Nature Journal

Ways to use your nature journal

There are many ways to record your nature observations. Your journal will be unique to you, reflecting your personal style and interests.

Perhaps you like to include images - whether simple sketches, more detailed colourful drawings or photos that you've taken and printed out. You might prefer to write long, detailed descriptions or include a more diary-like account with records of feelings and emotions.

You can even stick in small collected items that you find or add pressed flowers. Use whatever tools work best for you.

Wildlife observation ideas

What kinds of observations should you make? Again, this depends on your interests, where you are and the time you have available.

You could note down:

- The birds you see and hear in your garden
- Wildlife you spot from a window in your home
- A list of species you find on a favourite walk
- Animal behaviour, such as insects flying, fighting and pollinating plants
- Changes in trees or plants when they bud, flower and fruit

