



Backyard and Beyond

Nature Journal

What you need:

- Paper for the pages of your journal (This is a great way to use up scrap paper, like from old notebooks!)
- Thin cardboard (like a cereal box) or heavy paper to make a cover for your journal
- Scissors or hole punch
- Small stick, rubber band, string, brads, etc. to hold your journal together
- Crayons, markers, or colored pencils

What you do:

1. Prepare your journal pages. Punch holes on the sides of your paper, or wherever you want your journal to be held together. If you don't have a hole punch, you can fold over the edge of your paper and cut a little triangle or semi-circle along the fold. When you unfold the edge, you'll have a hole to thread things through. Be sure to line your holes up with one another as you go along. Do the same for your front and back covers.
2. Secure your pages and covers together. A fun way to hold your journal together is to use a small stick, held in place by a rubber band (see pictures). Use whatever works best with the materials you have on hand, such as tying the pages together with string or yarn or stapling the pages together.
3. Head outside and find inspiration for your journal! Use your journal to write about or draw what you see. Some ideas to get you started: Record all the things you see on a walk around the block. Find a flower in your backyard and measure it once a week to see how tall it grows. Track the different kinds of wildlife that visit your yard each day. How will you add to your nature journal?

