



# Introduction to Nature Journaling

## Why try nature journaling?

- To invite students to slow down, pay attention, and experience awe and wonder of the natural world.
- To help develop students' creativity and critical thinking skills
- To develop skills through authentic science practices
- To nurture a connection with nature
- To build an inclusive culture of curiosity in the classroom
- To support interdisciplinary learning

## Materials Needed:

- Blank paper and/or Nature Journaling Through the Seasons Worksheet
- Pens, pencils, markers
- Clipboards or hard surfaces
- An outdoor space

## First steps: Ignite a “growth mindset” in your students

Invite students to rethink what they believe they are capable of. If a student catches themselves saying “I can’t draw,” add the word “yet” at the end of the sentence. The point of nature journaling is not to make things perfect but to grow in your understanding of the world around you and the skills you use for nature journaling. Remind them that learning new things is a challenge but through learning new things our brains grow and we become better humans.

## Practice Basic Observation and Journaling

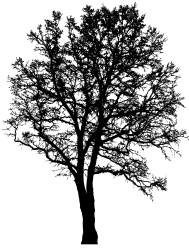
When nature journaling, try to use a combination of pictures, words, and numbers. A good starting point for observations is following an “I notice... I wonder... this reminds me of...” framework.

Invite students to begin with a “wonder walk,” and write down anything they may wonder about while walking around their school yard. Then encourage them to make connections between their wondering and things they already know.

## Nature Journaling Through the Seasons Worksheet

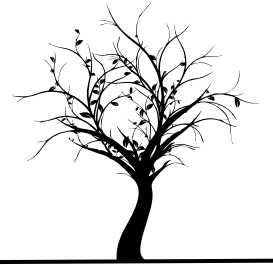
A simple way to begin nature journaling is revisiting a spot in different seasons. The included worksheet has students take notes on the location, weather conditions, and time of year they are completing it. They then draw a picture of the landscape, pick one thing to zoom in on and draw it. There is a section for observations about the land around them, and a spot to include their questions. Students may also predict what that spot will look like in a month. While valuable as a one time activity, revisiting this spot multiple times in different seasons provides an even deeper connection to place.

**Want more ideas? Check out a FREE PDF  
“How to Teach Nature Journaling” by John Muir Laws**



# Nature Journaling

## Through the Seasons



**Name:**

**Date:**

**Time of year:**

**Location:**

**Weather:**

**Observations:**

*What do you notice? Are there any animals? What colour are the trees?*

**Draw a picture of the landscape:**

**What do you think this spot will look in 1 month?**

**Draw a picture of something zoomed in**

**I wonder:**