

More Nature Journal Activities!



A nature journal is a space for you to be creative and let nature be the inspiration for what you create! You can use your journal to write a poem, tell a story, draw something big or small, describe what you see and hear, share your thoughts and feelings, or write down questions to look up later.

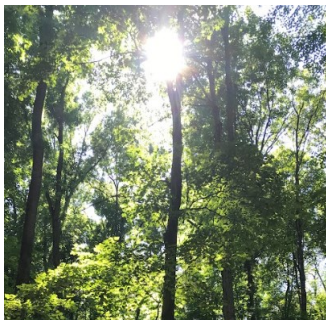
Here are a few additional activities to try this summer on the pages of your nature journal:



Take your journal outside and go for a color hunt. How many different colors can you find? How many different types of flowers?



There will be plenty of hot and humid days here in Syracuse this summer. On a particularly warm day, take notes in your nature journal of ways you observe wildlife cooling off or of any evidence of where they may have cooled off like flattened grass, or a puddle with tracks around it.

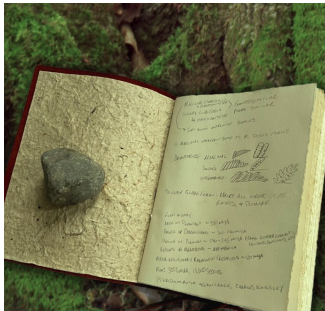


Find a quiet spot to sit or pause near a tree or in a forested area. Notice the way that the sun peeks through the leaves and write down all the ways the sun is influencing the life around you. If you want, you can even sketch the way that the sun shines through the forest by sketching the shadows you see on the ground around you!

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Do you ever wish you could fly? Like a bird, bat, or butterfly? How about a flying squirrel or dragonfly? In your nature journal, imagine that you can fly. Write or draw what your wings would look like. Where would you go? The sky's the limit!



Find a comfortable place to sit or stand outside and give yourself 5 minutes of silence to just observe what is around you - what do you see, hear, feel, smell? Then take another 5 minutes to write down 5 things that stood out to you from your sit spot. Do you feel different after these 10 minutes in nature?



We have water all around us in lakes, ponds, and streams. In your journal, write about how water impacts your life, from watering your garden to cooling off on a hot day. Take a moment to appreciate all that water does for us.



Dear Summer.... Toward the end of summer, take some time to reflect. Think about what you loved about this summer and write a thank you letter to this season, describing the experiences you had in sensory details. You can add photos or drawings to help when you're looking back on these memories!