

# NATURE JOURNALS

At Shores Outdoor School we use nature journals to write down or draw observations we make during our adventures and activities. We also use them to experiment with things like natural paints, leaf rubbings, and map-making, and to collect badges each session!

You can add as many extra blank pages as you wish to keep records, make drawings of things you discover, or write down questions you are curious about.

**DURATION** 20 minutes  
**AUDIENCE** 4 years +,  
with adult  
help  
**SETTING** Outdoors/  
Indoors  
**THEME** Nature  
crafts

## DIRECTIONS

1. Print out the attached pages. Line up your additional blank pages. Fold them in half and punch two holes along the folded edge.
2. Go outside! Find a stick that is straight, about the thickness of your finger, and the length of your nature journal.
3. Line up the stick along the spine of your journal (where the holes are).
4. Loop the elastic around the stick, thread it through the top hole and out through the bottom hole. Loop it around the stick again.
5. Write your name and decorate the cover of your journal!

## MATERIALS

- Printer paper
- Attached sheets, printed
- Hole puncher
- Elastic bands
- Pencil crayons or makers



We'd love to see pictures of your artwork! Tag us on social media @ShoresTO.

Check out Shores's Facebook for more indoor and outdoor Jewish nature-based activities!

# My Nature Journal

NAME: \_\_\_\_\_



