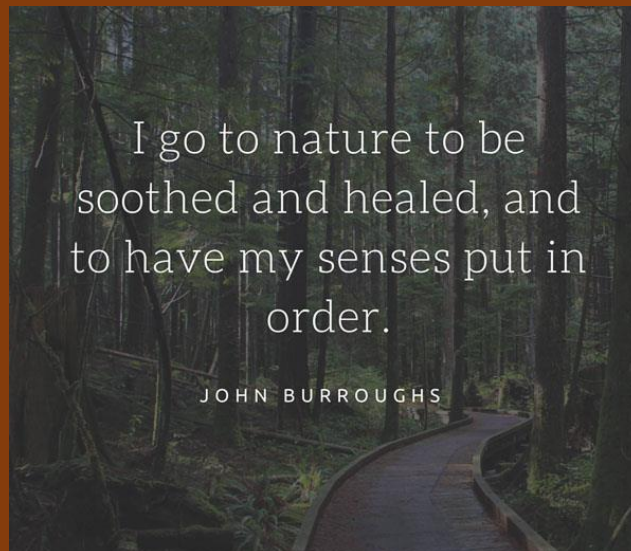




# NATURE JOURNAL

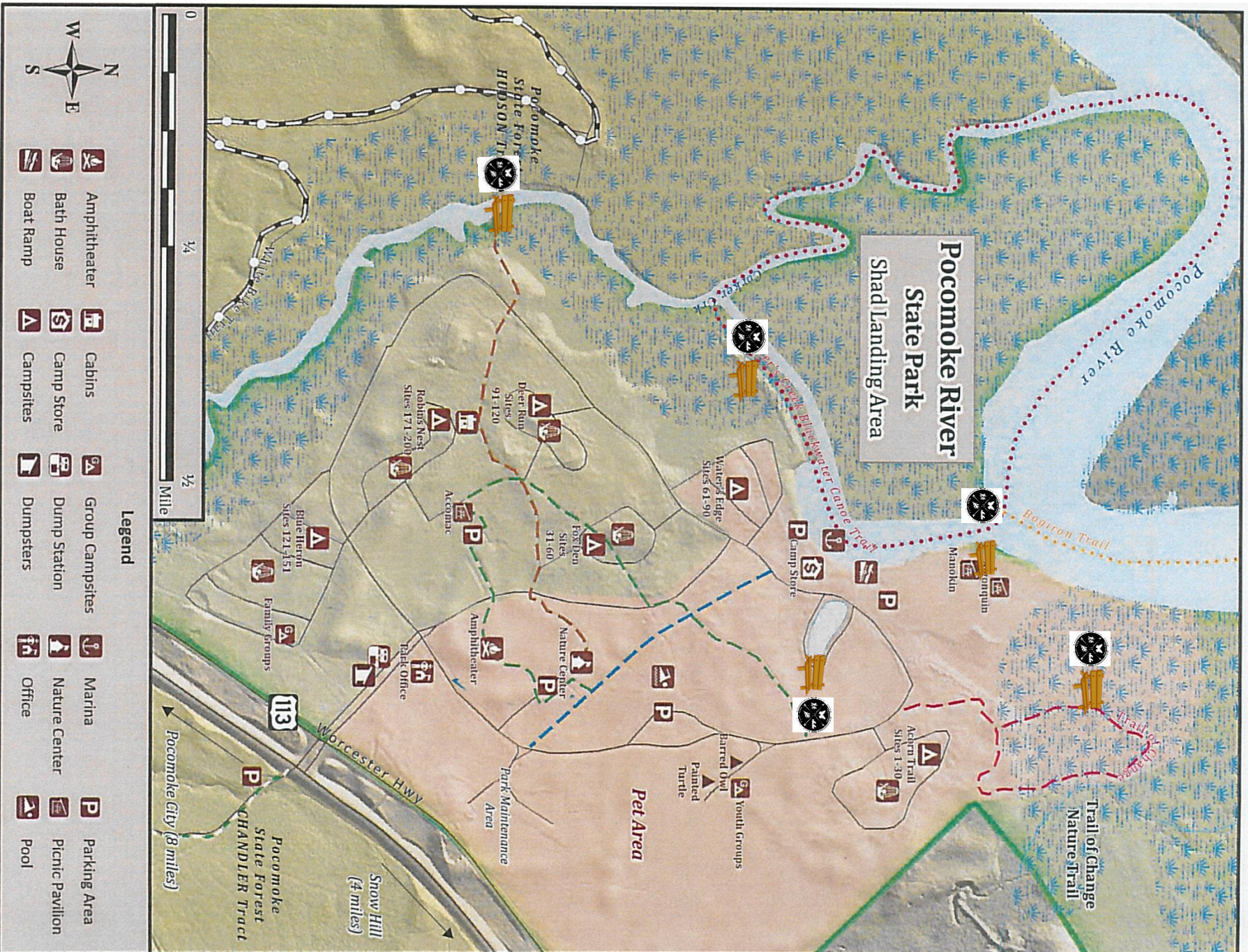
## Instructions for your nature journaling quest.



Recent scientific studies have showed us that there are physical and mental health benefits of spending time in nature. For this years quest hopefully you will get to experience some of those benefits. In your packet you will find a map that will lead you to 5 “Reflection Benches” around the park. At each bench we encourage you to sit down relax and enjoy the benefits of nature around you. To aid you in this trip you also have a Nature Journal to help you enjoy what is around you from different perspectives. You can finish one journal activity per bench or you can finish them as you hike from bench to bench. In your packet you will also have some tools to help you along your way. You will need to complete your journal to receive your Park Quest stamp.

