



# My Nature Journal

1. Go to your sit spot.
2. Choose one of the prompts below.
3. Write the date on a new page and record your observations.



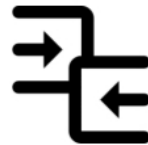
## Patterns

Draw or describe patterns that you see.



## Maths

Can you see angles? Tally the number of living things.



## Compare

Find two objects. What is the same? What is different?



## Look Up

Look up to the canopy. Do you see mostly plants or mostly sky? Are there any birds?



## Look Down

Look down to the ground. Do you see plants, leaf litter, rocks or insects?



## Zoom In

Find an object and draw a close up observation.



## Sound Map

Close your eyes and listen to the sounds. Are they from the natural environment?



## Weather

What is the weather? What do you see? How does it make you feel?



## Free Choice

Draw or record observations that interest you.



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