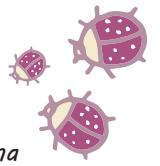


Immerse Yourself in Nature Journaling!

by Maria Celeste Luna



Hello everyone! I am sure you have heard about Nature Journaling before. If not let me tell you, it is a great activity to do when you go out.

But what is Nature Journaling? It's recording what you see in nature, but more importantly, it's a way for you to connect with it! And the good thing about this activity is that there are several ways to do it, so you can put your own creativity and uniqueness into your pages!

If you don't know where to start, you can find some tips that can guide you on your first steps into journaling here.

The **first thing** you need to do is go out into Nature! (it could be any place: a park, a forest, even your own backyard; any place where you can connect with the natural world)

Don't forget to take with you your favorite writing and drawing materials!



Now that you have found a place that you like, you can choose a comfortable place to sit and start recording in your Journal!

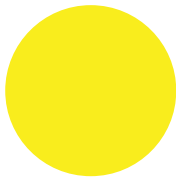
I found it very useful to write on each entry

DATE
LOCATION
TIME
SEASON OF THE YEAR



I like to fill my journal with both words and drawings. And one thing that helps me is to answer these questions that allow me to connect with the surroundings!

WHAT'S THE WEATHER LIKE? (cold, sunny, windy, rainy, etc)



WHICH COLORS CAN YOU SEE? (you will start noticing that the palette of colors we see varies with the season of the year)



WHICH SOUNDS CAN YOU HEAR?

A BUZZING SOUND! (which animal could it be?)

TRAFFIC SOUNDS (maybe you are in the city or near a road)

SONGS (maybe birds are near)

IT'S SO QUIET!

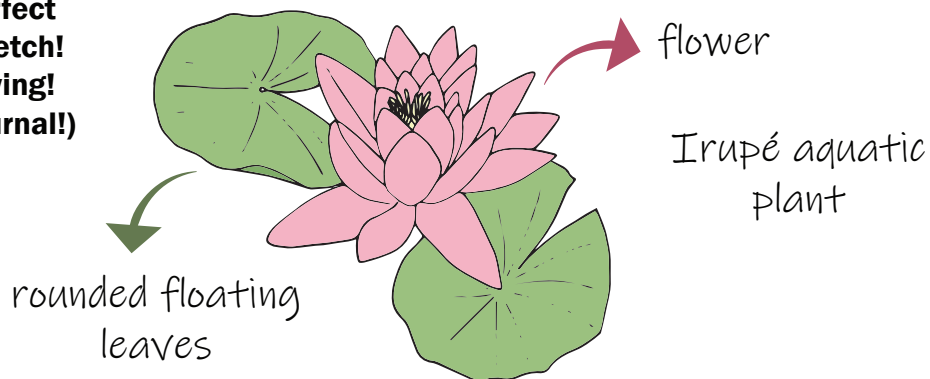
THE SOUND OF WATER (maybe a river or a stream)

Look at all the information you can gather from such simple questions!
Can you think of other simple questions you could ask yourself while being out enjoying nature?

Once you have noticed the weather, the sounds, and the colors you can focus on a single thing, something that calls your attention. What I love about this activity is that you can pick anything: maybe a leaf, maybe a flower, maybe a bug or a bird. It is your time to take a deep look into something new!

DID YOU CHOOSE A PLANT? WOULD YOU LIKE TO DRAW IT?

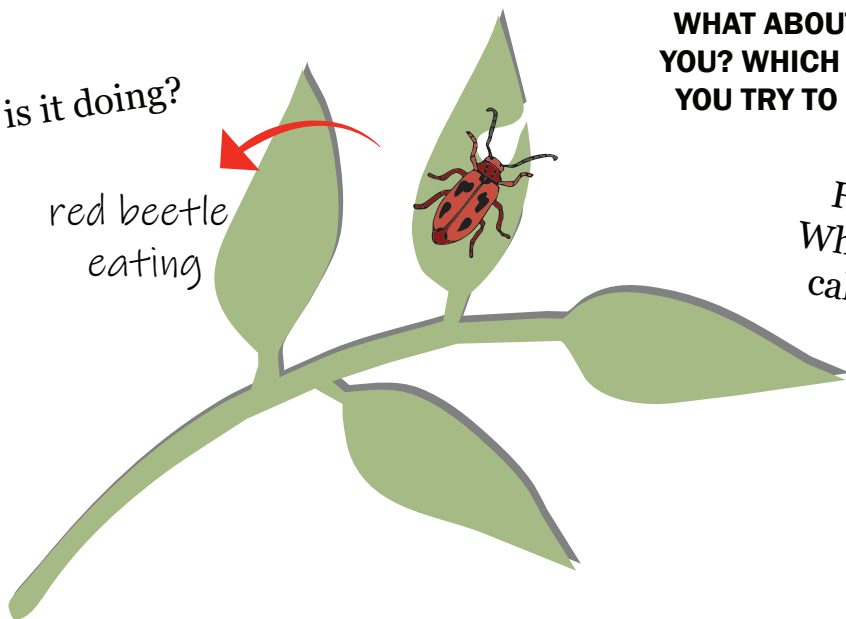
(it doesn't have to be a perfect drawing, maybe a quick sketch!
Try to lose the fear of drawing!
Remember, this is YOUR Journal!)



