

# NATURE JOURNALING: LEADER'S GUIDE



**OBJECTIVE:** The goal of this activity is to teach students how to take a nature walk so they can closely observe the natural world around them. The walk should foster curiosity, and encourage positive experiences with nature.

**SUPPLIES:** Nature journal template or a small notebook, pencil, and a clipboard or other hard surface to work on.

## PLANNING YOUR NATURE WALK:

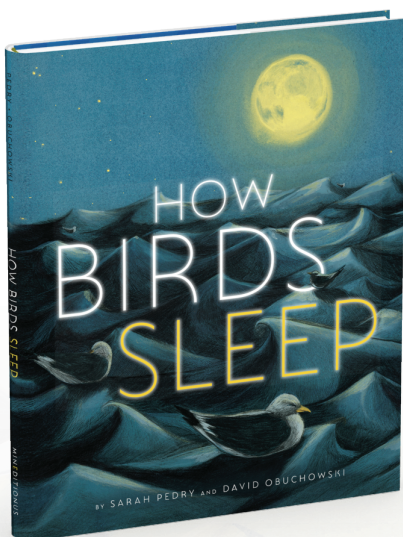
- Choose a nearby location: explore the natural world wherever you are.
- Walks do not need to be far or long; multiple trips to the same location are good.
- Take walks in a variety of weather conditions to see how nature changes.
- Prompts are for guidance only; students may pursue anything that catches their interest!

## DURING YOUR NATURE WALK:

- There is no “wrong” way to record observations: don’t worry about spelling or perfect drawings.
- You may use words, drawings, and numbers to record observations.
- Look high, low, inside, and under trees and bushes.
- Touch different leaves, bark, grass, etc., and smell everything.
- When observing wildlife it is best to use quiet voices and slow movements.

## EXPAND THE PROJECT!

- Collect nature journal pages and create a class “Field Guide to the Birds of Our School.”
- Take a monthly walk to record nature in every season and bind it into a yearly journal.



## ABOUT THE BOOK:

Have you ever seen a bird sleep? From the parrots of Thailand to the ostriches of Australia and even the pigeons of New York City, every bird sleeps—but they do it in ways that will surprise and delight you. Discover the mysterious and fascinating sleeping habits of more than twenty bird species from around the world in this gorgeously illustrated read-aloud picture book, perfect for bedtime, or any time.

## ABOUT THE AUTHOR & ILLUSTRATOR:

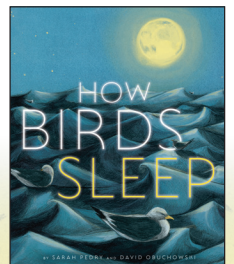
**David Obuchowski** is a writer and a musician. He writes about real-life stuff like cars, people, and birds, but he also makes up stories, too.

**Sarah Pedry** is an artist whose paintings and illustrations reflect her passion for nature and new places.



# HOW TO USE THE NATURE JOURNAL TEMPLATE

1. Activity title
2. Subject of observation: This can be guided by a prompt, but should also be open to whatever observations students find on their own. This is the place to do a lot of drawing!
3. The first sound they hear out the door: This may be nature sounds or human noise. The idea is to focus attention and tune in to using all of our senses.
4. Date and time
5. The location of the walk
6. What is the weather like? This could be drawn, a written description, or recording of temperature.
7. "I wonder . . ." Ask questions that may (or may not!) be answered through more research later.
8. "I notice . . ." Record anything of interest that they observe on the walk.
9. Student's choice! Some ideas: Keep a tally of each type of bird or creature, take leaf measurements, record the distance traveled, draw animal tracks, record who is with you, etc.





# NATURE JOURNAL TEMPLATE



first sound *at the door*

Date:

Time:

I wonder...

I notice...

location

weather



# HOW TO DRAW BASIC BIRD SHAPES



Use this handy guide to draw just about any bird whether it is sitting, standing, flying, or sleeping!

