

# NATURE JOURNALING FOR ALL!

## STEP 1

### PICK A JOURNAL:

Your journal can be anything from a few blank sheets of paper stapled together to a store bought high quality official journal. The most important thing is that it feels like something you and your little one can use. I highly recommend unlined pages so as not to force a structure and to make more room for your creativity.

## STEP 2

### FIND A SIT-SPOT:

The Wilderness Awareness School says that every sit-spot should have two things: “1) It needs to be close to your house and 2) you need to feel safe while there. It is ideal for it to be wild, have a water source, be abundant with wildlife, have a view, and a whole slew of other things. While those are nice to have, they are not essential. The best sit spot is one that you go to!”

If you're in a city, find a place in a public park or a community garden or by a bird feeder or even a ball field. You don't have to travel far to find a place where nature lives.

## STEP 3

### OBSERVE:

This step may sound obvious to some and others might be thinking “my three year old cannot sit still and observe.” That's ok! The point is not to force a child to sit still, the point is to open up a child's awareness to the nature around (and your own!). If you are with a younger child, spend some time in the spot. Then ask some reflective questions about it. Some examples:

- What sounds do you hear?
- What colors/textures/sizes do you see?
- How does this place make you feel?

The important thing is to not censor your child's responses. If they say they feel sad being here, let them feel sad! Bored? Let them be bored. Just keep bringing their attention back to the environment around them. Whatever comes up, let it be.

## STEP 4

### JOURNAL:

This step will be different depending on who you are/what age your child is/etc. Journaling does not always have to be writing. It can be drawing, coloring, print-making, recording, scribbling. The point to this step is that whatever you/your child are observing is influencing your journal. Maybe your three-year-old just wants to take some crayons and scribble. Maybe your fifteen-year-old wants to write about their feelings of being in this spot. Maybe you want to make a leaf print of the leaf you found next to you as you sat down.

For your littlest one, you should make yourself scribe. If your child wants to color on the page, ask them if they want you to write anything about their art. If they do, write it down as they see fit.

## STEP 5

### REPEAT:

Keep coming back to this spot to make observations and journal. The more you and your child do it, the more nature will wow you! You'll see the details, notice the changes, and feel more connected to this place and the world around us. If you can make it a practice every day, even for 5 minutes a day, do it! If you can only make it once a week, that's ok too. The important thing is to make it a practice.

“WE BELONG HERE WITH ALL OTHER BEINGS WHO ARE ROOTED IN EARTH.” TERRY TEMPEST WILLIAMS