

Nature Journaling Prompts

Now that you have gotten the hang of nature journaling, here are a few more prompts to help you continue to observe the natural world around you, whether that be outdoors or inside.

Outdoor Observation Journal Prompts

Reflection

- What is the most beautiful place in your neighborhood? What do you love about it?
- When you go outside, which of your senses are you most thankful for?
- What is the best part of playing outside?

Observation

- How are the seasons different from one another?
- Write about your favorite thing that lives outside. It can be a flower, an animal, a vegetable, etc.
- Head outside and sit, stand or walk quietly for three minutes. Look, listen and smell. Use your senses to observe all that is around you. After 3 minutes, go back inside and make a list of as many things as you can remember from your observation time.
 - Go back outside with your list. You will spend another three minutes observing. While you are sitting, standing or walking quietly, write down anything else you observe. Is there anything you missed the first time?
 - Sort your observation list, by writing or drawing it, into two categories - **living (biotic)** and **non-living (abiotic)**. Living things need food, water and air. Non-living things do not.
- Select an outdoor place to observe in your neighborhood. View silently for twenty minutes, documenting the experience via picture or written description of what you observed during the silence. Then identify the flora and fauna you observed.
 - What is the general feeling in the air?
 - Where is the sun in the sky, relative to your position?
 - What do you hear?
 - What is on the ground?
 - Has anyone/anything else been here? How can you tell?
 - What is your overall feeling/sense/emotion about this place?
- While looking at animals in a book, magazine, online or in nature, consider these questions before you start drawing.
 - What animal is it
 - What is the animal doing? What makes you think that?
 - What body covering does the animal have? (fur, feathers, scales, etc.)
 - What category of animals does it belong to? Is it a bird, mammal, reptile, etc.?



- Where could the animal be going?
- Is the animal happy or sad? Why do you think that?
- What is in the background of the image or behind the live animal?
- Is there anything in front of the animal?
- Why do you want to draw this animal?
- Find a spot outside in nature and look for big objects, small objects, soft objects, and rough objects.
- Find a tree in your yard or neighborhood. Take a close look at every aspect of the tree and record it in your journal. Here are some things to look for when observing your tree.
 - Look at the way the tree branches grow and reach for the sky
 - Look at the different colors of the leaves.
 - What objects do you find on the ground below the tree?
 - Can you guess which objects fell from the tree?
 - Is this a coniferous or deciduous tree?
 - Are there any animals or insects living in or around the tree?
 - Does this tree produce anything like nuts, pinecones or fruit?
 - What do the branches look like?
 - What do the leaves look and feel like?
 - What does the bark feel like?
 - Can you see roots poking through the ground?
 - What plants live around the tree?

Short Story

- Throughout the world, there are many trees that have stood in the same place for hundreds of years. Write a story about all the historic events and changes in society that a tree in your neighborhood has seen.

Poems

- Choose one element of nature (a tree, flower, cloud, etc.) that you see on your walk outside and write a poem from it's perspective.

Indoor Nature Journal Prompts

Reflection

- How much time do you spend outdoors?
- If you were a part of nature, what would you be? Why?
- What is your favorite season? Why?
- Do you consider yourself a nature-lover?

- Would you rather have your favorite season all year long or experience different seasons throughout the year? Why?
- How do people in the city enjoy nature in comparison to people who live in the country?
- What element of nature speaks to you the most? Why?
- What is your favorite place outside to explore?
- What do you think life was like for our ancestors who had to live off the resources they could get from nature? Do you think you could have survived this way?
- What is your favorite time of day to be outside? What do you like about it?
- How does the weather impact the way you enjoy nature?
- What can we do to better protect our natural world?
- Would you rather live in a secret forest or on a desert island? Why?
- Do you think that people take enough time to appreciate nature? Why or why not?
- Why do you think nature inspires so many writers and artists?
- What part of nature are you most thankful for? Why?
- What is your favorite type of weather? Why?

Observation

- Choose a natural object that you can see when you look out the window and write about it. Describe how it looks and moves and imagine how it might sound or feel.

Short Story

- Write a short story about a rainstorm.
- Write a short story in which nature is the main character, rather than just a setting.
- Write a short story about a leaf falling from a tree.
- Write a story about a world in which we live in the clouds and look at the sky full of grass and trees above us.
- Write a story from the perspective of a bird that can see the entire world from above.
- Write a short story from the perspective of a bug in your yard. How is life different from that perspective?

Poems

- Write a poem in which nature is the main character, rather than just a setting.
- Write a poem about your favorite season.