## Sitting or Standing:

1. Draw the body with wing, head, and tail. Draw two legs and feet (or one if it's sleeping on one leg!)

Pro Tip: is your bird laying on the ground? Then don't draw any feet!

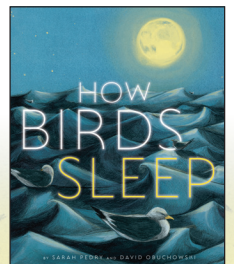
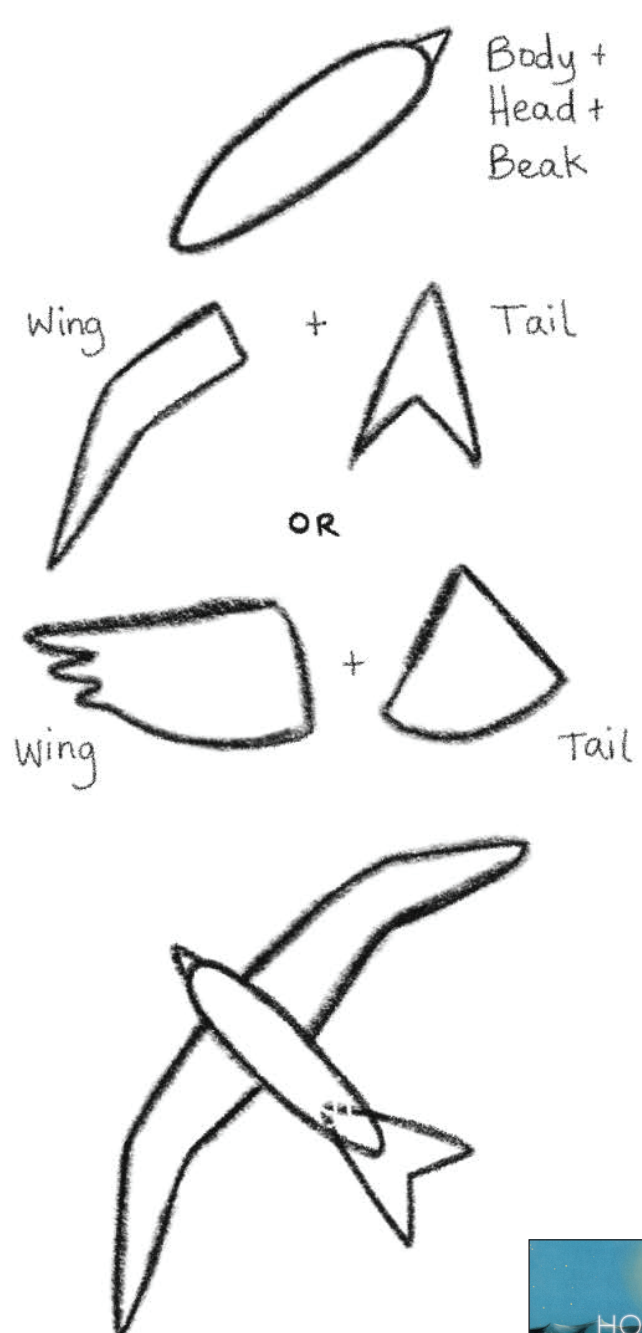
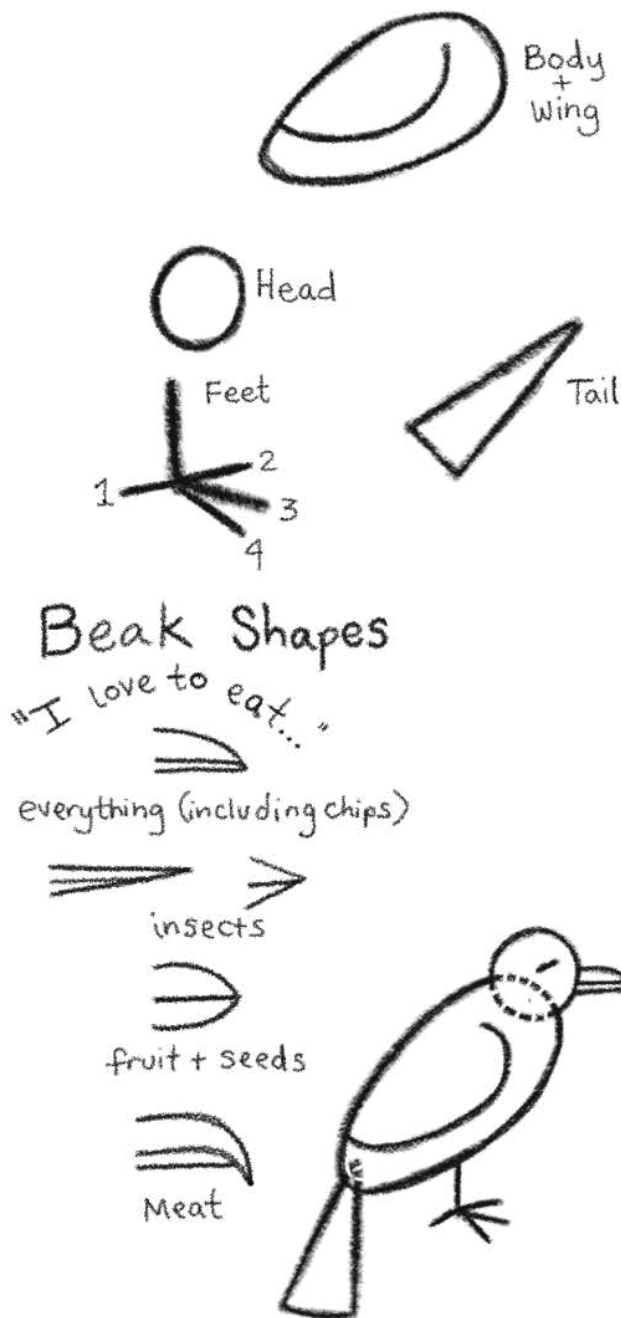
2. Choose a beak shape based on what the bird eats.

