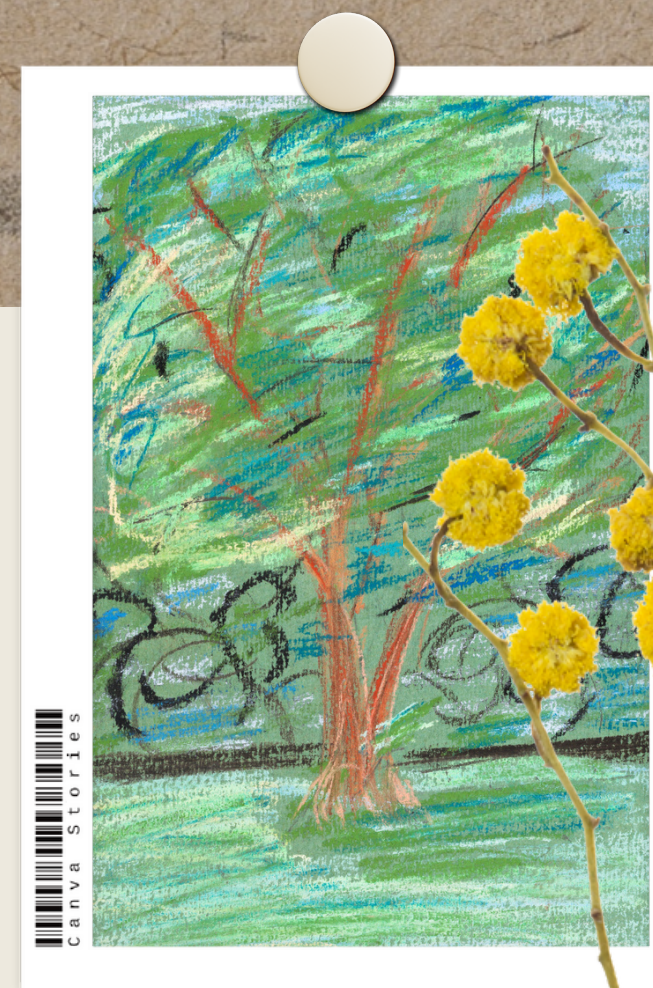


# Nature Journaling Ideas





*Materials: the possibilities are endless*

## MATERIALS WE USE AT DISCOVERY:

- Loose paper with clipboards
- Bound journals
- School Work Books
- Pads of paper
- Pencils, markers, pastels, crayons, pencil crayons, pens
- Tape, glue, scissors, string, yarn
- magnifying glasses
- tape measure or ruler





# *Ritual & Routines*

Journaling can happen anywhere!

- Playground
- Park
- Forest
- Classroom

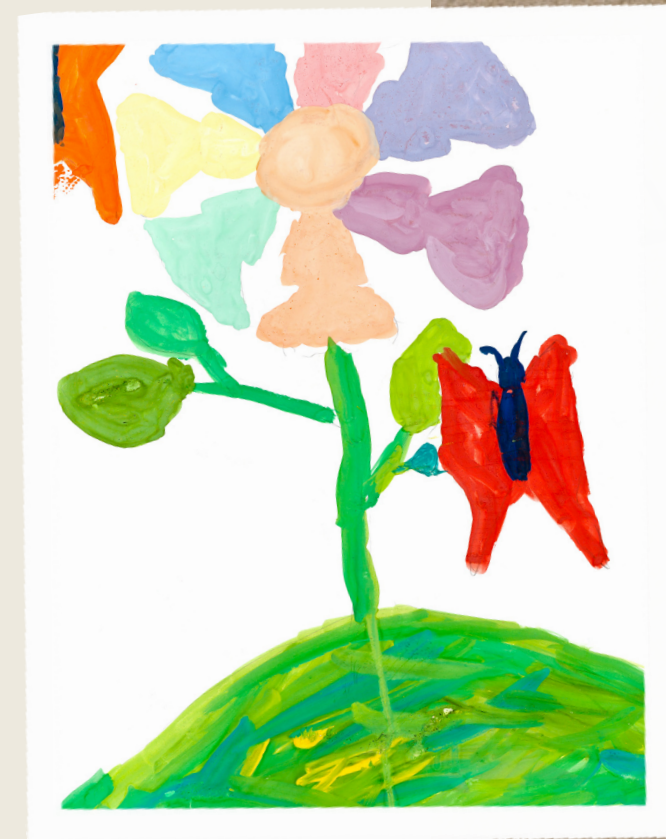
Rituals & routines are an important part of children's day. Predictability can help create a sense of calm and allows a child to focus and learn. When introducing this to children, it will be important to help guide them through the expectations at first. Sitting quietly, observing, and recording observations is an important life skill that you can teach children. A few minutes a day, a few times a week is all it takes. Once children have experienced the joy of journaling, they will seek it out themselves when the mood strikes them.





