

Nature Journal Prompts

Nature Journaling

Journaling is a great way to build a deeper connection with nature, curiosity and cultivate wonder for all ages. The next time you head outside, try recording your observations using words and pictures to describe what you hear, feel, and see in nature.

Read on for 25 prompts to help you get started with nature journaling.

What you'll Need

A notebook or paper

A pen or pencil

Coloured pencils or watercolour (optional)

25 Nature Journal Prompts

What signs of autumn do you notice?

What patterns do you observe?

What sounds can you hear? How do they interact or conflict with each other?

What do you see on the forest floor?

How would you describe today's sunrise?

What can you smell? What memory does it evoke?

What would a colour palette for this park look like?

What sound do the leaves make in the wind?

What textures can you see?

What's moving around you?

How would you illustrate the sound you're hearing?

What signs of winter do you notice?

How does the wind feel on your face?

What are the different types of leaves you see?

How would you describe today's sunset?

What signs of summer do you notice?

Can you hear any birds? What do they sound like?

Focus on an object in distance. How do you think it would feel?

What do today's clouds remind you of?

What words would you use to describe the bark of a tree?

As you walk through this space, what emotions are you feeling right now?

What does the rain look, feel, and sound like?

What repeating shapes can you see?

What signs of spring do you notice?

What's a small detail you never noticed before?