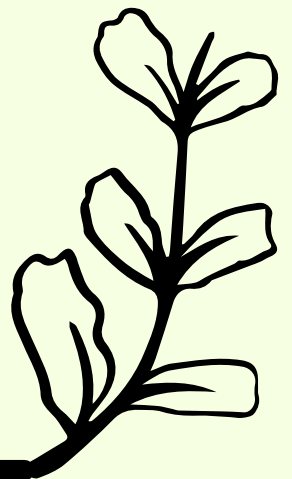


Leaves Me Curious

# NATURE JOURNALING

5 Easy Steps

[leavesmecurious.com](http://leavesmecurious.com)



## What is a nature journal?

A nature journal is a place to record your personal observations of the natural world, through words, pictures and numbers.

### Benefits of keeping a nature journal:

Slowing down and connecting with nature

Developing attention and critical thinking skills

Nurturing curiosity and creativity

Supporting science learning

Building an inclusive culture of peer learning in a group or classroom



### 5 Steps of the Nature Journaling Process:

**1**

Use your senses to explore.

**2**

Pause when something catches your attention.

**3**

Make observations on one subject using the prompts:

I notice... I wonder... It reminds me of...

**4**

Record your observations using words, pictures and numbers.

**5**

Take photos or use apps/sites/books for identification.

“Take a pen in your uncertain fingers. Trust, and be assured that the whole world is a sky-blue butterfly and words are nets to capture it.”

Muhammad al-Ghuzzi

# Nature Journaling Resources:

There are countless resources available to guide you in nature journaling. Many of them are offered for free by the generous members of the nature journaling community world-wide.

Exploring these two sites alone will inspire your nature journaling practice for months!

International Nature Journaling Week  
[naturejournalingweek.com](http://naturejournalingweek.com)

The Website of John Muir Laws  
[johnmuirlaws.com](http://johnmuirlaws.com)

