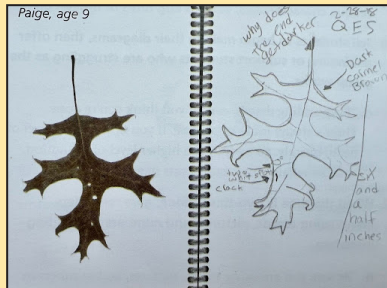


Flipping Through Nature:  
Card Decks to Guide Outdoor Exploration

# Exploring Nature Journaling

Explore interesting things you find outdoors  
and record them in a nature journal.



# You will need:

pencil or pen



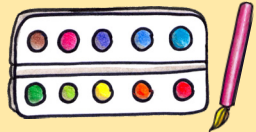
paper



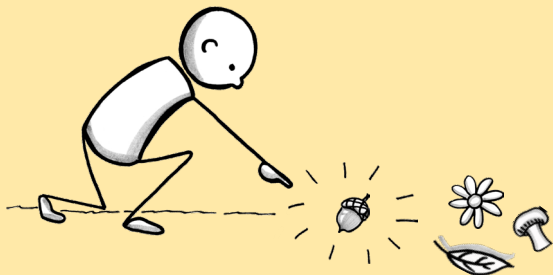
clipboard or journal



optional:  
colored pencils or  
watercolor paints



# Find an object or living thing to focus on.

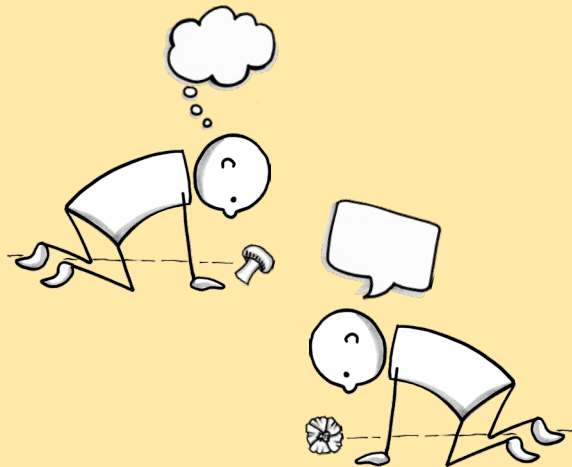


Start with something small that doesn't move, such as a leaf, acorn, or stick.

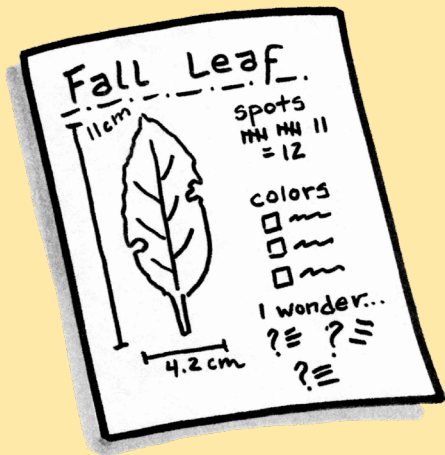
# I notice: Observe your object and say your ideas out loud.

Focus on:

- colors
- what it feels like
- shape and size
- holes, bumps, spines, etc.



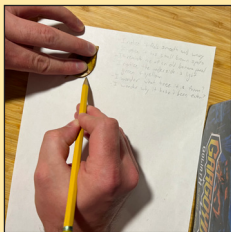
Use words, pictures, and numbers  
to show your observations  
on the page.



The next 3 cards  
offer guidance  
on using words,  
pictures, and  
numbers.

# Draw what you see.

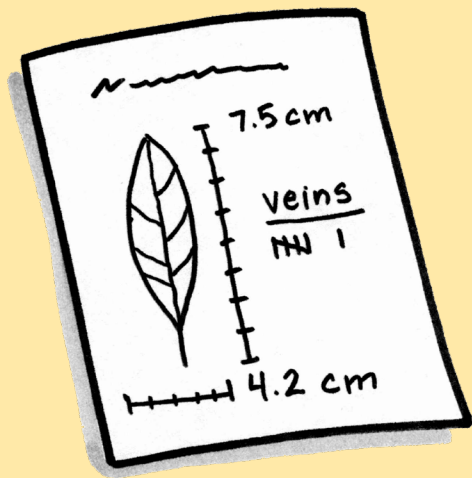
**Tip: Try tracing your object to help you get started.**



**Use lines or shading to show details such as spots and holes.**

## Use numbers for things like:

- size
- how many of something you see (such as holes, spines, bumps, etc.)



