

Inspired By Nature – Beginning a Journal

“The heart of nature journaling is the learning of observational skills, not drawing skills. Clare Walker Leslie

“A place is nothing more than a space with a story and the basic question in nature writing is: what happened here?” John Tallmadge

Basic Observations

Deep Connection with natural world



What kind of stories & wisdom can writers draw from the land?

Basic Observations

Monday, September 22, 2020, 830 am 65 degrees

Sit quietly for about a minute and observe and listen to what is happening around you.

- * What do I see?
- * What do I hear?
- * What do I feel on my face, my skin?
- * What do I smell?
- * Is there a “taste “ in the air?

Additional Observations

With the heart of nature journaling being to create *a sense of place*, what features of *your place* create a unique experience in your current moment?

- * Do I see clouds in the sky? What are their shapes? What do they remind me of?
- * If you see water, is it moving downstream? Fast or slow? What color is it? If you see ripples, what is the shape?
- * Are geese swimming, flying in formation or honking?
- * Who are the people of this place? Now? And in the past?
- * Are squirrels searching for food, gnawing at a pinecone?
- * What is underneath my feet?
- * Do you see butterflies or birds flying? What are the colors?
- * Look for items that are alike: *red, round, similar textures or smells*
- * Is there a pattern to movements of wildlife?
- * What are you most grateful for? What gives you most joy?