

# Pick-a-Park: Nature Journaling

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A **nature journal** is a space to record your observations, thoughts, and feelings about what you see in nature.

There are many benefits to nature journaling including:

- physically slowing down your body,
- noticing closely,
- being in the moment,
- connecting to your senses,
- practicing asking questions,
- making lasting connections,
- and appreciating nature!



Nature journaling can be done *anywhere*, with very few materials. You can nature journal with a scrap of paper and a pencil...or you can use a notebook, colored pens, pencils, and crayons. Follow this link to find a State Park near you, and then head outside for some nature journaling!

<https://bit.ly/3v7d8cD>

## Ready to get started? Jump right in!

1. For this activity, print out the following natural journaling template.
2. Pick a nearby State Park that you can easily visit. You will want to visit this same place once a month each month, from May through October.
3. Fill in the details so that you'll have a record of the place, time, weather, etc. for later comparison.
4. Set a timer for 15 minutes (or more!) and begin observing with all of your senses. What do you see? What do you hear? What do you feel? What do you smell?
5. Record your observations in a way that feels good to you. You may choose to draw pictures, take written notes, jot down questions, etc.
6. Keep your journal in a safe place and revisit the same spot next month.

For additional Park Quest activities, visit [dnr.maryland.gov/parkquest](http://dnr.maryland.gov/parkquest)!

# \_\_\_\_\_ 's *Nature Journal*

Date: May \_\_\_\_\_, 2022

Weather: \_\_\_\_\_

Location: \_\_\_\_\_

Start & end times: \_\_\_\_\_

Date: June \_\_\_\_\_, 2022

Weather: \_\_\_\_\_

Location: \_\_\_\_\_

Start & end times: \_\_\_\_\_



# \_\_\_\_\_ 's *Nature Journal*

Date: July\_\_\_\_, 2022

Weather:\_\_\_\_\_

Location:\_\_\_\_\_

Start & end times:\_\_\_\_\_

Date: Aug\_\_\_\_, 2022

Weather:\_\_\_\_\_

Location:\_\_\_\_\_

Start & end times:\_\_\_\_\_



