



Science - K-6 - Nature Journaling

Learning Intention

Expanding knowledge and understanding of, whilst connecting with, our natural world.



Curriculum Outcomes

Science

STe-4MW-ST identifies that objects are made of materials that have observable properties

ST1-4LW-S describes observable features of living things and their environments
ST2-4LW-S compares features and characteristics of living and non-living things

ST3-4LW-S examines how the environment affects the growth, survival and adaptation of living things

Lesson 1 Content

Whilst protecting nature - the plants and animals - is a really important thing to do, it is equally important to experience it. Nature journaling is a relaxing and fun way to connect with the natural world. Nature Journaling:-

- improves your powers of observation - ability to see detail and appreciation of beauty
- is useful for collecting wildlife sightings and increases your recognition of animal and plant species
- allows you to playfully explore your creative side
- calms your mind
- increases your drawing ability
- allows you to capture a moment and reflect on it

Activities

Learn what nature journaling is and then enjoy being a nature journalist!

Online Links (optional)

<https://www.paperbarkwriter.com/>

<https://www.treehugger.com/how-keep-nature-journal-4863533>

<https://childhoodbynature.com/the-essentials-of-nature-journaling/>

What you will need:

1. a blank piece of paper (or use a printed version at end of this activity)
2. something to draw with
3. something to lean on

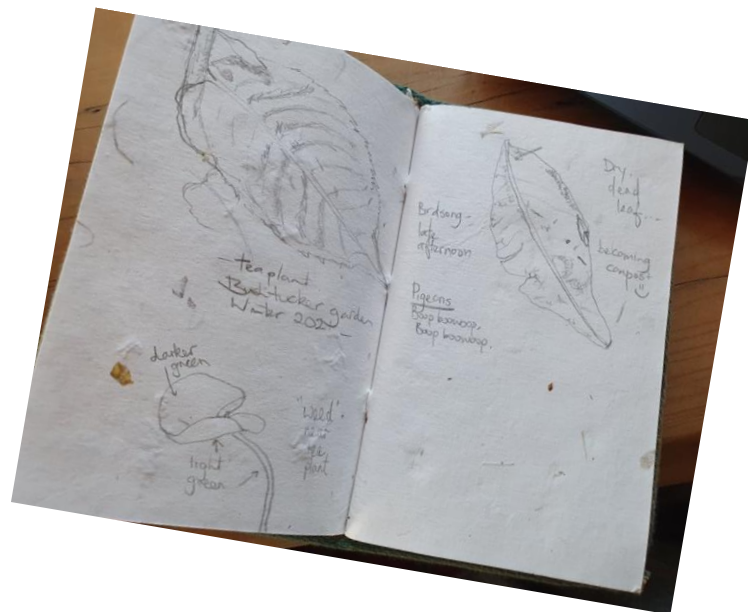
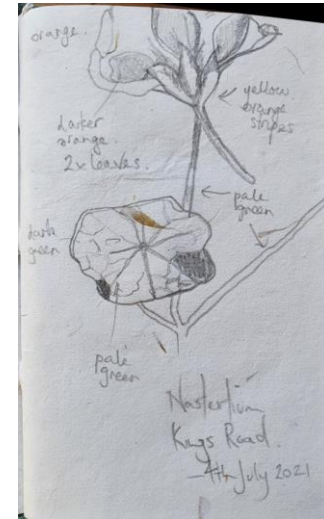
How to...

1. Find a spot in nature (this can be looking through a window if you can't get outside)
2. Take a few minutes to settle in and allow your eyes to focus on your surrounds.
3. Draw what you see, not what you think you see (what is in front of you, not in the filing cabinet of your brain)
4. Look 3 x more than you draw – look, look, look, draw. When you are drawing be mindful to look at the object a lot more than you have your head down drawing it.
5. Objects in background are less detailed and smaller; objects closer to you are more detailed and larger.
6. Drawing shadow will give your object a 3D effect.
7. *Nature journaling* is different from *nature drawing*. It involves also writing about your object – start with adjectives if you can't think of anything – greeny blue – bumpy – glossy; can put date, time, place; can describe how your other senses or experiencing your spot – e.g. a kookaburra was laughing, the sun is warm on my back.

