



# Nature Journal

Ages 7-Adult

As the seasons change, it is a wonderful opportunity to keep a journal of what you see, hear and feel. Studying the changes in seasons is called phenology and it is becoming even more important as scientists try to understand how climate change may be affecting our wildlife.

## Main activity:

You can become a scientist by recording key signs of spring. You can also write a more descriptive account of all the changes you notice as we move through the seasons. Illustrate your journal with sketches, photos, leaf rubbings or other artwork.



You could include some drawings of the same tree or viewpoint at different stages (bare branches, flowers, new leaves, full grown leaves etc.) or of the animals you spot.

If you're feeling inspired, write a poem. Keep your journal in a special notebook and you will treasure it for years to come.

## Tip:

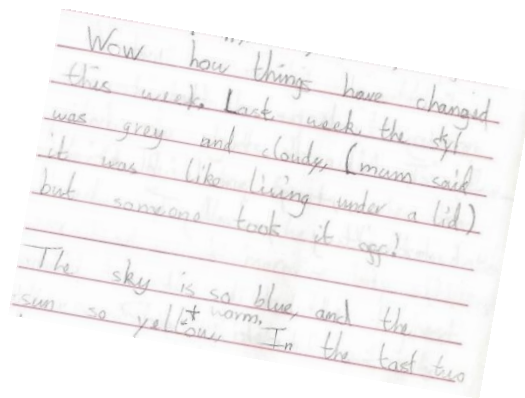
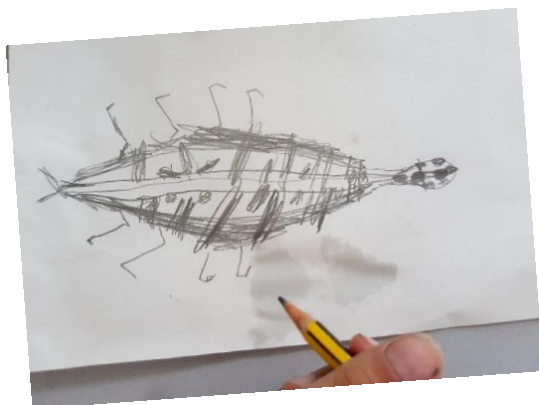
Do this activity with your children to inspire them and enjoy some mindfulness time of your own!

## Resources:

Find out more about studying the seasons; [Woodland Trust Nature's Calendar](#)

Find out about nature journaling by age and stage: [Scratch Made Journal](#)

[Yankee Homestead](#) have a free printable nature journal.



Share your drawing and observations with us #suntrapathome