# 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/*](https://johnmuirlaws.com/product/how-to-teach-nature-journaling/) )