

## Inspired By Nature – Beginning a Journal

*“The heart of nature journaling is the learning of observational skills, not drawing skills.”* Clare Walker Leslie

*“A place is nothing more than a space with a story and the basic question in nature writing is: what happened here?”* John Tallmadge

### Basic Observations

### Deep Connection with natural world



**What kind of stories & wisdom can writers draw from the land?**

### Basic Observations

Monday, September 22, 2020, 8:30 am 65 degrees

Sit quietly for about a minute and observe and listen to what is happening around you.

- \* What do I see?
- \* What do I hear?
- \* What do I feel on my face, my skin?
- \* What do I smell?
- \* Is there a “taste “ in the air?

### Additional Observations

With the heart of nature journaling being to create *a sense of place*, what features of *your place* create a unique experience in your current moment?

- \* Who are the people of this place? Now? And in the past?
- \* What is underneath my feet?
- \* Look for items that are alike: *red, round, similar textures or smells*
- \* Is there a pattern to movements of wildlife?
- \* Take note of shapes of trees, birds, plants and structures.
- \* When I see shapes in the outdoor world, such as clouds, trees, fallen logs or patterns of birds in flight, what does it remind me of?