

# Birch Aquarium at Scripps

# *Nature* JOURNALING

Scientists use observation skills to learn about nature, and you can be a scientist too by drawing animals in our Kelp Forest or by sketching animals in or around your home!

## **NATURE JOURNALING TIPS:**

- You can journal by drawing, writing notes and observations, creating poems, collecting nature or any other ways you can think of.
- Using the right tools will make your work easier. Grab a pair of binoculars or a magnifying glass to see more details.
- Get yourself comfortable and be patient. Sometimes you need to wait to see the really cool things.
- Make sure to always respect nature. Only pick up nature that has already fallen if you want to keep some things in your journal.
- Journal for as long or short as you want but make sure to do it in a way that makes you happy. Journaling should be fun!
- Share what you're doing with us!

## **SOME QUESTIONS TO THINK ABOUT WHEN JOURNALING:**

- What do you observe?
- What do you wonder?
- Why do you think that?
- What additional questions do you have?



## **MATERIALS YOU CAN USE**

You can use one or all of these materials. It's up to you! You can even create your own materials to use. Remember you don't need to use the same materials every time you journal. It can be fun to try markers one day and pencils another. The most important thing is to have fun and be inspired by nature.

- Notebook or paper
- Pencil
- Pen
- Markers
- Colored Pencils
- Crayons
- Paints
- Colored paper, magazine, or newspaper for a collage



