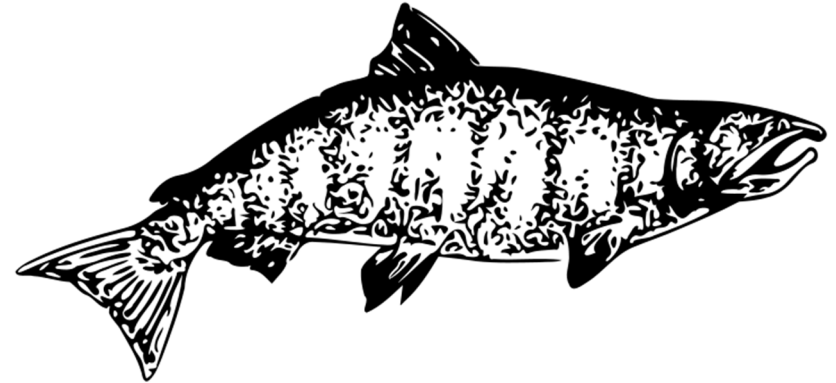




NATURE JOURNALING

Steigerwald Lake National Wildlife Refuge



Visit Your Local Refuges
www.fws.gov/Refuge/Ridgefield

Your Name: _____

Instructions

1. Nature journaling is the process of keeping a place-based, personal record of events, observations, and experiences in the outdoors.
 - Review this definition and reflect together on some of the following ideas:
 - What makes a nature journal unique?
 - Why is ‘place’ central to nature journaling?
2. Review the example entry.
3. Do a journal entry together using an object provided or one close to you.
4. Find an area with lots to observe and start hunting!
5. Complete journal entries using the prompts given.
 - Write something you notice about what you find, what you wonder about it, and something it reminds you of (it does not have to be something else in nature!).
 - Then, draw a rough sketch of what you found (you do not need to be an artist!)
6. After completing the entries with prompts, try some with anything in the area that interests you using the ‘What did you find?’ entries.
7. At the end, reflect using the questions in the back of the book. These can be written as responses or done aloud.

NOTE: In the back of the journal, there is a tally page for some extra tracking as you observe and explore!

KEEP A TALLY

Mark how many birds you see!

Mark all the animals you see that are **not** birds!

Mark all the different kinds of plants, including trees, that you notice!

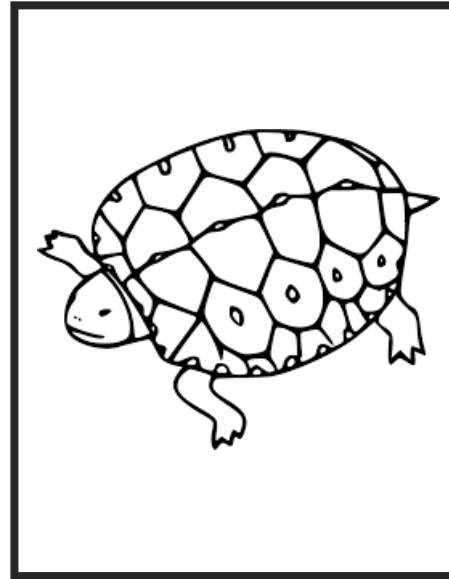
Mark every time you see an insect!

Mark every time you feel a connection with nature or the world around you!

How are we a part of nature, even when we are not at the refuge?

How would you tell the story of your day at the refuge? (Use your journal entries to help!)

EXAMPLE: Painted Turtle



I notice...they love to lay on rocks together!

I wonder...what does the bottom of their shell look like? _____

It reminds me of...my friend's pet turtle named Steven!

FIND: An example object or object around you
Do this together!

