

NATURE JOURNALING:

Recording Nature in Words and Pictures

Nature Journaling is:

- A fun way to remember the moment
- A good way to train the right side of your brain
- A way to really see things and not just notice them
- A good way to sort out thoughts and feelings

Tools for Journaling:

- An unlined notebook
- #2 or HB pencils and colored pencils, if desired
- X10 magnifier
- 6" clear plastic ruler
- Pink pearl or plastic eraser
- All your senses primed and ready!

Things to Draw and Notice:

- The sky and clouds
- Changing weather patterns
- Animals: insects, spiders, birds, mammals, soil animals, frogs, lizards, etc.
- Plants: trees, leaves, lichens, moss, fungi, seeds, nuts, flowers, etc.
- Geology: mountains, rocks, oceans, lakes, rivers, fossils, etc.
- Human constructions: Buildings, dams, roads, sculpture, etc.



Some Artist Tricks to Help You Draw Better:

- Squint your eyes—look for broad patterns of light and shadow.
- Make a viewfinder to frame your picture
- Try drawing hard things upside down
- Try drawing the “negative spaces” around a framed object
- Don’t rely on your memory. Look at things closely.

Get ready...
Get set...
Draw!