With this journal I want to:

→ Learn more about the plants and animals I can observe from my yard.

→ Wonder what springtime means for these plants and animals.

→ Watch something grow, or bloom over the next few weeks and draw the changes.
MARCH 20th

from my window, I can see.

Some loud, dark birds flying around a huge old tree.

I wonder what they are...
The huge, old tree is a Douglas Fir.

Doug. firs can live to be 500-1000 years. Thick bark helps these trees survive fires.

Douglas firs have a unique piece that looks like a mouse's back leg and tail. This makes them easy to identify.

The fir cones are flat, soft needles give the nickname 'friendly fir.'

Douglas firs can be over 200 ft tall and 25 ft wide.
The Dark, Loud Bird, is an American Crow

Crows can adapt easily to almost any habitat.

Crow can mimic sounds just like humans.

Crows eat many things: grains, seeds, berries, nuts, earthworms, and mice. They also eat a lot of insects, aquatic organisms, and carrion.

The oldest captive crow lived to be 59 years old!

Crow are some of the most intelligent birds. They can mimic other animals’ sounds and even traffic sounds!
A few weeks ago, I planted some seeds.

**March 20th**

- tiny leaves!
- very small

As they grow, I'll draw the changes I can see.

**March 23rd**

- more leaves!
- got much taller!
- stems are pink!
A QUICK GUIDE TO...

NATURE JOURNALING WITH KIDS

WHAT IS A NATURE JOURNAL?
A nature journal is a recorded observation of nature. Scientists, explorers, and artists have long used journals to learn about the natural world, and we can use them to do the same, while also taking time to slow down and enjoy time outdoors. They also provide various opportunities for art, writing, science, and research, all valuable lessons to share with kids.

WHERE DO I START?
Take a look out your window, sit in your yard, or go for a walk. Try to encourage noticing of smells, sounds, and sights. Point out things that otherwise may go unnoticed such as the amount of needles in a group on a conifer branch, the shapes of leaves, the different birds, and what is it that makes them different?

Allow the kids to find something that interests them, then ask some questions about it, such as “What do you like about it?” “Where does it live?” “What do you think it eats?” “What is something cool you notice about it?”

EXPRESS YOURSELF!
Represent your observations however you like! Paint a picture, take a photo, make a collage, write about the questions asked and how it made you feel. Maybe look up the things that interested you and learn more about them, and write about the things you learned along the way. There is no wrong way to nature journal!

WRITING PROMPTS.
• Throughout the world, there are many trees that have stood in the same place for hundreds of years. Write a story about all of the historic events and changes in society that one of these trees has seen.
• Write a story from the perspective of a bird that can see the entire world from above.
• What do you think life was like for our ancestors who had to live off of the resources they could get from nature? Do you think you could have survived this way?
• If you were a part of nature, what would you be? Why?

ARTISTIC IDEAS.
• Leaf and tree rubbings
• Painting
• Pressed flowers/leaves
• Nature stamps (Collect objects (rocks, acorns, or leaves), dip them in paint, and press into the paper)
• Poetry/quotes
• Sketches of things you see
• Draw and identify birds, tracks, plants, or other wildlife
• Plant seeds and draw the changes you see as they grow!

HELPFUL LINKS
https://handbookofnaturestudy.com/
https://gbbc.birdcount.org/
https://theartofsimple.net/nature-journaling-with-kids/
http://stateparks.mt.gov/learn-with-us/