

Journaling is not about making pretty pictures. Making a drawing is a powerful way to understand something—it helps you notice more. You can learn to draw well by simply drawing A LOT (aka "pencil miles").

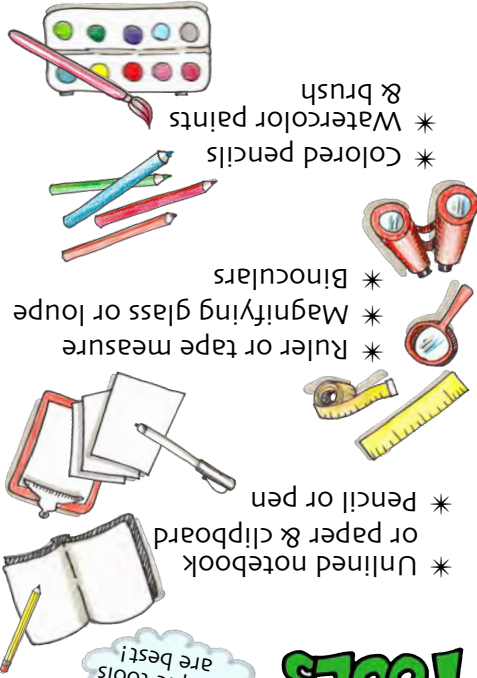


## SEE \* WONDER \* REMEMBER

Draw to...

- \* In a park or community garden
- \* Out a window or in your yard
- \* At home with a houseplant or fruits & veggies
- \* Along a street or sidewalk
- \* In a wilderness area

## PLACES TO JOURNAL



## TOOLS

Simple tools are best!

- \* Unlined notebook or paper & clipboard
- \* Pencil or pen
- \* Ruler or tape measure
- \* Magnifying glass or loupe
- \* Binoculars
- \* Colored pencils
- \* Watercolor paints & brush

## I NOTICE ...

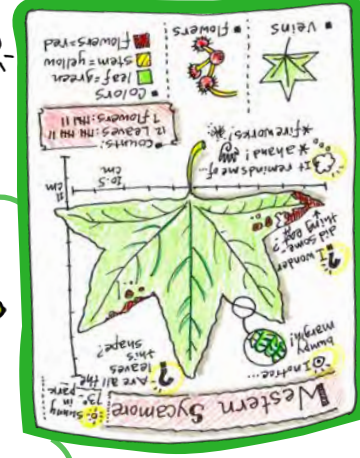
Be specific. What do you see? Hear? Feel? Observe?

## I WONDER ...

Get curious and write down questions: who, what, where, when, how, why?

## IT REMINDS ME OF ...

Connect your observations to things you already know.



## THE BASICS

### WORDS

Describe, make observations, ask questions, write poetry

### PICTURES

Sketch pictures, maps, diagrams, cross sections, comics, different views

### NUMBERS

Measure, count, estimate how many or how far, time a process

## NATURE JOURNALING IS...

using words, pictures, and numbers to collect and record your nature observations, questions, connections, and explanations in a notebook.



This fun and powerful practice helps you slow down, pay attention, notice more, and get curious about the wonder and beauty around you.



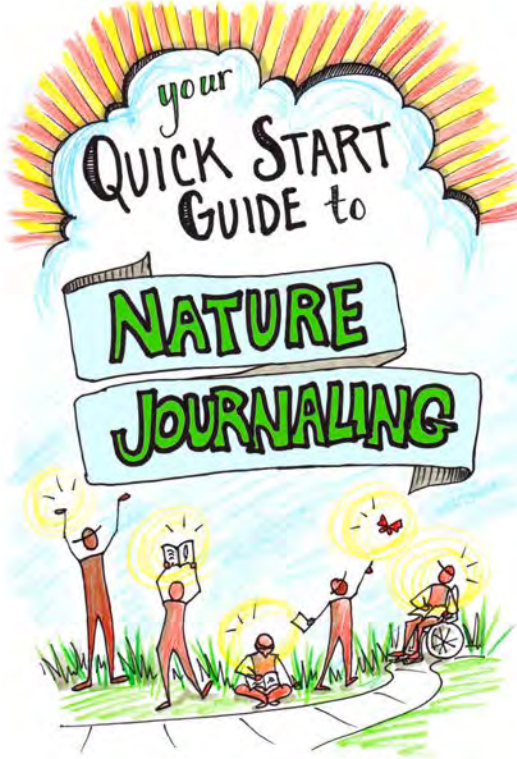
The Wild Wonder Foundation is dedicated to encouraging nature connection and conservation through attention, curiosity, art, science, and community.

[wildwonder.org](http://wildwonder.org)

Turn this zine inside out for tips to get started.



Scan for free resources & to download this zine to share!



date \_\_\_\_\_  
did it!

Count, time, measure, and estimate as part of your journaling process. Challenge yourself to find new ways to quantify your observations. Where possible, show your data with graphs and pictures.



### Hidden Figures

### Zoom In, Zoom Out



Draw and diagram an object at three scales: show some portion at life size, magnify an interesting detail, and zoom out to get the big-picture view.

date \_\_\_\_\_  
did it!

date \_\_\_\_\_  
did it!

Sit down, close your eyes, and listen to the sounds around you. Then make a page with you in the center and a map of all the sounds you hear. Get creative and show sounds using symbols, diagrams, words, lines, and sketches.



### Soundscape Maps

### Getting Started

There's no right or wrong way to nature journal, but it's helpful to have some ideas to get you started. These prompts and sketches are from **How to Teach Nature Journaling** by John Muir Laws and Emilie Lygren.

Learn more at: [wildwonder.org](http://wildwonder.org)

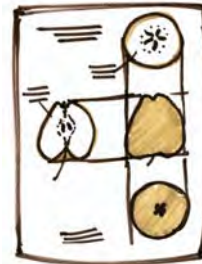


#### Join the community

Share your work with the global nature journaling community! Find us on social media: [@wildwonderfoundation](https://twitter.com/wildwonderfoundation)

date \_\_\_\_\_  
did it!

Make a simplified, labeled drawing to show the structure of an interesting phenomenon. Consider top, side, end, and bottom views. If possible, make cross sections through the object that reveal the internal structure.



### Make a Diagram

### Questioning Questions

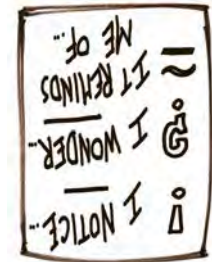


Find an interesting subject and record as many questions as you can: who, what, where, when, how, and why. For "why" questions, create multiple possible explanations of what might be going on.

date \_\_\_\_\_  
did it!

date \_\_\_\_\_  
did it!

Observe the details of a place using I Notice/I Wonder/It Reminds Me Of. Then look inward to reflect on your experience and feelings. Write a simple poem inspired by this experience. The poem need not rhyme or have a specific structure.



### Poetry of Place

### Comparison



Find two similar objects (e.g., acorns from different species of oaks, branches from a willow and a cottonwood) and diagram the similarities and differences.

date \_\_\_\_\_  
did it!