# Use words and labels for things that are harder to draw, such as:

- colors
- textures
- comparisons
- behaviors

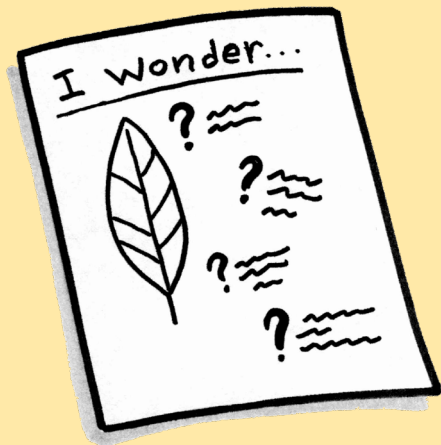




# **I wonder:** Write questions about what you observed or other questions you have.

*I wonder what the brown spots are from. Are they scars?*

*What tree is it from?*



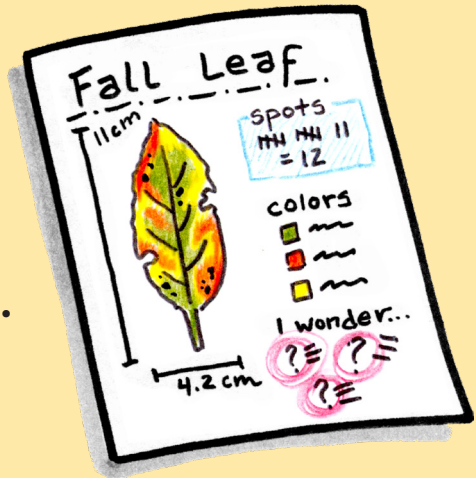
# It reminds me of: What memories, ideas, or objects does it bring to mind?



*It reminds me of  
an old banana peel.*

# Keep observing, drawing, and writing.

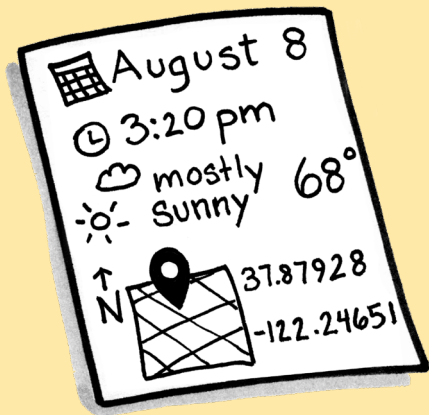
- Go back and forth between pictures, words, and numbers.
- Add color, if you want.



# Add date, time, weather, and place.

Write:

- date
- time of day
- weather
- where you found your object

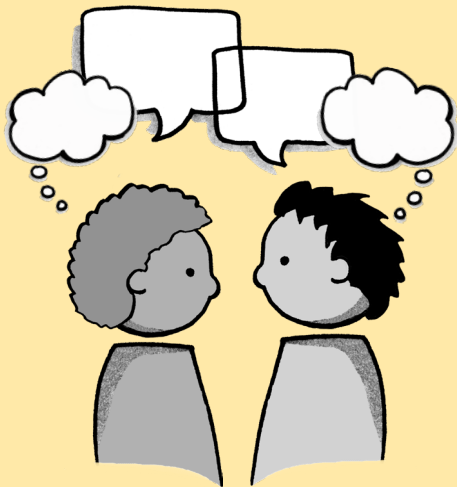


This can help you remember the setting of your observations.

# Think back on your experience.

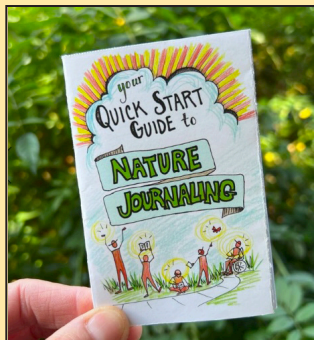
Think about and discuss:

- How did nature journaling help you learn about your object?
- What else could you nature journal about? Where?



# Check out more nature journaling resources!

Visit [wildwonder.org](https://www.wildwonder.org) for more ideas about journaling, techniques, and community.

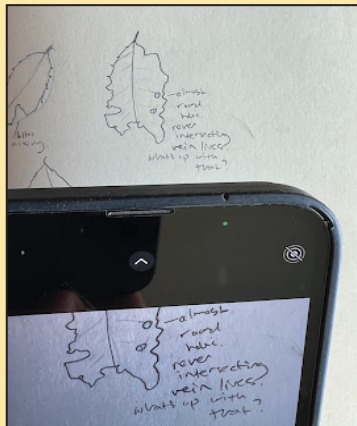


Download a  
free zine about  
journaling!

<https://www.wildwonder.org/store/p/nj-zine>

# Share your journal page and what you learned.

Take a photo to post online or share your journal page with a friend or family member.





To see more *Flipping Through Nature: Card Decks to Guide Outdoor Exploration* activities, visit [lwrnce.org/center-for-environmental-learning](https://lwrnce.org/center-for-environmental-learning). There you will also find guides for using the *Flipping Through Nature* card decks, photo acknowledgments, and more information.



Funding for *Flipping Through Nature: Card Decks to Guide Outdoor Exploration* has been generously provided by Woka Foundation.

