get here? What might the future look like for this natural object?

**Sound Map:** Sit outside somewhere safe from traffic and at a healthy distance from others. Close your eyes and just listen. Either draw an X to represent you or draw yourself in the center of the page. Either draw what you hear or use descriptive words to describe what you are hearing around you. Draw or write about them in relation to where you are sitting to create a "sound map."