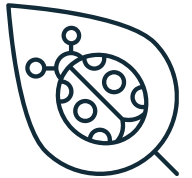
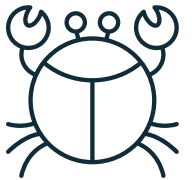


# Nature Journal Page Recipe

\* Choose elements from several of the following categories to design your own unique nature journal page\*

## Use **Words** to Describe

- Your name, page title, date, location, time, weather.
- Observations: species, size, shape, color, textures, patterns.
- Movement: actions, behaviors.
- Senses: What you or your subject *see, hear, smell, taste, feel*.
- Questions to ask: who, what, when, where, why.
- Quote, idiom, poem, your feelings about your observations.



## Use **Drawings** to Show

- Whole or part of a plant, animal, rock, fossil, nest, footprint.
- Habitat, landscape, sky, constellations.
- Maps, diagrams, cross-section, dissection.
- Add color of organism or to help organize page information.



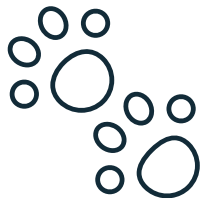
## Use **Numbers** to Quantify

- Measure the size, length, distance, abundance, time.
- Degrees, speed, percent coverage, graph.



## Use **Symbols** to Organize

- Borders, boxes, thought bubbles, circles, bullets, stars, arrows.



## Use **Prompts** to Discover

- Compare and contrast similar or different objects or species.
- Zoom in and out to show details. Observe from many angles.
- Sequence of events or behaviors.



**Journaling Materials:** notebook, pencil or pen, colored pencils or paints.  
Other helpful items: magnifying lens, ruler, watch, compass, binoculars.