

Nature Journal Quick-Start Checklist

Have an adventure THIS week!

Materials You Need

Use whatever you *already have* in your home.

A Notebook

This is the key ingredient. Is there a notebook or sketchbook you already have that you can use to get started? Do you prefer lined or unlined paper? It's ok if the notebook isn't 100% dedicated to nature journaling right now – you could use a diary, or a notebook with leftover pages.

- Alternate Option #1: Loose pieces of paper with a clipboard / hard surface
- Alternate Option #2: Use a voice recorder to capture your observations verbally!
- Alternate Option #3: You could even use the “Notes” app on your phone!

Pen / pencil

- Optional: Water bottle and snacks. Stay hydrated!
- Optional: A bag to carry everything

Don't forget your sense of wonder!

Make a Plan

Where will you go? Brainstorm 5 to 10 places nearby where you could do nature journaling. Your front doorstep counts! So does the view from a window! It doesn't have to be a "pristine" wild area. Nature is everywhere!

Who might you bring with you? Do you have any friends or family members who would like to come along?

What in nature interests you? Brainstorm 5 – 10 creatures / subjects you might like to investigate. (For example: squirrels, birdsong, flowers, rocks, cloud shapes, etc.)

Of course, this is just to get you started! Having something to search for will focus your attention and curiosity, but when you get out there, you will find even more to explore!

Choose one of the places you brainstormed above for your first adventure. When will you go there -- what date and time? With whom? What are you searching for? **Make a plan:**

Put a checkmark in the box after your plan has been put into action!

How was the adventure?

What would you like to do next time?