



CATALINA ISLAND
CONSERVANCY™

FAMILIES IN NATURE



Nature Journaling

Creating a **Nature Journal** is a way to combine creativity with outdoor exploration. It is a place where you can highlight discoveries, record thoughts or feelings, and express your artistic side. Nature Journals can include:

- Detailed diagrams of plant or animal life
 - Time and date of the observation
 - Inspirational quotes
 - Scientific description of what's being observed
 - Landscape illustration of the location
- ...and MORE!

Completed journal pages are both a memory of your outdoor discoveries and a road map for future investigations. Use the prompts on the next page to guide your discoveries.

Create your Nature Journal using some of these supplies:

- Blank Journal
- Colored pencils
- Watercolor Set & Brush
- Pen & Pencils
- Eraser & Sharpener
- Hand Lens
- Ruler
- Wildlife Guides

Get Ready to Explore!



Nature Journal Prompts

Sit and Sense: Find a space where you can sit quietly for at least ten minutes. While sitting, explore by using your senses.

What can you see? What can you hear? What can you smell?

Record your discoveries with plenty of detail. If you see an animal, draw its behaviors. If you hear leaves rustling, describe the sound. If you smell a fragrant plant, carefully diagram its leaves and flowers. Title each drawing with the sense you used for your exploration. Use paint, crayons or colored pencils to add color details.

Zoom In, Zoom Out: In this activity, you will look at the same natural object in different ways. Prepare by selecting a natural object that will stand still. It can be a plant, a rock, or a decaying log. First, draw the complete object. This is the “Zoom Out” part of the activity. Next, “Zoom In” by getting very close. Draw just a part of the object using lots of detail. A hand lens can be helpful. Add color to your drawing. What did you notice when you looked closely?

Pick a Plot: Locate a space in nature with a lot of diversity. Use a hula-hoop, stretched hanger, or a belt fastened at the last notch to outline a plot for observation. Using any type of art materials, draw just what you discover inside your plotted area. Label as many objects as you can and use a ruler to add size details. Repeat the activity in a different habitat. What similarities can you observe? What are some differences?

Map It: Combine journaling with a little exercise. Pick a route in your neighborhood for a short walk. Make observations as you walk, adding quick sketches and notes in your journal. Record plants, animals, landmarks, and even the weather. A pocket nature guide can help you with identification of plants and animals. Back at home, draw a detailed map of where you journeyed. Use art materials to add color and additional details to your map. Ask a family member to use the map for their own exploration. Do they make the same discoveries?