So take your time, relax, and try to enjoy nature in a way that you have not before.









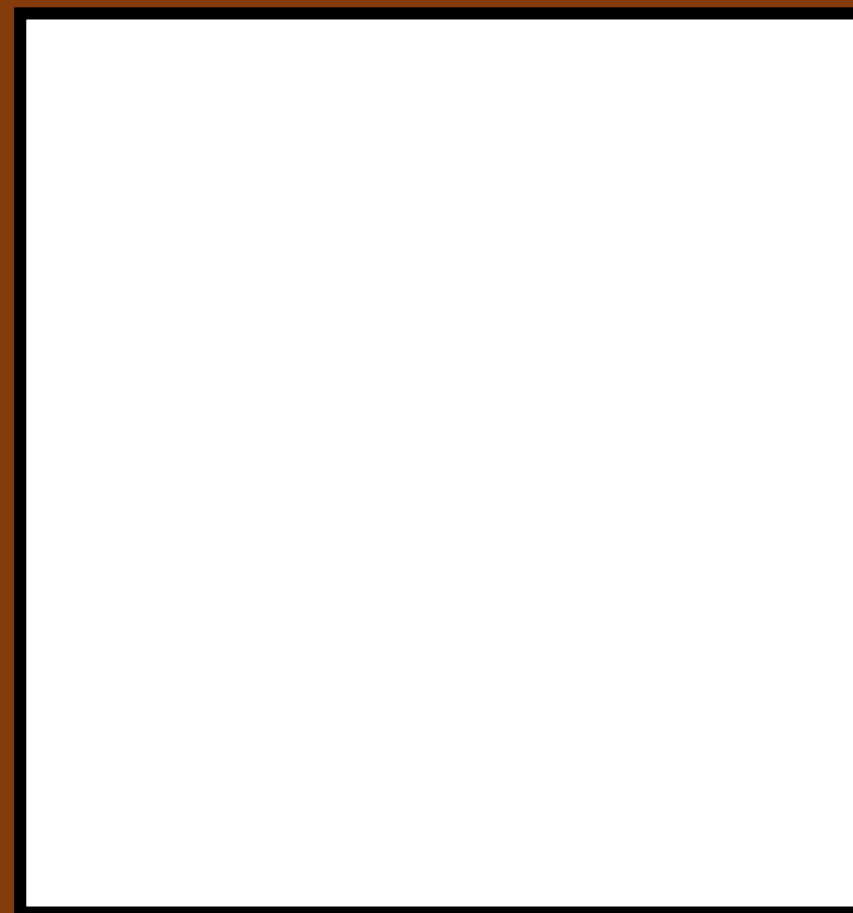
# NATURE JOURNAL

## Another point of view



There are many ways to look at nature, each view can show you something different. Pick two “views” and draw a picture of what you see. Write a caption telling what you saw in your unusual view.

- **Close Up:** Get down on the ground or right up next to something. If you want use a magnifying glass.
- **From Afar:** Scan a whole scene from a long way away.
  - **Zoomed In:** Use Binoculars to get close to something in the distance.
- **Bird's Eye:** Climb up on something and look down.
- **Bug's Eye:** Lie down on your back and look up.





# NATURE JOURNAL

## Animal Antics



Animals in the forest are up to all kinds of things!! Take a few minutes to observe them and you will see!  
Choose an animal to watch: a bird, a squirrel, spider, ant, worm, bug – Whatever you can find. Draw a picture of that animal and fill out the behavior chart.

### Observations

**What do you see the animal doing?**

- **Behavior #1:**
- **Behavior #2:**
- **Behavior #3:**

### Opinions

**Why do you think the animal is doing this?**

- **Possible reason:**
- **Possible reason:**
- **Possible reason:**



# NATURE JOURNAL

## Pond Study

**A pond is a place that is bursting with life. Imagine you are a scientist who has just discovered a new pond, and you need to make a record of all the living things there. List your observations below. Don't worry if you do not know a plant or animal's name - you can make that one up describing something special about it. \*\*Hint there is a reflection bench near a pond\*\***

**What trees and plants are growing in or around the pond? Describe or draw them here:**

**What signs of animals do you observe around the pond? Listen for birds, insect or frogs. Look for tracks, scat, chewed leaves and other signs. Explain what the signs tell you about what live there.**



# NATURE JOURNAL

## Tell a Tree by its Bark

Try to identify a tree by its bark and by its leaves.

**1. Select a tree. Look at its bark and leaves carefully. What color(s) do you see?**

**Bark:** \_\_\_\_\_

**Leaves:** \_\_\_\_\_

**2. Now touch the bark, feel the leaf (if you have one). How does it feel? (Is it bumpy, smooth, flaky, shredded, thorny, waxy, or something else?)**

**3. Now draw a picture of the leaf, take a rubbing of the bark.**



**3. What kind of patterns do you see?**

**5. Using the field guide, what kind of tree do you think this is?** \_\_\_\_\_



# NATURE JOURNAL

## Animal Homes

If you walk through your neighborhood you will see buildings where people live. As you are walking around the woods you will pass the homes of many animals – they are just not as easy to spot! As you are walking from bench to bench keep a record of animal homes you observe.

### What to look for:

- A tree hole
- A hole in the ground
- A bird's nest
- A leafy squirrel's nest
- A big rock or log  
(carefully look underneath)
- A rolled up leaf
- Holes or tunnels in tree bark

