

# NATURE JOURNALING ACTIVITIES

## ***1. Look closely and use all your senses!***

Find an object you can hold in your hand. It could be a leaf, pine cone, small insect, twig-- whatever you can find that looks interesting. You will make two drawings of this object and take some notes about what you observe.

### **Drawing # 1:**

Look at the object closely for several minutes. Try to remember everything about it that you can. Then put the object behind your back and don't look at it! Draw the object as you remember it. When you are done, compare the object with your drawing. Record the things you forgot to put in your drawing.

### **Drawing # 2:**

Draw the same object, referring to it often as you draw. You may want to sketch it from different angles if you have time. Make notes about its color or any other thing you can **SEE** but can't draw well

Tap on the object with your finger. What kind of **SOUND** do you hear? What other sounds do you notice around you?

What kind of **SMELL** does the object have? If you have a little water, dampen the object and record any changes in odor. Record other odors you notice.

Describe what the object **FEELS** like. First use your fingers, then rub it against your inner arm or cheek. Does it have bumps, whorls, or ridges?

Depending on what your object is, you might try licking it. Check with your teacher if you are not sure it is safe. What does it **TASTE** like?

What **SIZE** is your object? If you don't have a ruler, use your first index finger joint as a measure. (Example: your object might be 2 1/2 finger joints long by 1 joint wide) Later, you can measure your finger joint and convert to inches or centimeters.

If you don't know what your object is, you can later identify it from your notes and drawings.

## ***2. Think in different sizes:***

Draw something large (a distant scene, a school building, or a tree, for example)

Draw something about your size (a classmate, bush, chair, etc.)

Draw something you can hold in your hand.

Draw something the size of your finger joint or smaller. Magnify it if you can.

## ***3. Be a time traveler with your journal:***

Come back to the same spot over several days, weeks, or months. Draw what you see and take notes. Record how you feel and what you are thinking about. What physical things have changed? How are your thoughts and feelings different?