Nature Observation Week

Connecting with nature is said to have healing power! It is important to spend a little bit of time each day outdoors to keep us strong, healthy, and connected. This activity will help to connect you with the nature around you and practice your nature journaling skills. This may also give you some time to connect with yourself and reflect. Before we start journaling you will need to do a few things:

1. **Find a journal or blank piece of paper with a clipboard.**
2. **Grab a chair or something comfy to sit on and take it outside (in your yard, on the porch, or by an open window)**
3. **Find a spot that allows you to see the outdoors clearly.**

Each day this week, you will take 20 minutes to sit in a chosen spot. This spot could be the same every day or you could choose a new spot every day! During this time, you will read the daily prompts in this activity (on the next page) and then record your responses in your journal. Below are a few tips on nature journaling, make sure to give a few of these tips a try:

1. **Leave all technology inside or away from your sit spot! You don't want to be distracted while observing.**
2. **Add the date and time to your entry. This will help you if you ever look back at your observations.**
3. **Before you start writing, take 5 deep breaths to help you focus on your task.**
4. **Use all of your senses. Don't just write what you see but what you hear, smell, and feel.**
5. **Don't be afraid to write questions in your journal. You can research when you get inside to find an answer and you can record that as well.**

Share your observations with us! Tag us on social media.
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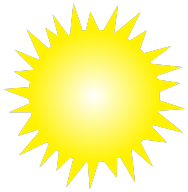
Journal Prompts

Day 1: What does the weather feel like today?

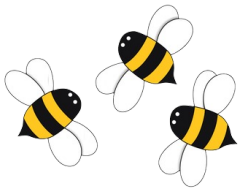


Some ideas to help you: Is it sunny, windy, rainy, snowy? What does the temperature feel like? Is it hot or cold? How does the wind feel? How does the sun feel? What else do you notice about the weather?

Day 2: Pick one or two plants that you can see and study them closely. Draw all the different parts of the plant and try to write a description that is detailed enough for someone else to identify it!

Some ideas to help you: Does the plant have leaves, bark, berries, or flowers; if so, draw them in detail. Does the plant have a smell?

Day 3: Describe and draw anything you see moving around you (plants, wind, people, animals, insects).



Some ideas to help you: Are the trees blowing in the wind? Are there bees flying around? Do you see a bird fly across the sky? Do you see a squirrel run across the ground? Write down or draw any movement that you see from your spot.

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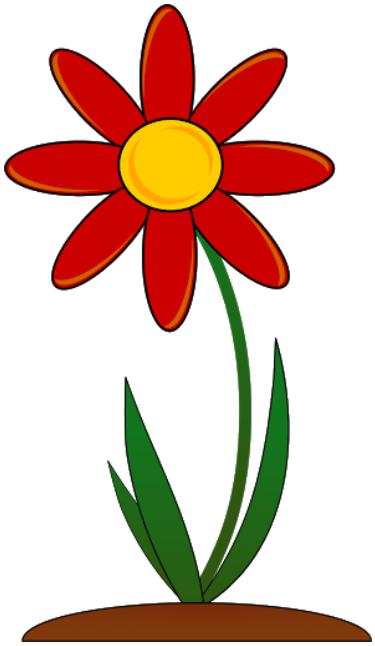
Day 4: Do you see any man-made objects (a road, garbage, a street sign, a telephone pole) interacting with natural objects? In your journal write down or draw the interactions that you observe.

Some ideas to help you: Is there a tree touching a light pole or a vine wrapped around a street sign? Is there garbage in the grass?

Day 5: You now are an expert at nature journaling! Take 20 minutes to observe anything that you want. If you find something that is interesting, record it! If you find something that you want to draw, draw it! If you feel inspired to write a poem about something that you see, write it! This is your time to observe and record whatever inspires you.



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