The Inspiration Station
at Towers and Tales, Lismore Story Festival

Make your own Nature Journal
Watch the video to see how to make your nature journal.

What you will need:
- Paper – a few sheets cut into the same size. Any paper will do, including recycled envelopes or old drawings.
- A stick – roughly the same width as the paper.
- An elastic band.
- Something to make a handle – a pipe-cleaner, piece of string or ribbon.

Nature Journal Walk
Bring your Nature Journal on an outdoor walk to a park, field, forest or garden. You don't need to go far to find nature. You can collect nature items that you find on the ground. Look for leaves, lichen, bark, feathers, pinecones, sticks, seeds etc.
It's best not to pick wildflowers, as they need protecting, but you can observe them and draw them. It is OK to pick a few common daisies and dandelions so that you can have a closer look at them.
Use whatever drawing materials you have. Pencils, biros, markers and crayons are all good. Some glue or tape are useful for sticking found items into your nature journal.
Older children might like to write notes in the journal about their finds, such as the plant name and where they found it.

Nature Journal pages
These are just examples. You can put whatever you like in your own journal.

Cover Write your name on the cover. Draw a picture or stick on something you have found.

Page 1 Outline drawing. Draw around a leaf to explore the shape. Add some details like the pattern of leaf veins. Colour it in if you like.

Page 2 Leaf rubbing. Place a leaf under your page, facing down. Rub a crayon gently over the page.
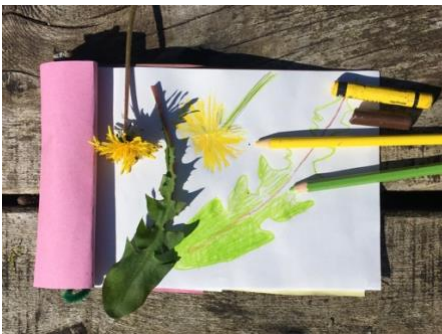

Page 1

Page 2

Page 3 Draw a dandelion or daisy. Draw the leaf and flower of the plant. Look at the shape of the leaf - Is it curved, jagged, straight, wavy? What shape is the flower? Try and copy the shapes and lines.

Page 4 and 5 Stick your favourite found items into your nature journal. Use glue or tape.

Page 3

Page 4

Page 5

For more art and nature activities see www.lismorecastlearts.ie