

MAKE A NATURE JOURNAL



Materials

- × A4 or letter sized paper - all different sorts, grid paper, lined paper and plain paper
- × Print out the nature journal template paper from the next page if you like.
- × Scissors & ruler
- × Sewing machine

What to do

1. Fold paper in half widthways and use a ruler to tear it or else cut it with some scissors.
2. Fold the cut paper in half again and check your pages are all the same size. Your outside pages can be slightly bigger.
3. Open up your pages to the centre page and then use your sewing machine to sew a line of straight stitching down the centre fold line.
4. Fold your book back up and decorate your cover.

Use your nature journal to make observations about whatever interests you - use it to record the weather, or birds that you see.

You might like to make sketches or lists or glue in your pressed flowers and leaves.

It is quite useful to record the date and location so that when you look over your collection of nature journals later you will see where you were at different times of the year.



