

## Extra considerations

### Leave no trace

Make sure to enjoy natural areas responsibly so that you don't affect the ecosystem. Only collect items if you are sure that it's allowed, stay on marked trails, and never leave behind trash or otherwise affect the habitat in any way.

### Low-impact practices

When possible, choose more sustainable materials to use for your journaling supplies. Look at how the products are made, or consider finding a secondhand craft store to give old supplies a second chance!

## Additional resources

**The Laws Guide to Nature Drawing and Journaling**  
book by John Muir Laws

**A Field Guide to Nature Journaling**  
book by James Samuel Sisti

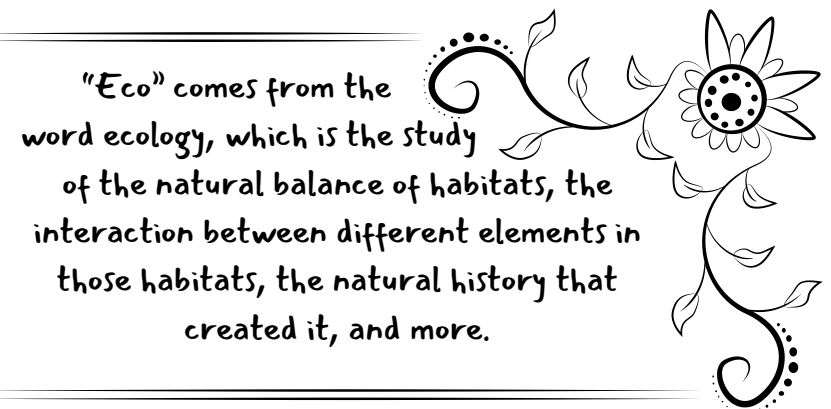
**wildwonder.org**  
**@wildwonderfoundation** on instagram

**johnmuirlaws.com**  
**@johnmuirlaws** on instagram



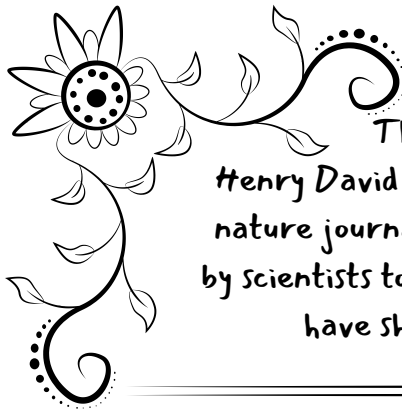
## What is eco- or nature journaling?

Using observation, curiosity, and creativity to explore and document the natural world (and our place in it).



## Why do we eco-journal?

- To understand ourselves and the world around us
- To document things so that they won't be forgotten
- To express our creativity



### *DID YOU KNOW?*

The writer and philosopher Henry David Thoreau kept such detailed nature journals that his work is still used by scientists today to study how the seasons have shifted since the 1800s.

## How do we eco-journal?

There is no right or wrong way, but we can use our own skills and interests to capture our observations about the natural world, using words, illustrations, and artifacts.

## Eco-journaling prompts:

- Go on a walk and make a list of the plants and animals that you see. Try to create an illustration of a few of them. You can also make a map of your walk and label the places on the map where you observed plants and animals.

- Write about your favorite nature memories from your childhood.
- Go outside and choose one plant that you see to document in your journal. Create an illustration, and then record any other important information about the plant and its surroundings.

- Write a letter to your favorite species.

- Write a poem about nature.

- Research a nature topic and then create a journal entry that could help somebody else learn about the topic. Try to use a combinations of illustrations and text. (Possible topics: pollination, the water cycle, the life cycle of an animal or plant, native vs invasive plants, phenology, mycelium, prescribed fire)

- Imagine that you are on a famous voyage (real or fictional) and write a nature journal entry about your observations.

- Create a nature-themed collage.

**These are just starting points! Go outside, pay attention to what you see, and let the natural world inspire you!**