## Nature Journaling: Writing Poetry

Writing poetry about nature can be fun, and it helps you think more deeply about what you observe. Remember, poetry doesn't have to rhyme.

Before you start writing, find a spot where you can observe nature. This could be looking out a window, sitting in a yard, or walking through a park. Pay attention to what you notice and feel. Then pick a type of poetry from the options below and give it a try.

## **Poetry of Place and Time**

In this type of poem, you use poetry to express the place you're in and your feelings about it. You can use sentence starters "I notice", "I wonder", and "It reminds me of" as part of your poem, but you don't have to follow that exact order. Here are some examples:

I notice the sound of an underground animal munching on roots. I wonder if it is eating fern roots or tree roots. I notice the ground move a bit. It reminds me of pulling weeds in a garden.

Mushroom

I notice it is spongy. It reminds me of bread dough. I wonder if it is edible.

Now you try	
based on activity from How to Teach Nature Journaling by	y John Muir Laws and Emilie Lygren, available at howtoteachnaturejournaling.com

## Haiku

A haiku is a form of verse used by the Japanese to describe things in nature. A haiku has three lines, each with a specific number of syllables. The first line has 5 syllables, the second has 7, and the third has 5. Here are some examples.

Floating on the breeze	ating on the breeze (5 syllables)			
Little white wings flap quickly	(7 syllables)	Insects eating fallen tree		
Here then gone elsewhere	(5 syllables)	Breaking down the wood		
Now you try				
Cinquain				
A cinquain has five lines. It is a F words in each line.	rench form of verse	based on the number of		
One word title	Grass			
Two descriptive words (adjectives)	Tall flexibl			
Three action words (verbs)		vhispering sheltering		
Four words expressing feeling One word summary	Swaying ii Meadow	Swaying in the breeze Meadow		
Now you try				

## **Senses Poem**

Now you try...

In a senses poem you use one line to describe what you notice about each of your senses. You can also write more than one line about one sense, or skip one if you can't think of anything for it.

Here are some examples.

I feel the gentle breeze on my skin.
I hear the water falling down the creek.
I smell the scent of decomposing wood.
I see the bright greens of spring all around.
I taste the crunch of miner's lettuce.

I hear a hummingbird singing from a fir tree. I see clouds painting the ever-bluing sky. I smell dusty dirt, scented with oak leaf. I taste the last of my picnic lunch. I feel peace in the breeze and bright sun.
