



# Nature Journal



Creating a nature journal is a mindful activity which takes children outside to quietly watch and observe. They can try this at home or when out on a walk. Encourage your child to observe what they can see, hear and smell and to draw, paint or write about these things in their journal. They might notice changing colours, footprints, birdsong, new flowers, interesting cloud forms or insects busily moving about.

This quiet, reflective activity for older children supports wellbeing and a child's sense of wonder and connection to the natural world.