

My Trail Journal

A simple page to record observations, memories, and favorite trail moments.

Before You Hike

Trail name:	
Date:	
Weather:	
Who came with me:	

What I noticed on the trail:

One new thing I learned:

Draw a favorite moment from your hike:



Nature Scavenger Hunt

A low-prep printable for careful looking and nature discovery.

Look closely as you walk. Check off what you find. Leave nature where it belongs.

☐ A pinecone	☐ A smooth rock
☐ A bird	☐ A wildflower
☐ A leaf with an interesting shape	☐ Animal tracks or signs
☐ Something rough	☐ Something soft
☐ A seed or pod	☐ A fallen log
☐ A place insects might live	☐ Something that makes you curious

My favorite find was:

Question I still have:

Draw What You Notice

A simple drawing page for sketching plants, rocks, views, animals, or trail details.

Choose one thing from the trail. Draw it carefully. Add labels or notes if you want.

I am drawing:	
Where I found it:	



Details I noticed:

Five Senses Hike

A quiet observation page for slowing down and connecting with the trail.

Pause on the trail and use your senses. Write or draw what you notice.

I see:	
I hear:	
I smell:	
I feel:	
I wonder:	

My favorite sense moment was:

Sit Spot Reflection

A simple reflection page for quiet observation and mindfulness outdoors.

Find a safe place to sit quietly for 3-5 minutes. Look, listen, and notice what changes.

My sit spot was:	
The weather felt:	

During my sit spot, I noticed:

Something changed while I was sitting:

Sketch your sit spot:

Trail Stewardship Checklist

A printable checklist for building respectful and responsible trail habits.

Use this checklist to practice caring for trails, plants, animals, and other hikers.

☐ Stay on the trail

☐ Pack out all trash

☐ Leave rocks, flowers, and pinecones where you found them

☐ Use a quiet voice near wildlife

☐ Give other hikers space

☐ Keep snacks and wrappers in your pack

☐ Respect signs and trail closures

☐ Notice one way people care for this trail

☐ Pick up one safe piece of litter with adult help

☐ Name one thing you appreciated about the trail

One way I helped care for the trail:

One stewardship goal for next time:

Family Reading Conversation Cards

Simple prompts for connecting books, trails, and family conversation.

Cut apart the cards or use the page as a conversation guide before, during, or after a hike.

Before You Go What do you think we might see on this trail?	Book Connection What part of our book reminds you of being outside?
Character Talk Which character would enjoy this hike? Why?	Nature Wonder What is one question you have about something we saw?
Favorite Moment What was your favorite part of today?	Use Your Senses What did you hear, smell, or feel on the trail?
Stewardship How can we help care for this place?	Family Story Does this trail remind you of another place or memory?
After the Hike What book should we read next after this hike?	Share and Connect What would you tell a friend about this trail?
Read Aloud Prompt Where would be a good place to pause and read together?	Reflection What did the trail teach us today?