

# LET'S JOURNAL ABOUT NATURE

Use these prompts to reflect on your experience in nature — or let them inspire you to capture other ideas.

## WRITE

Writing about our experience in nature deepens our connection to it. Not sure what to write? Choose one or more of these prompts to get started:

- What do I notice (see, smell, hear, feel, sense)?
- How are my mood, my heartrate and my emotions?
- What do I wonder about?
- What questions do I have?
- What is this experience teaching me about myself or nature?
- What a-ha's am I having?
- What other times have I been moved by nature?
- What does this remind me of?
- What am I grateful for in this moment?
- How can I express this gratitude?



## MAP

Sound mapping is a fun way to notice what's going on around us. Here's how:

- Draw a dot in the middle of your page.
- Listen carefully for sounds around you for a few minutes.
- Note the sounds and where you hear them (like behind you, above you, to your left, etc.) with a dot, a picture or words.



me

rustling

## SKETCH

Drawing allows us to take nature with us. Here are some ideas:

- Sketch something that catches your eye, like a bird or the forest reflected in the pond.
- Recreate recurring patterns you see around you. If any remind you of another pattern (like your veins or lungs), draw them, too!
- Create a swatch for all the colors you see or all the different shades of a single color, like brown.
- Doodle random shapes inspired by what's around you.

