

Habitat Heroes Outdoor Journaling Activity: Feeling Connected to Nature

This activity will help you focus and observe what is around you. Part of being a good scientist and learning more about the natural world around us is making detailed observations through many of your senses. This is something anyone of any age can practice!

Materials

- Favorite outside space
- Paper
- Pencil, pen or chosen item to record information like a camera
- Small frame or something similar, no larger than 4"x4"

- **Look**
 - Pick a safe and comfortable spot to sit in your yard or other favorite outside space.
 - Focus your sight ahead of you.
 - Pick a spot where you can see the farthest. For the next 3-5 minutes record everything you see that is far away. What colors do you see? How many different colors do you see? How would you describe the textures of what you see? What is moving that catches your eye? Do you see multiples of things or only one?
 - Pick a spot close to you. For the next 3-5 minutes record everything you see that is close to you. What colors do you see? How many different colors do you see? How would you describe the textures of what you see? What is moving that catches your eye? Do you see multiples of things or only one? If you need help focusing on a small space, place a small frame or something similar on the ground or hold it up to your eye. Do the same exercise with what you see in that frame.
 - **Suggestions:** Take pictures, draw, paint, or use a color wheel to help you describe the colors you see. This is all great practice explaining things in a detailed, scientific way.

- **Listen**
 - Pick a safe and comfortable spot to sit in your yard or other favorite outside space.
 - Close your eyes.
 - Use your hands to cup your ears. For the next 3-5 minutes, listen for far away sounds. What sounds do you hear? Are they soft? Loud? Is the sound traveling away from you or getting closer?
 - Take your hands away from your ears. For the next 3-5 minutes, listen for close sounds. What sounds do you hear? Are they soft? Loud? Is the sound traveling away from you or getting closer?
 - **Suggestions:** Find a sound you like and practice focusing on just that

sound. Acknowledge any disruptions you encounter, but then return your focus to your favorite sound.

- **Feel**

- Find a nature item that is safe to pick up, like a leaf, stick, seed, or flower. If you're not sure if an item is safe, leave it be. Never pick up a live animal.
- Using your sense of touch, think about how the item feels. Is it smooth? Lumpy? Hard? Soft? Does the item feel different on different parts?
- Record your observations
- **Modifications:** While sitting you can focus on how it feels to be sitting. What is the surface you're sitting on feel like? How do your feet feel resting on the ground? How does the wind or sun feel on your face? If you close your eyes, can you tell if a cloud passes overhead?