

NATURE JOURNALING PAGES



BEST AGE RANGE

Ages 6–Adult



SUPPLIES NEEDED

- Journal or paper
- Pencil
- Optional: colored pencils



TIME NEEDED

15–30 minutes



SHORT INSTRUCTIONS

- 1 Sit quietly and look closely.
- 2 Write or draw what you notice.
- 3 Add thoughts, feelings, and questions.
- 4 Date your journal entry.



MY NATURE JOURNAL ENTRY



TODAY I NOTICED...



THIS LANDSCAPE MADE ME FEEL...



ONE QUESTION I HAVE IS...



A SOUND I REMEMBER IS...



QUICK SKETCH



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