

Nature Journaling guidelines

Headings

- date, day, time, season
- location
- habitat (such as forest type, Garry Oak meadow, non-forested, wetland, residential or industrial area ...)
- weather (temperature, wind speed, precipitation, % cloud cover)

Each journal entry includes...

- **ABC:** taking notes, writing descriptions, labelling diagrams
 - I noticed ...
 - I wonder ...
 - This reminds me of ...
- **123:** Metrics:
 - size, height, length weight, distance, GPS coordinates, % of coverage (units)
- **Picture/Diagram:**
 - Start with a pencil, sketch it lightly and finish with coloured pencils or watercolour
 - Draw an inset, label diagrams
- **Reflection:**
 - Look back on what you learned and what you still want to know, diary entry, short story, poem, questions, drawing, etc.



Example:

Tuesday, September 21, 2021 | 1:30pm | Fall
Cobble Hill, Garry Oak Meadow
16°C 11km/hour wind, no precipitation, 15% cloud cover

I noticed this is the only tree in the meadow. I noticed that this tree doesn't have a whole lot of leaves. I wonder if the reason it doesn't have a lot of leaves, because it loses its leaves in the fall and winter. I notice a lot of birds at the top of the tree. I notice that there aren't a lot of things growing at the base of the tree. I wonder if something is eating the things at the base of the tree. This reminds me of a tree in my best friend's backyard.