

# Nature Journaling Prompts for Kids

Take a moment outside to slow down, look closely, and record what you notice in nature. Use drawings, words, or both!

## **What can you see?**

- Draw something interesting you can see right now
- What colours can you spot in nature today?
- Can you find something living and something non-living?

## **What can you feel?**

- How does the air feel today (warm, cold, wet, windy)?
- What textures can you find (bark, leaves, stones, grass)?
- Does anything feel different because of the weather?

## **What can you hear?**

- Close your eyes — what sounds can you hear?
- Can you hear any birds, wind, rain, or insects?
- Which sound is the loudest? Which is the quietest?

## **What can you smell?**

- Can you smell flowers, grass, rain, or soil?
- Does the air smell different after rain?

## **Thinking like a scientist**

- What do you think is happening in this place today?
- What has changed since the last time you visited?
- What questions do you have about what you see?

## **Challenge idea:**

Try drawing the same place on a different day and compare what has changed!