

Writing to Observe, Writing to Think

You can practice using writing in different ways in your nature journaling. For this activity, don't worry about spelling or grammar.

Start by finding a nature object to focus on. It can be anything that won't run or fly away.

Then, follow these steps using the back of this paper, a page in a sketchbook, or any sheet of blank paper.

1. Make a simple drawing of your nature object.
2. Write some observations.
3. Use writing to show your thinking.
4. Connect your drawing and words with lines and arrows.

<u>You can write...</u>	<u>Writing to Observe</u>	<u>Writing to Think</u>
labels lists phrases sentences questions paragraphs poems	I notice... We saw... I heard... First.... Then...	I wonder... Maybe... Could it be... It reminds me of... I feel... It surprised me when...

After following the steps above, try this extra challenge: Write a paragraph about your journaling process. What was it like to use writing to capture your observations and thoughts? What felt successful? What felt challenging? What might you do differently next time?

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