

Nature journal activity sheet

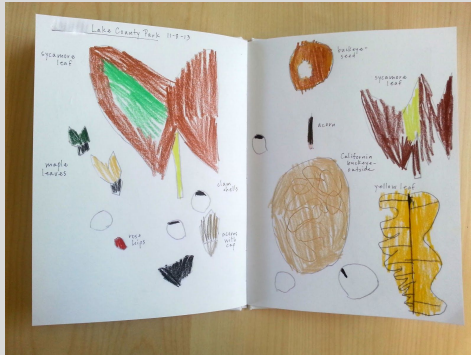
Keeping a nature journal is a wonderful way to keep a record of everything in your garden.

You can make your own journal using pieces of paper, use a notebook or even a diary.

One day a week (or more often if you like) go outside and spot something interesting in nature. It might be that bulb is starting to grow, or that all the leaves have fallen off a tree.

If you enjoy this activity you might be interested in Dara MacAnulty, an autistic 15 year old who is a keen Naturalist who has written a beautiful book.

https://www.youtube.com/watch?v=RouNh5qt0_g



You could include:

- Weather reports
- Plant identifications
- Tallies of birds or other creatures
- Illustrations
- Diagrams
- Pressed flowers or leaves
- Photographs

Think about your senses, what could you see, hear, smell etc

Can you think of any other ideas?



Challenge - try to add to this every morning or evening. What changes are there in your garden?

This can be done:
Independently, in a group or with an adult
Outside or inside - but time outside needed
Any age