

Nature Journal

Creating a simple nature journal is a great way to record your exploration.

What you put in your journal is up to you, too! Have fun creating and decorating your journal, then head outside to fill your journal with amazing stories of your adventures!

Materials Needed:

- 1 piece of colored paper
- several sheets of white paper (computer paper works well)
- paper punch
- twig (about 8" long)
- rubber band
- markers, crayons, colored pencils, pens, pencils

Step #1: Fold the colored paper in half. Fold the white paper in half. Place the colored paper over the white paper to create a cover.



Step #2: Punch two holes along the spine of the book about 2" from each end.

Step #3: Lay the twig on one side of the book along the spine.

Step #4: Push the rubber band through one hole, loop over the end of the twig. Pull the rubber band and push it through the second hole at the other end of the spine. Loop around the other end of the twig.

Step #5: Decorate your journal. Then, head out into nature and fill your journal with sketches, stories, drawings, and writings about your adventures!

