Nature Journaling



Nature journaling is a wonderful way to connect with the environment, use your observation skills, and express your creativity. As you explore, take time to really notice the details… the colors, textures and patterns in the leaves and flowers, the way the light filters through the trees, or the delicate design of a spider's web. You can draw pictures or write about what you find interesting. Choose a quiet spot to sit outside or look out a window and open your senses. What do you see, hear, smell and feel? Let your imagination flow onto the pages. Use the prompts below as a guide.

Date, Time, Location, Weather

I notice…

I notice about myself….

I wonder…

It reminds me of…

I am hopeful/grateful for…