

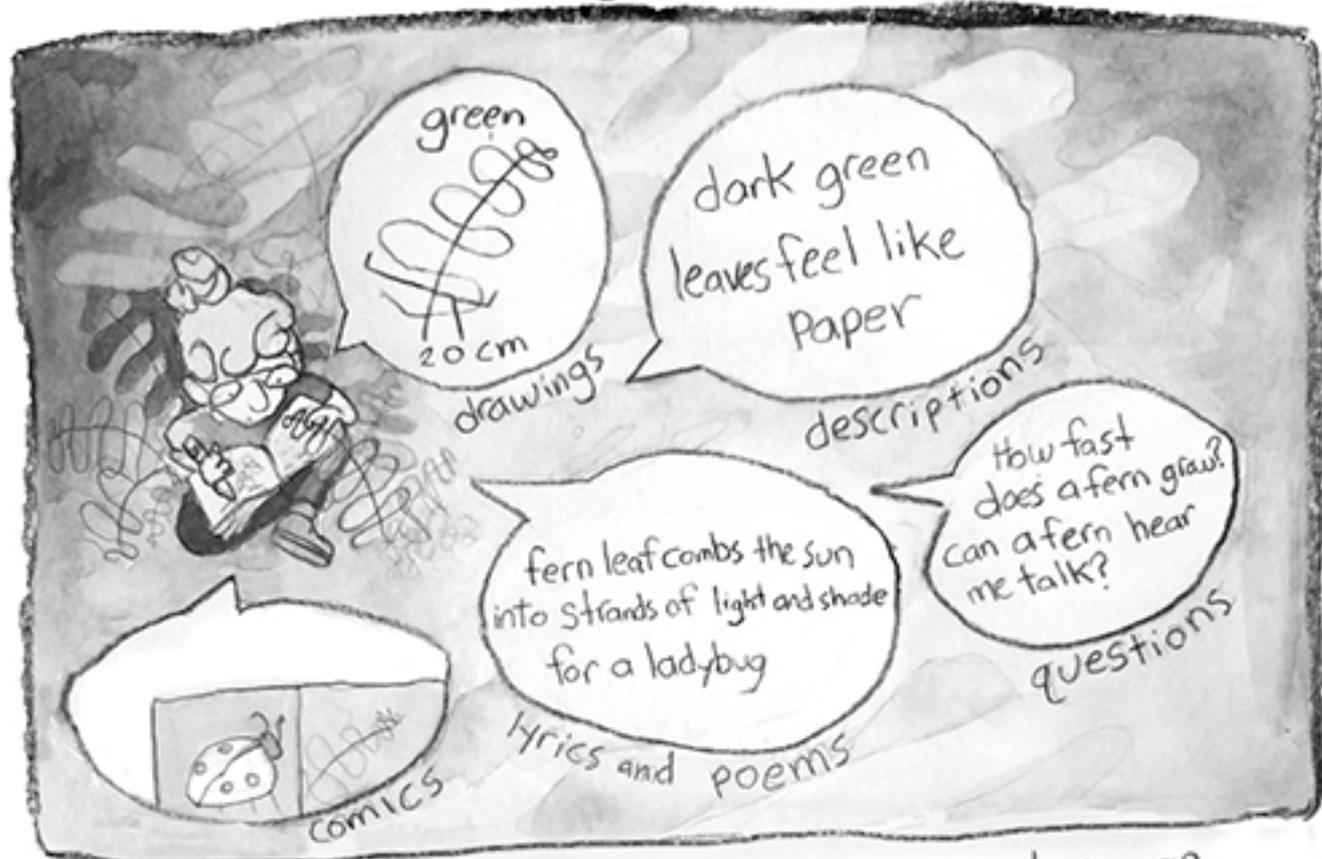


Hi, I'm Rachel. I'm a teacher
at the Frick Environmental Center.
I teach kids about the amazing
nature in the city I live in:
△ Pittsburgh, PA! △

I love nature in the city because it can always surprise me.



In my nature journal I can put...



