



"Nature journaling will enrich your experiences and develop observation, curiosity, gratitude, reverence, memory, and the skills of a naturalist." – John Muir

We encourage you to start your own Nature Journal. Buy or make a notebook and decorate it to make it your own. You can write or draw anything you see, hear, feel, and smell. Journaling can take many forms: prose, bullets, sentences, sketches, drawings, watercolor, or a mix of styles. To get you started, we have supplied a prompt. Search the internet for more great prompt ideas. We hope you make Nature Journaling a part of your lifestyle.

Nature Journaling

During your nature time today, were you observing nature or were you a part of nature? Draw or write what inspires you.