

# 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...

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based on activity from *How to Teach Nature Journaling* by John Muir Laws and Emilie Lygren, available at [howtoteachnaturejournaling.com](http://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	(5 syllables)	Decomposition
Little white wings flap quickly	(7 syllables)	Insects eating fallen tree
Here then gone elsewhere	(5 syllables)	Breaking down the wood

Now you try...

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## Cinquain

A cinquain has five lines. It is a French form of verse based on the number of words in each line.

One word title	Grass
Two descriptive words (adjectives)	Tall flexible
Three action words (verbs)	Dancing whispering sheltering
Four words expressing feeling	Swaying in the breeze
One word summary	Meadow

Now you try...

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