

# 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](mailto: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.