

Nature Journaling for Everyone

IDEAS
FOR FUN



During our last session of nature journaling classes at our local botanical garden, we used prompts to jump-start our creativity. This led to looking and thinking about the world in very different ways, which led to some very interesting interpretations! This is the inspiration for this guide – so let go and have fun trying something new!

Happy journaling, Elizabeth

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Weird and Wacky Prompts

HAVE SOME FUN WITH A WHOLE NEW WAY OF SEEING THINGS! These nature journal prompts are a bit weird and wacky, but require out-of-the-box creative thinking and even some problem-solving to pull off.

How it works: pick one item (randomly) from the A, B, and C columns to complete a sentence – this is your prompt. Example: “A map of / a mammal / in wetlands.” Sound intriguing? Go for it!

Make it extra-random! Copy and cut apart each suggestion. Put all of the A slips in one cup (or container), the B’s in another, and the C’s... well, you get the idea. Without looking at the slips, have you and/or your kid(s) take turns drawing one phrase from each cup to make a complete sentence. Create your journal page based on the prompt! Have a show-and-tell and compare notes on your creative process. What was the hardest part? Did you research anything or totally use your imagination? What other phrases would you add for next time?

A	B	C
A menu for...	...a bird...	...in your yard.
Poster and song list for...	...a mammal...	...at a nearby park.
A diagram of...	...a habitat...	...in your community.
A map of...	...underwater creatures...	...at your school.
A game about...	...plants and trees...	...from last month.
Chart the numbers of...	...a food web...	...in wetlands.
Interview...	...things that fly...	...in the summer.

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Make Your Mark

Deepen connections by using unconventional media!

Instead of a paint brush, use:

1. A twig, root, or pine cone.
2. Flower heads or grass stems.
3. Your fingers or hands.



Instead of paint, use:

1. Earth pigments from mud or soft rocks.
2. Botanical pigments from crushed berries or leaves.
3. A mix of charred wood and water.

Instead of paper, use:

1. Large flat leaves.
2. Bark.
3. Flat stones.



TRY THIS!

Add some **whimsy** to your notes with visual language:

- ✓ Show the weather at the time.
- ✓ Let a border reflect the habitat or environment.
- ✓ Try out different lettering styles.
- ✓ Divide the space in interesting ways.



Q & A

Have a question or a challenge? Need help getting unstuck?

Here are some common questions, often asked.

Q

Any suggestions on ways to improve my observation skills?

A

One exercise that helped me look more deeply is from the book [Local Color: Seeing Place Through Watercolor](#) by Mimi Robinson.

Here is a sample on the right. Pick a subject. Look, then look again. And again. Match the colors that you see in an arrangement of your choice. It looks easy, but it *really* stretched me! The more I looked, the more I saw. Figuring out how to mix the colors was challenging too, but great practice. You can read about how I used this for the first time in [this blog post](#).



ABOUT THIS GUIDE

My purpose is to spark your imagination, curiosity, and excitement in learning through the process of creating a nature journal!

My process is to empower you with ideas, tips, and techniques to make your explorations fun, fresh, and educational.

My plan is to give helpful and easy-to-understand information you can use right now.

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