

# Creating a Nature Journal

## Supplies

- a notebook or sketchbook
  - you can use one you have or make your own by sewing or stapling sheets of folded paper together
- pencils, pens, markers, or paint and paintbrushes
- glue or tape for fastening leaves or flowers inside
- a nature guide, if you want to learn the names of the plants and animals you observe
- a camera, if you want to take photographs to place in your journal
- any other art supplies you love



## Ideas for Getting Started

You can choose one place to visit again and again all year or you can visit lots of different places.

Take some time to get to know your spot. Sit quietly and use all of your senses to observe the world around

You can choose something to focus on like birds or trees, or look for everything you can find in a spot.

Use your art supplies to record your observations and questions. Visit the library to learn more about what you find!



Most importantly

Have fun!