## *Facilitating Sit Spots as part of Journaling*

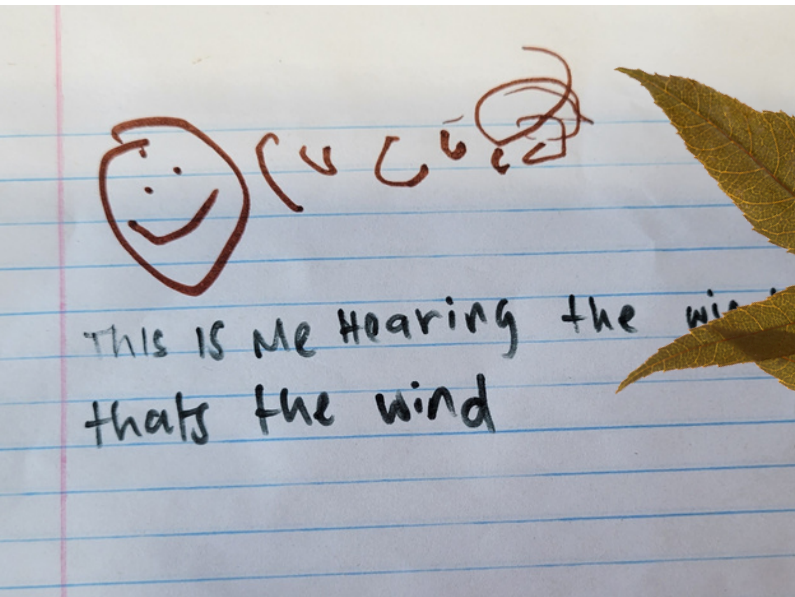
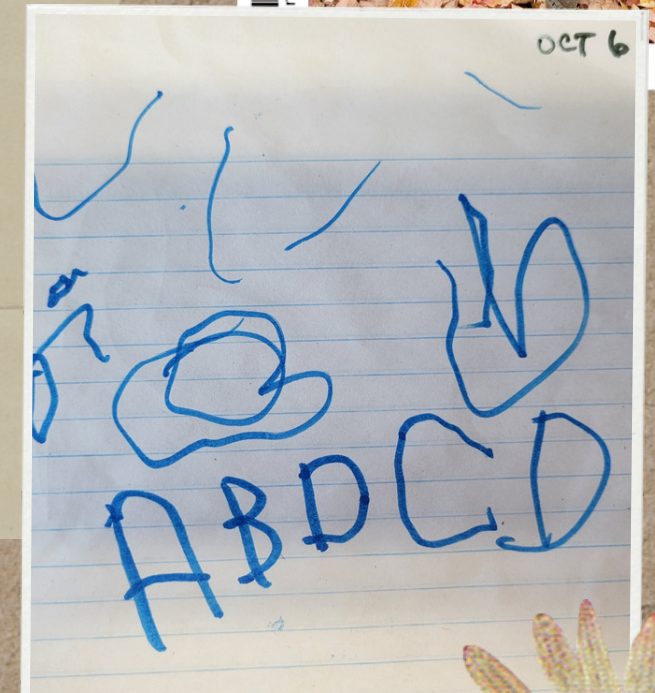
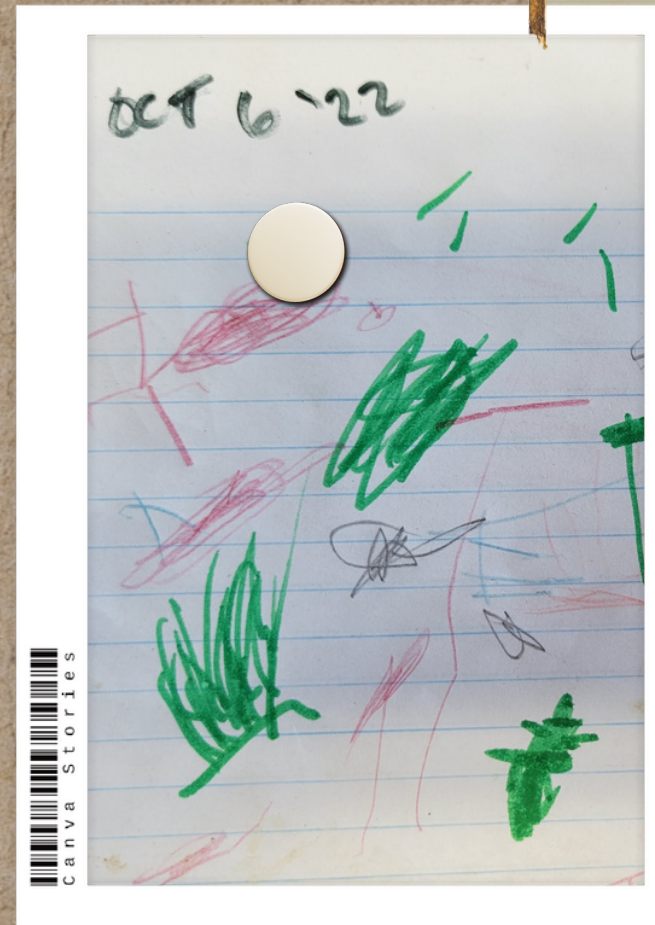
- X A sit spot is a ritual & routine that goes beautifully with journaling.
- X A sit spot gives the children the opportunity to slow down, observe and connect.
- X Can be done with toddlers to school-age children. Just adjust the time and expectations for each age group.







