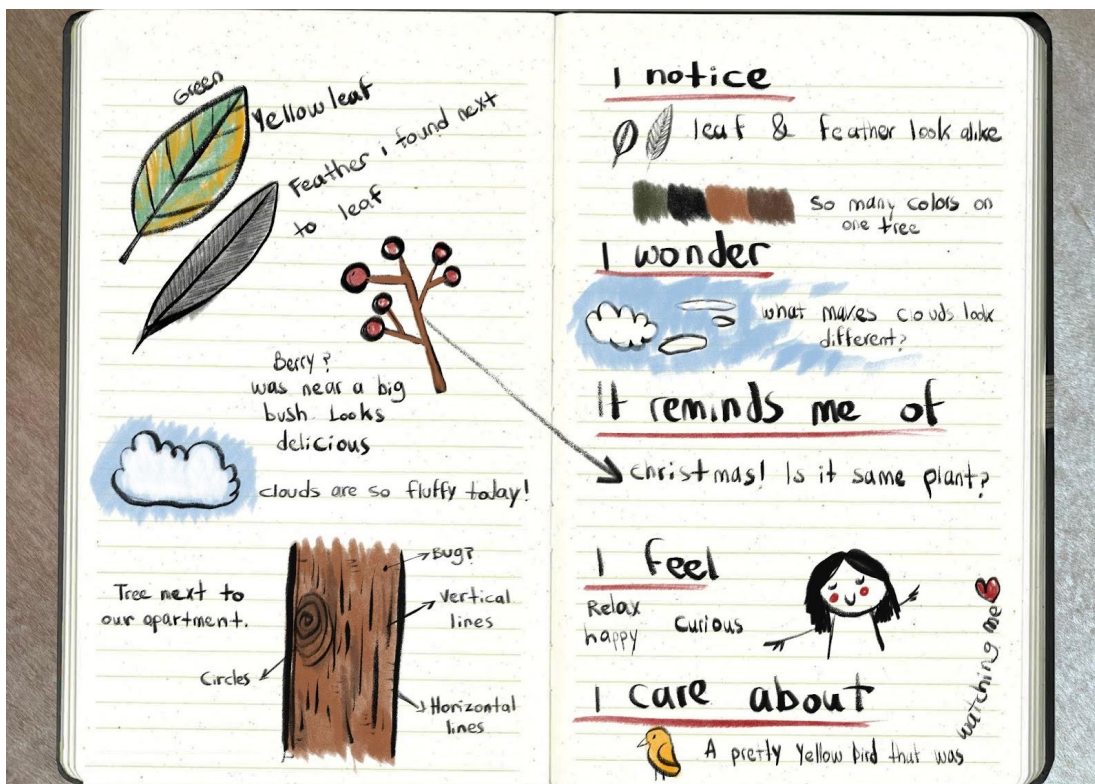


Nature Journaling

Overview:

This activity familiarizes participants with nature journals, a fun way to document your exploration! This multigenerational outdoor activity has a very open format but includes prompts to help with the structure if needed. Participants will practice taking their journals outside, documenting their observations, and including their thoughts, questions, and feelings in those observations.



Objectives:

- Practice multiple nature stewardship skills: observation, curiosity, documentation, sharing, and empathy.
- Introduce journaling as an exciting way to put nature stewardship skills to use long-term.

Materials:

1. A notebook
2. Pen and crayons or colored pencils
3. If needed, glue and Scotch tape.

Activity:

1. Pick a spot for nature journaling.
2. Introduce the participants to nature journals. Participants should think of their nature journal as their personal journal: They can share it with whomever they want, or not, and it can include whatever they want in it. There is no right or wrong way to do this, but the process can be facilitated with prompts and questions.
3. They can start but addressing [what](#):
 - a. I notice
 - b. I wonder
 - c. It reminds me of
 - d. I feel
 - e. I care about
4. For younger children, you can use simpler prompts such as: What do you see? What questions do you have? Does it make you think of something? How does that make you feel (you can help them by naming feelings)? What is here that you like? An adult can help them write down their thoughts, or they can just draw—whichever they prefer.
5. Participants can share with the library or school their continuous nature journal findings and observations. The format can be anything ranging from a Tik Tok video based on their journal, an art piece, a poem, etc. Libraries can share those on their social media channels with the #NatureStewardship hashtag.

Target Age: Any age group, multigenerational

Time to Prep Activity: 10 minutes

Time to Complete Activity: 20-30 minutes

Perfect for: Outdoors (backyard, nature, schoolyard...) This can also be done indoors if needed, by using houseplants, food, and even pets!

Other activities that connect:

This activity is deeply engaging. To encourage the sharing of observations, you can use *Conversation* or *Postcard*.

Stay safe and respectful!

- Be alert and aware of what is going on around you.
- Don't trespass, and make sure you're not invading other people's personal spaces.
- Be careful what you touch, and don't eat anything you find unless you're with a professional forager.
- Be aware of how you interact with other living creatures. Assess if interacting with them can be dangerous or disturbing to you or them.
- If you decide to pick up plants, for those that you know are safe to touch:
 - Don't pick it if there is only one of them.
 - Take only what you need.
 - Leave enough for others and for plants to reproduce.
 - Show gratitude for what you have foraged.