

Upcycled Nature Journal

Every great explorer needs a journal to record their observations and findings. This month, we will be creating our own upcycled journal using materials found in your home and in nature. You can use it to record what you see while walking the grounds at Glen Foerd or in your very own backyard!



Materials:

- Cardboard/Cardstock-2 pieces/sheets
- Loose Paper-~20 sheets
- Rubber Bands (2)
- Stick (same size as your journal)
- Scissors
- Hole Punch
- Pencil/Pens
- Crayons/Markers/Colored Pencils

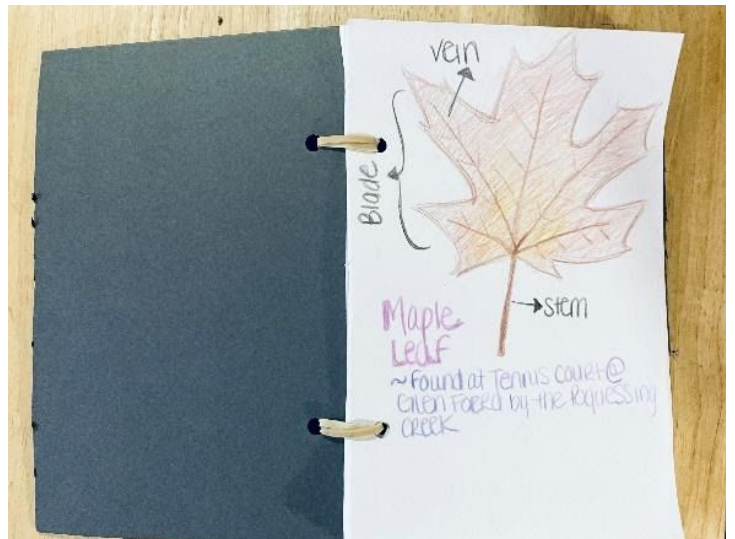
Directions:

1. Cut cardboard or cardstock to the size you would like your journal to be. (You may want to use a ruler and pencil to create a straight edge)
2. Cut loose paper to the same size.
3. Punch holes into cardboard/cardstock and loose paper. Make sure you do not get too close to the edge.
4. Assemble journal. Align cardboard/cardstock and loose paper together so the holes line up. Trim edges if needed.
5. Place one end of the rubber band through a hole and loop it over one end of the stick. (Front cover of journal)
6. Stretch rubber band (along back cover of journal) and then through the second hole. Loop around the opposite end of the stick.
7. Decorate your journal cover and make it your own!



Activity:

- Take a walk at Glen Foerd or in your neighborhood.
- Record what you see (plants, animals, insects, birds, etc.)
- Draw a picture of what you observed.
- Add a brief description. Description can include:
 - Name
 - Characteristics
 - Location found



Want to share your journal with us? Email us at kateriley@glenfoerd.org with Nature Journal as the subject. We would love to see your work!