A SMALL PAGES PRINTABLE

24 NATURE JOURNAL PROMPTS

24 PROMPTS

Four gentle ways to notice more outside

Looking Closely

01 What small detail on the ground or nearby surface do you notice when you pause and look closely?

02 Which shape in the landscape catches your eye, and what makes it interesting to you?

03 What colors can you see in one small patch of the outdoors, and how do they sit beside one another?

04 How does the light fall across the place you are observing, and what changes where it meets shadow?

05 What texture can you notice in a leaf, stone, bark, soil, or another nearby surface?

06 What has changed in this view since you last looked at it, even if the change is very small?

Sounds, Smells And Weather

07 What sounds are closest to you right now, and which ones sit farther away?

08 How would you describe the quietest sound you can hear without trying to name its source?

09 What scents are present in the air, and how would you describe them in your own words?

10 How does the weather feel on your skin or in the air from where you are sitting?

11 What is the wind doing to the leaves, grass, water, clouds, or other things you can see?

12 How does this place feel different when the sky is bright, cloudy, rainy, or changing?

Living Things

13 Which living thing draws your attention first, and what do you notice about the way it moves or rests?

14 What is happening around one plant you can see, from its leaves to the ground beside it?

15 What small signs of animal life can you notice without needing to identify the animal?

16 How do two living things share or use the same small space?

17 What appears to be growing, resting, feeding, moving, or changing in this view?

18 What question comes to mind as you watch a living thing for a few quiet moments?

Seasons And Returning

19 What signs suggest that the season is changing where you are?

20 Which part of this place looks different from the last time you visited it?

21 What returns to this view again and again, even as other details change?

22 If you visited this same spot next month, what small change would you be curious to notice?

23 What would you like to remember about this particular day outdoors?

24 What does returning to this place help you notice that you might otherwise pass by?