

Council's Own Patch

Nature Journaling

Objective: Girl Scouts will discover environmental stewardship and place connectedness through journaling what you find in nature. Use your creative muscle to discover and connect to the marvelous things found in the great outdoors.

Guidelines:

- Daisies, Brownies, and Juniors must visit 2 locations and complete at least 4 activities.
- Cadettes, Seniors, and Ambassadors must visit 3 locations and complete at least 6 activities.



Try Journaling in New Locations -

Urban Nature is still Nature!

- Park or Playground
- Your Home
- City Block or Sidewalk
- At a Girl Scout Meeting

Materials: Pencil & Paper

If you would like to add more materials, try:

- Notebook/Journal
- Crayons or Colored Pencils
- Magnifying Glass
- Binoculars

Journal Prompts:

1. **SCRIBBLE SKETCH** - Walk until you find something that catches your eye. STOP and scribble a quick sketch of it. Remember that no sketch is perfect and sometimes the messier the better! You can try a 30 second, 1 minute, 3 minute, or 5 minute sketch and compare the drawings. What is different about each drawing? Did you notice anything new the more time you had?
2. **LOOK HIGH, LOOK LOW** - Stand in one place and see if you can journal the view from different height levels. If you were the size of a tree, what would it look like up there? If you were the size of an ant, what would you see around you? What if you were a bird flying in the sky? What other perspectives are there?
3. **FREEZE AND FIND** - Freeze where you are and listen. Write in your journal what you hear, see, smell, touch, and even taste. What do you think could be making the sounds? Do you feel the wind on your skin? Does the air have a taste?
4. **LOOK AGAIN** - Stand where you are and close your eyes. Open your eyes. Draw the first thing you see. Get as close as you like or stand far away for a different view.
5. **COLOR MATCH** - Find an object in nature with a natural color. Using crayons, markers, or colored pencils try to color match the right shade. Search for any other objects with the same color or close to it. You may be surprised how many different shades of green and brown can be found!
6. **OUTLINE AND SHAPE** - Notice and Investigate the shapes of trees around you. Some have round tops while others are tall and pointy. In your journal, draw the outline and shape of trees you see. Not all trees are shaped the same.
7. **COMPARE AND CONTRAST** - Find two things in the same category or family and write your observations. Explore their differences side-by-side by drawing and describing the details. Compare leaves, flowers, plants, rocks, insects, etc.
8. **WHAT ELSE?** - Feel free to keep writing and drawing what you see everywhere you go. Take your notebook out with you on Girl Scout trips and journal what inspires you!

Remember to follow Leave No Trace Principles.