

Dear Journal . . .
Post-Trip Activity

Program at Nature Station: Nature Journaling

Grade Level: 3rd – 6th

Program Length:

Prep Time: none

Activity Time: 20 minutes

Group size: 5-30 students

Setting: Classroom

Vocabulary:

nature journal – a personal notebook for recording your own observations, thoughts, and impressions of nature with writing and drawing

observation – something you notice with your senses

descriptive words – words that tell the qualities that characterize an object

reflections – thoughts that you make about an experience after you have had time to process it and consider what it means

Materials: students' journals
pencils

Background information: Taking time for reflection is an important component of the journaling process. This activity will allow students to reflect on their experiences from the field trip and record their thoughts in their journal.

Procedure: Have students write a letter in their journal about their field trip to LBL. They should pretend that they are trying to describe what they saw, heard, did, and felt to someone (a friend, cousin, etc.) who has never been to LBL before. What was it like? What was their favorite part? How did they feel? Did they learn something new?

Assessment or evaluation: Ask for volunteers to share their letters out loud.