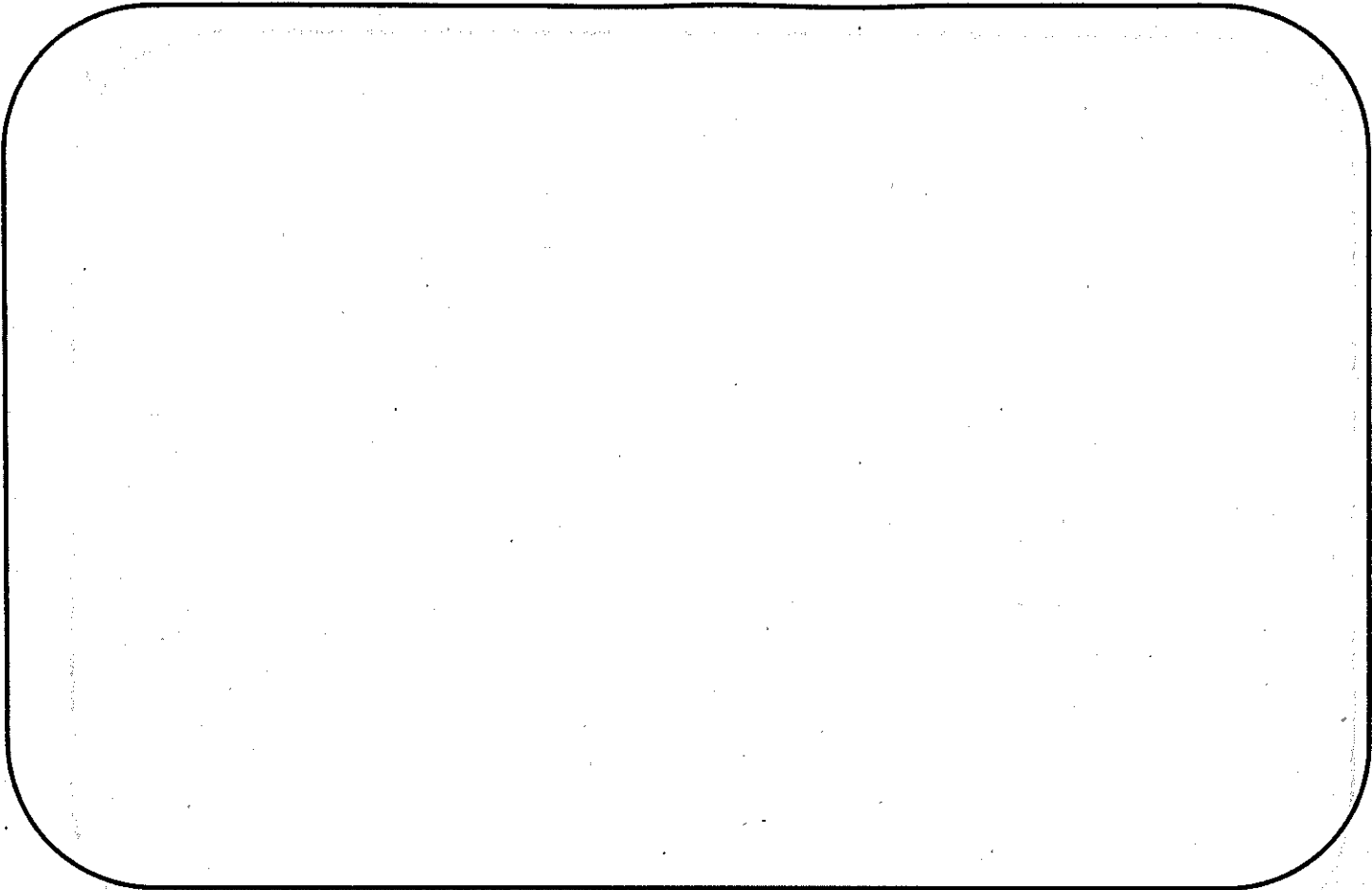
***Remember this is just for you. You don't have to show anyone. Drawing is a skill that gets better the more you do it. Most people are pleasantly surprised to find that nature journaling not only makes them feel good, but that they are good at it.

Less Advanced	More advanced
Start off by doing a leaf or bark rubbing (placing paper over the leaf or bark and with a crayon or pencil on its side rub the paper over the object). The outline of the object should appear. You can press flowers/leafs and glue in when dried. You can also hold a leaf up to a window. Place paper up over the leaf and trace the outline.	Research the plant/ animal you are drawing. Note in your journaling – <ul style="list-style-type: none">• Botanical name• Differences in appearance of gender – e.g. is it a male wren?• What is the natural habitat of the animal?

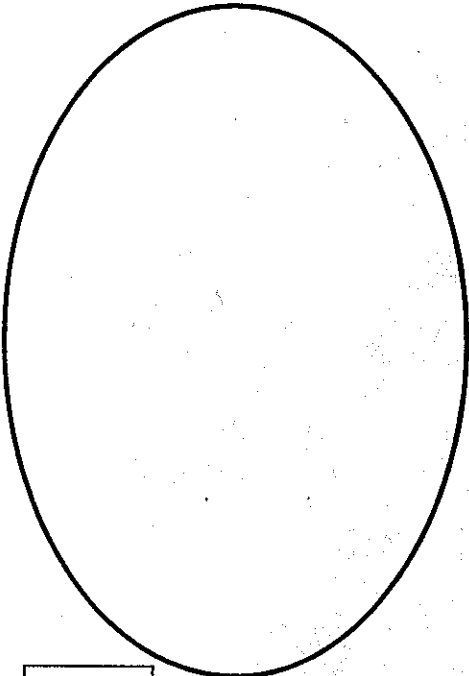
Examples:



Landscape, Leaf Pressing and Rubbing, Black and White or Colour journaling.



Look, look,
look, draw.



Add
questions,
observation,
thoughts or
adjectives.