Write down as many things as you can see! What are the shape of the leaves? Does it have flowers? What does it look like? Does it have fruit? Do you know the name of the plant you are looking at?

What is it doing?

red beetle eating

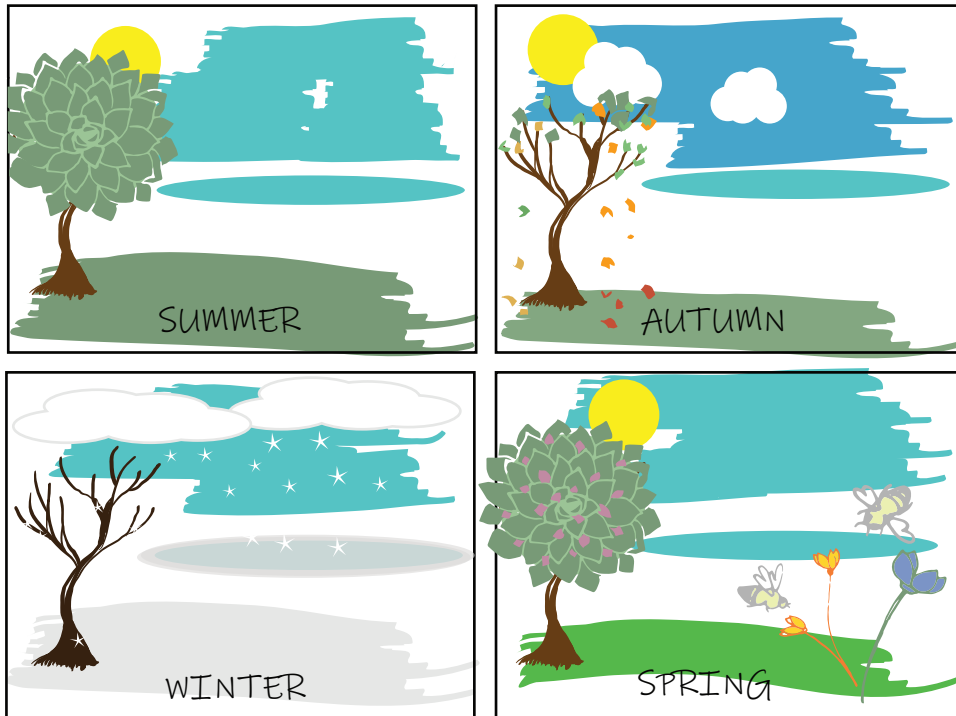


WHAT ABOUT THE ANIMALS AROUND YOU? WHICH ONES CAN YOU SEE? CAN YOU TRY TO FOLLOW ONE IN DETAIL?

How does it move?
Which characteristics call your attention?

Write all your ideas and all your questions! When you get home you can check out if there is more information about what you have seen. Maybe there isn't, and it is still something to be discovered!

One of the best activities you can do when keeping a journal is to visit the same place at different seasons of the year. By doing this, you get the chance to see all the changes of the landscape.



And if you still don't know what to write or draw, you can just write about what you feel. How does this environment make you feel? You may write only a few disconnected words, or maybe a poem!

*The spring surrounds me
with its sounds and
silences*

*I can see how everything around me
begins to flourish*

*I feel I am part of this
never-ending cycle...*



I hope you can try out these tips! Remember there are no rules! **THE MOST IMPORTANT THING IS TO CONNECT WITH NATURE!** Have fun!