## Flying:

1. Draw the body. Make a triangle for the beak.
2. Choose one of the common tail and wing shapes.

*\*Birds with long narrow wings and forked tails go fast.*

*\*Birds with wide wings and a wide tail like to soar.*





# WHERE DO THESE BIRDS SLEEP?



Draw a line from the bird to the habitat where it sleeps!

Vernal  
Hanging  
Parrot



Common  
Ostrich



Black-legged  
Kittiwake



Blue-throated Motmot



Sooty Tern



underground



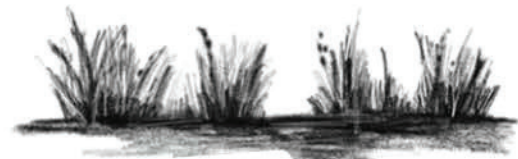
on the water



in the air



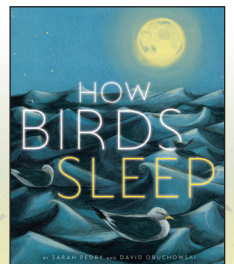
in trees



on the ground

Answers:  
1. Vernal hanging parrot: in trees 2. Common ostrich: on the ground  
3. Black-legged kittiwake: on the water 4. Blue-throated motmot:  
underground 5. Sooty tern: in the air

Artwork by Sarah Pedry from *How Birds Sleep* © 2023



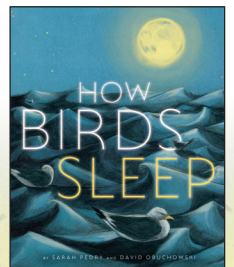
# WHAT IF THESE VERNAL HANGING PARROTS SLEPT IN YOUR NEIGHBORHOOD?



Color the parrots, and then draw your bed, home, or school!



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COLORING PAGE



LONG-TAILED TIT  
*Aegithalos caudatus*  
(europaeus)

