

# Nature Journaling: Make a Field Guide

Pick a subject that interests you and see if you can find several examples of it in your neighborhood (ex. rocks, birds, plants, animals). Alternatively, you can create a local guidebook of things that you find in your neighborhood.

Making this field guide is not about being an expert on the subject. Making this guide is about being focused, curious, and discovering things you might have never seen or appreciated. Be open to being surprised and changing your mind.

Example page from a field guide:

**NAME**  
Make up your own or look up the scientific name later!

**HABITAT**  
Note (or add a sketch) of the habitat where you found your item. If you drew part of a plant, describe the whole plant.

**SCALE**  
Make notes of the size and scale. If you draw something life-size, make a note of it.

**FOLLOW THE QUESTIONS**  
What do you wonder? Write down questions that you come up with during your journaling. These may lead you to new discoveries.

**LOCATION/DATE/WEATHER**  
Write down your location, the date, and something about the weather. This will help you keep track of your data, and also help you remember your day better.

*goldback fern*  
(*pentagramma triangularis*)

FOUND IN A SHADY SPOT UNDER THE FOREST CANOPY

- HEIGHT ~5 INCHES
- UNDERSIDE SUBSTANCE LEAVES A "STAMP" AGAINST DARK BACKGROUNDS

? does it grow only in the summer/spring?

? how big does it get?

2 IN. (LIFE SIZE)

What is the yellow powder substance?

LIGHT YELLOW UNDERSIDE POWDER SUBSTANCE

5-19-20 ☀️ 61°  
CAMP MEEKER, CA

based on activity from *How to Teach Nature Journaling* by John Muir Laws and Emilie Lygren, available at [howtoteachnaturejournaling.com](http://howtoteachnaturejournaling.com)

1.

Name:

Sketch:

Location: \_\_\_\_\_ Date: \_\_\_\_\_ Weather: \_\_\_\_\_

Observations: *(What do you notice?)*

Questions: *(What do you wonder?)*

2.

Name:

Sketch:

Location: \_\_\_\_\_ Date: \_\_\_\_\_ Weather: \_\_\_\_\_

Observations: *(What do you notice?)*

Questions: *(What do you wonder?)*

3.

Name:

Sketch:

Location: \_\_\_\_\_ Date: \_\_\_\_\_ Weather: \_\_\_\_\_

Observations: *(What do you notice?)*

Questions: *(What do you wonder?)*

4.

Name:

Sketch:

Location: \_\_\_\_\_ Date: \_\_\_\_\_ Weather: \_\_\_\_\_

Observations: *(What do you notice?)*

Questions: *(What do you wonder?)*

## Reflection:

*What surprised you the most?*

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*What patterns did you find?*

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