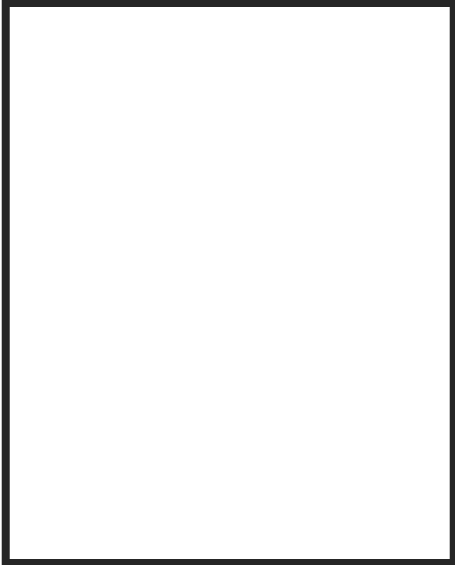


I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something yellow
(Ex. a leaf, a bird, moss)

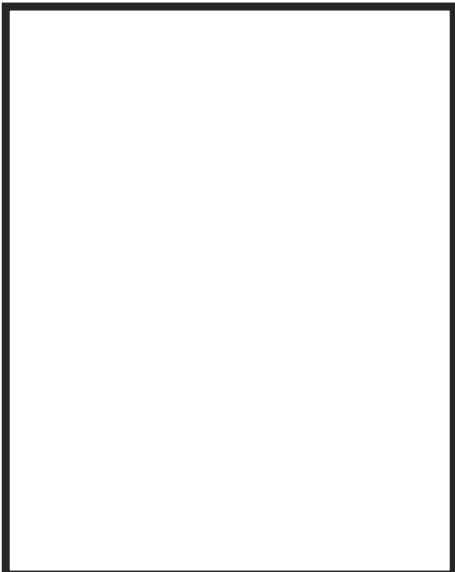


I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something that changes over time
(Ex. water, growing plant, seed)



I notice... _____

I wonder... _____

It reminds me of... _____

FINAL REFLECTIONS

Describe your favorite thing that you saw on the refuge today.

Why is it important for us to be aware of what is around us?

(Final Reflections cont. on next page)

What did you find? _____

I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something round
(Ex. a rock, a seed, an insect)

I notice... _____

I wonder... _____

It reminds me of... _____

What did you find? _____

I notice... _____

I wonder... _____

It reminds me of... _____

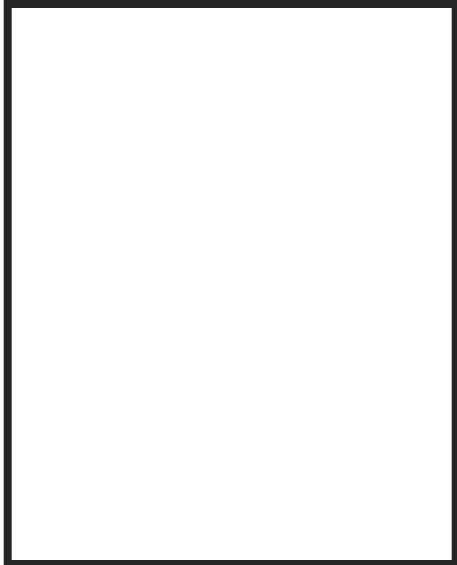
FIND: A view or landscape
(Ex. the wetlands, a tree line, clouds over the hills)

I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something you have never seen before
(Ex. an animal, a plant, a landscape)

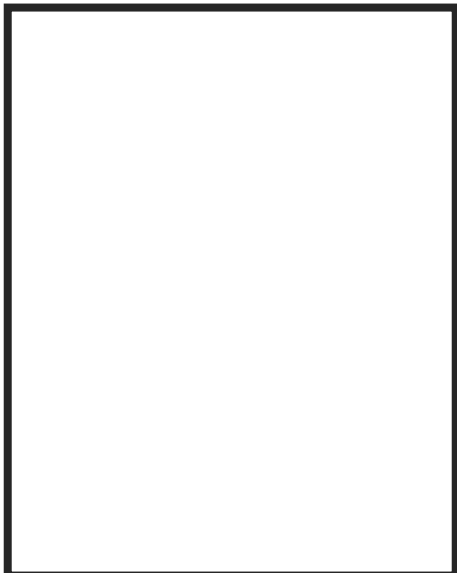


I notice... _____

I wonder... _____

It reminds me of... _____

FIND: Something far away
(Ex. bird, landscape, beaver dam)



I notice... _____

I wonder... _____

It reminds me of... _____

What did you find? _____



I notice... _____

I wonder... _____

It reminds me of... _____

What did you find? _____



I notice... _____

I wonder... _____

It reminds me of... _____
