Hi, I'm Rachel. I'm a teacher at the Frick Environmental center. I teach kids about the amazing nature in the city I live in: Pittsburgh, PA!

I love nature in the city because it can always surprise me.

and I like to keep my discoveries and feelings in a Nature Journal.
In my nature journal I can put...

- Green leaves feel like paper
- Dark green leaves feel like paper
- How fast does a fern grow?
- Can a fern hear me talk?
- Fern leaf combs the sun into strands of light and shade for a ladybug
- Lyrics and poems
- Comix
- Drawings
- Descriptions

Anything about my discoveries in nature or how I feel about nature belongs in a nature journal.

While I have to stay inside, I can still find nature to journal about.
Sometimes when I feel sad or upset...

...journaling about nature helps me feel calm.

When I look back through my nature journal...

I can see how nature grows and changes over time... and so do I!
Park Stewards – Nature Journaling at Home

Hello from your teachers at the Frick Environmental Center! Since you can’t come see us, we made this guide to help you use a nature journal at home. Nature journals are a great way to relax or escape even if you’re inside. You can explore places you know well and see them in a whole new way.

You will need:

- **A journal**
  - You can use many things as a nature journal. Try a notebook, a sketchbook or a 3-ring binder.
  - You can fold plain paper and staple it together to make your own journal.
  - The journals you used at Frick Park are safe with us. We will do our best to return them to you when the schools are open.

- **Something to write with**

- **Time – 10 minutes or more**
  - You can use a timer if you want to.

Step by step:

**Step 1 - Get the things you need**

**Step 2 - Find a place to sit where you can look at nature.**

- If you need to stay inside, you can look out a window or sit with an indoor plant. You can also find a picture of nature online to journal about.
- **Get comfy!**

**Step 3 – Start journaling!**

- There is a list of prompts on the next page to give you ideas of what to journal about. Pick a prompt or make up your own.

Tips:

- Try to use your journal once a day or a few times a week. It can help you feel more calm or less bored if you have to be inside a lot.

- Remember! Nature journals contain your observations and personal connections to nature in the ways you like - stories, poetry, drawing, comics, etc.

- We would love to see what you do with your nature journals! Share with us by having an adult email a picture of your work to rhermes@pittsburghparks.org. If you say it’s ok, we may show your work in a social media post.
Ideas for Nature Journaling

Pick an idea from the list below or make up your own!

◊ Create a song or rap about the season. What can you see, hear, smell, and feel, that tells you about the time of year?
◊ Find a leaf and draw it with as many details as you can.
◊ Find something in nature that’s very small and make a big drawing of it.
◊ Write down how you feel right now.
◊ Make up rhymes about plants and animals.
◊ Write a short story from the point of view of a tree that you can see. How did it grow up? What has it seen? How does it feel today?
◊ Write a letter to a plant or animal.
◊ Make a list of everything you can see without turning your head.
◊ Imagine you are a bird who lives in your neighborhood.