## Sit Spots and Journaling in Action!





# *How to introduce Sit Spots*

## Set the Children up for success!

Have a gathering circle and explain what sit spots and journaling are all about. Let them know that expectation is to find a spot that is special to them. That they will need to be quiet and journal.

Explain whatever boundaries your space has.

## Start off slowly

Gage your group. Until the children are used to sitting quietly and observing or journaling, start with only one minute per age (i.e. 2 min for 2-year-olds, 3 min for 3-year-olds, etc.

Can increase over time.

## Make it Fun!

We start by telling the children we will put on the "cloak of silence". When the cloak of silence is on, no one can talk or make noise. We then put our hands up in the air and bring them down slowly while making a whooshing sound...and the cloak is on!





# *How to introduce Sit Spots*

## Make it a ritual!

Find other ways to make this a ritual that the children get excited about. In what ways can you call them back from their sit spot? We use bird calls and they know to come back quietly to our meeting area and then we lift the cloak of silence.

## Review it!

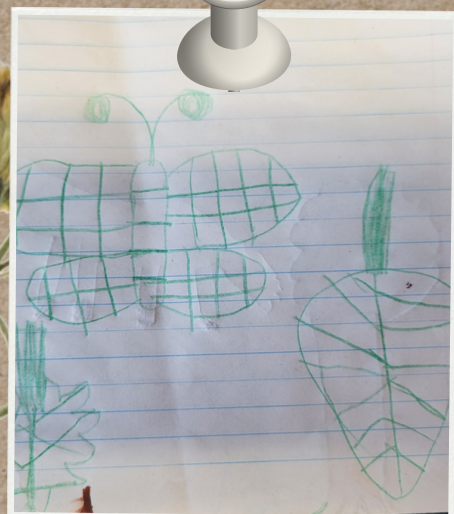
Once the children are back in your meeting area, have them share their experiences. We have a "sharing rock" that the children pass around the circle. Only those with the rock can speak. What did they see? hear? feel? smell? What did they record? Was anything the same? Different?

## Document it!

In what ways can you document these experiences for families and children? What do you notice? What did you hear? What did you see? What amazed you? What are you curious about?

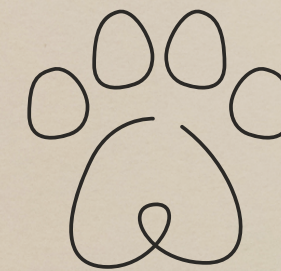






# *Planning is everything!*

- Do you have all the materials you need handy so the children don't have to wait?
- Are the children dressed for the weather and comfortable?
- Do all the educators know the plan?
- Have you discussed the plan with the children?
- If you are in a park, forest, or offsite, have you done a risk assessment of the site checking for hazards?





# Sit Spots & Journaling in Action

