



## Take note! how to keep a really good nature diary

A really great way of getting to know nature is to keep a diary or scrapbook when you go out and about. This is a fantastic way of keeping track of the seasons, mapping out what wildlife is around you and getting to know your plants and animals much better. It's also a great thing to look back on and see how life changes from year to year.

### **You will need:**

- a ring-bound scrapbook - any size you fancy, A4 or A5 work well
- pens, glue, felt-tips etc.
- a little artistic license

### **What to do:**

Basically it's up to you - it's your diary! Here are just a few pointers for the things you might like to jot down.

1. **Weather** - Is it sunny or rainy? How much cloud cover is there and is the wind blowing a lot or a little?
2. **Time of year** - This is really important for keeping track of the seasons and how life changes with the calendar.
3. **Your route** - If you've got a regular walk or patch you could give each route a special name, or simply describe the type of habitats you travel through. You could sketch out a basic map of the area once you get to know it really well, including the plants and animals you saw on each trip.
4. **What you saw, heard and smelt** - these things are the real body of your diary. Use every sense available to you to really take in what's around you.
5. **How you felt** - what was your favourite thing? What questions do you have now about what you saw or heard?

On top of all this information, why not draw some sketches of the things you saw, or pick up wool, feathers, leaves, nibbled twigs or nut shells to stick in for some added colour and texture.

