



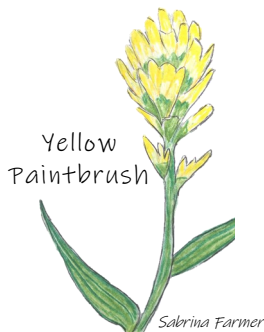
# Campbell Creek Science Center

## Nature Journaling

Connect to your environment by spending time outside and then recording your observations and experiences in words and drawings.

### Directions

1. Find an environment where you can comfortably write or draw. Take some time to sit still and observe your surroundings.
2. Record your observations and reflections through **words, poetry, or art**. Try one of these prompts:
  - Try engaging your different senses. Record what you see, smell, and hear.
  - Look closely at something small and capture its details.
  - Look above you. What plants or animals do you notice? What captures your attention in this place?
  - Complete the thoughts: I see..., I think..., I wonder..., It reminds me of...
  - Imagine someone finds your journal entry 100 years from now. How would you describe where you are today knowing they'll read it then?



### Materials

- Printout of the journal pages or use any loose paper, journal, or notebook
- Something to write and draw with (pen, pencil, markers, crayons, colored pencils)

### Questions

- What does nature mean to you?
- How can you be more mindful of your environment?
- What do you notice when you take time to sit still and observe?

Come back to your journal another time and write or draw again. Follow a different prompt or ask a different question. Use our nature journal or refer to it for additional prompts. Return to the same spot or find a new place to journal from. What is the same? What changed?





U.S. Department of the Interior  
Bureau of Land Management

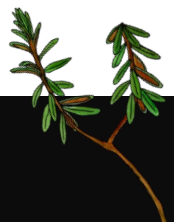


# Campbell Creek Science Center

# NATURE JOURNAL



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## Location:

## Date:

- *How do you feel experiencing this place?*
- *Get close to the ground. What do you observe from this perspective?*
- *Draw something you see or experience here.*



Pink Pyrola

Sabrina Farmer

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## Location:

## Date:

- *What animal might live in this environment? Describe a day in the life of that animal.*
- *Write a haiku about your surroundings (3 lines: 5 syllables, 7 syllables, 5 syllables).*
- *Close your eyes and listen closely. Document the sounds you hear around you.*



Short-tailed  
Weasel

*Leila Pyle*





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## Location:

## Date:

- Draw or describe a bird's-eye view of the place you are in.
- Pick a plant near you. What personality does it seem to have? What might it think about all day? What stories would it tell?
- Sit by something that has drawn your attention. Observe it. Observe what's around it. Write or draw your observations, reflections, or anything else that comes to mind as you sit with this thing.

Mountain Harebell



Sabrina Farmer





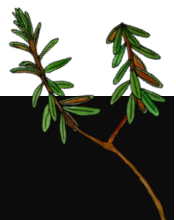
# Campbell Creek Science Center

## Location:

## Date:

- *What questions do you have about this place?*
- *Tell a story about an experience you had outdoors.*
- *What evidence of animals is there around you? What would an animal need to live in this environment?*

Red Squirrel



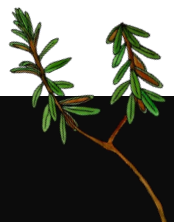


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## Location:

## Date:

- Find a plant and spend some time observing it closely. Record your observations.
- Describe today from the perspective of an animal or plant that lives in this place.
- How many different types of plants can you spot from where you are? Describe and/or draw them.





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## Location:

## Date:



- Write a story about what happens when you are not at this spot. Who else visits it during the day?
- Find a tree and spend some time observing it closely. Now write a story from its perspective, describing what it has seen in its life.
- Observe a bird in the area. Draw the bird, including its coloring. Around your drawing list some details about the bird.

