

Science Notebook & Nature Journaling Guidelines

Science notebook headings:

- Date, day, time, season
- Location or field work site
- Habitat — such as forest type, Garry Oak meadow, non-forested, wetland, non-natural (residential, industrial areas)
- Soil conditions — such as moist, dry, coarse, fine
- Weather — such as temperature, wind speed, precipitation, % of cloud cover

Each nature journal entry includes:

- **ABC** — taking notes, writing descriptions, labelling diagrams
 - I notice... I wonder... This reminds me of...
 - Take observations and notes of plant or animal species or environmental considerations (outlined in the purpose of your field work)
- **123** — Metrics - size, height, length weight, distance, GPS coordinates, % of coverage (units)
- **Picture/Diagram** — Illustrate map or sketch area of focus (for example: plant species, marine species in intertidal zone, etc)
 - Start with a pencil, sketch it lightly; finish with coloured pencils
 - Label diagrams
 - Draw an inset or magnified view of a part of an organism
- **Reflection** — Look back on what you learned and what you still want to know with a diary entry, short story, poem, questions, and/or drawing

Some other questions that may help you get started:

- *What do I see or hear?*
- *Do I see anything that surprises me?*
- *Are there any fruits or flowers on individual trees or damage to plants in your site?*
- *Are there any interactions between insects or animals (for example: mating, fighting, etc)*
- *Have you seen any changes from the last time you were here?*

Note possible human impacts on the environment:

- Observe your surroundings and list possible pollutants (such as residential, industrial, agricultural)
- Identify any environmental impacts that are negative or beneficial

(Adapted from John Muir Laws: <https://johnmuirlaws.com/product/how-to-teach-nature-journaling/>)



This resource is part of the BC Urban Streams & Watersheds lesson plans, assembled in 2025. Learn more and download additional resources at www.engagewithnbs.ca/for-schools

This material is available to reuse and adapt in your classroom.