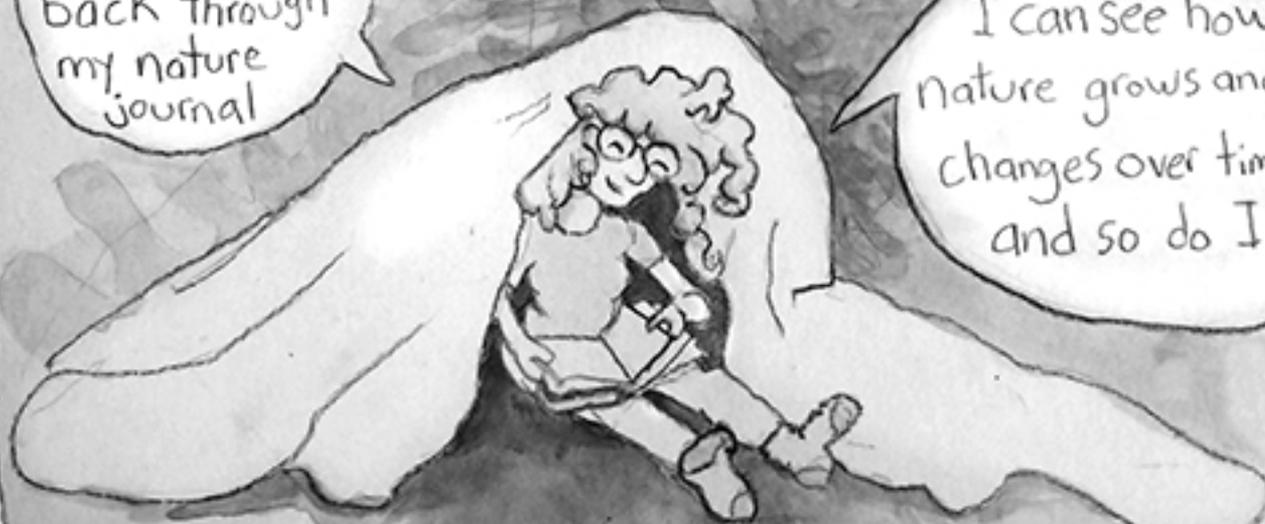
Anything about my discoveries in nature or how I feel about nature belongs in a nature journal.



Sometimes when I feel sad or upset...



When I look
back through
my nature
journal



I can see how
nature grows and
changes over time...
and so do I!

Park Stewards – Nature Journaling at Home



Hello from your teachers at the Frick Environmental Center! Since you can't come see us, we made this guide to help you use a nature journal at home. Nature journals are a great way to relax or escape even if you're inside. You can explore places you know well and see them in a whole new way.

You will need:



A journal

- You can use many things as a nature journal. Try a notebook, a sketchbook or a 3-ring binder.
- You can fold plain paper and staple it together to make your own journal.
- The journals you used at Frick Park are safe with us. We will do our best to return them to you when the schools are open.



Something to write with



Time – 10 minutes or more

- You can use a timer if you want to.

Step by step:

Step 1 - Get the things you need



Step 2 - Find a place to sit where you can look at nature.

- If you need to stay inside, you can look out a window or sit with an indoor plant. You can also find a picture of nature online to journal about.
- Get comfy!



Step 3 – Start journaling!

- There is a list of prompts on the next page to give you ideas of what to journal about. Pick a prompt or make up your own.

Tips:

- Try to use your journal once a day or a few times a week. It can help you feel more calm or less bored if you have to be inside a lot.
- Remember! Nature journals contain your observations and personal connections to nature in the ways you like - stories, poetry, drawing, comics, etc.
- We would love to see what you do with your nature journals! Share with us by having an adult email a picture of your work to rhermes@pittsburghparks.org. If you say it's ok, we may show your work in a social media post.



Ideas for Nature Journaling

Pick an idea from the list below or make up your own!

- ◇ Create a song or rap about the season. What can you see, hear, smell, and feel, that tells you about the time of year?
- ◇ Find a leaf and draw it with as many details as you can.
- ◇ Find something in nature that's very small and make a big drawing of it.
- ◇ Write down how you feel right now.
- ◇ Make up rhymes about plants and animals
- ◇ Write a short story from the point of view of a tree that you can see. How did it grow up? What has it seen? How does it feel today?
- ◇ Write a letter to a plant or animal.
- ◇ Make a list of everything you can see without turning your head.
- ◇ Imagine you are a bird who lives in your neighborhood.