

May 2018

Volume 1, Issue 4

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Items for an Outdoor Adventure Kit:

- Field Journal
- Pencil & Pen
- Collection of coloured pencils
- Eraser
- Field Guides
- Binoculars
- Magnifying glass
- Measuring Tape



Nature Study Australia

AUTUMN

Nature Science for Aussie Families

Nature Journaling

What is it about nature journaling that paralyses us in such a way that we're unwilling to give it a go? Perhaps it's the picture perfect nature journal entries we admire online which intimidate us or maybe it's the fact we haven't sketched in a while.

Nature journaling can be enjoyed by everyone. Yes! Even you. Drawing is a skill which can be learned. John Muir Laws says, *"As you draw in your nature journal, keep in mind that drawing is just one of the many tools to deepen your inquiry and experience in the natural world. Draw to see, not to make a pretty picture."*

I'll be honest and say I believed I couldn't draw anything of value other than a stick man, and I never tried since I'm not gifted. But one day the "nature bug" bit me and I became a little "nature crazy," and I thought I'd give it a go.

Boy! I was so disappointed with my effort as it wasn't impressive at all. My mistake though, was in comparing my drawing abilities to someone who had nurtured the skill for many years. Since then, I try to practice drawing regularly and I'm happy with my (slow) progress and I know you can do it too. Pick up the pencil and inspire those around you. Laws tells us, *"to learn to draw, draw a lot."* Be encouraged to learn the skill of field journaling and record your observations and memories.

Nature Journaling Links:

[Paperbark Writer: Australian Nature Meets Science and Art.](#)

[John Muir Laws: Nature Stewardship through Science, Education and Art.](#)

[Jan Blencowe: Nature, Art and Soul Work](#)

[Watercolour Sketching and Journaling by Gay Kraeger: 4 Part Series](#)

[Lynn Seddon: Exploring Nature with Children on Youtube](#)

[Nature Books for Inspiration.](#)

"We were all meant to be naturalists, each in his degree, and it is inexcusable to live in a world so full of marvels of plants and animal life and to care for none of these things." ~ Charlotte Mason.

Picture of the Week Challenge & Show & Tell



Peron Tree Frog by Jacob



Eastern Rosella by Jacob



Tailed Emperor Chrysalis by Joy



White Stemmed Gum Moth by Jo



Feather-horned Beetle by Tracey



Tailed Emperor Butterfly by Jo



Golden Dragon Fly by Cindy



Katydid by Jamie-Lee



Ocean Treasure Tray by Shelleys



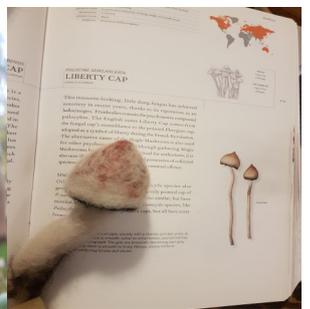
Case Moths by Heather



Felt Mushroom Puzzle ,



Mushroom foraging,



Identification,

Join our Nature Community on [Nature Science for Aussie Families](#) on FB or [#naturestudyaustralia](#) on Instagram. We'd love to follow your nature journey, explorations and activities.



And cooking by

Sarah

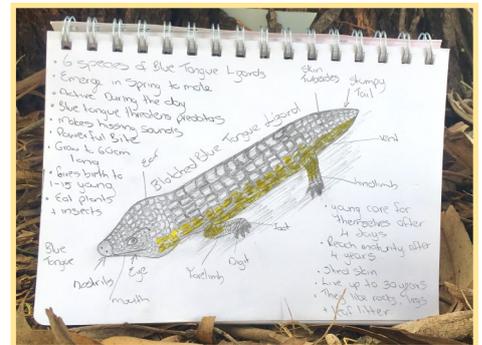
What is Field Journaling?

Scientists who work in the field consider their field journals their most important tool. The field journal is used to record their observations, questions and information gathered on a place or topic of interest. It includes specific notes like measurements, counts, estimates, times and places.

Their field journals are not filled with pretty watercolour paintings. Instead, you'll find quick sketches were made while they took notes of their sightings, observations and collections on the go. Their field journals become the evidence their work is based on and it's valued by museums who preserve their work so they may be used as references for further investigations.

So, how can you start a field journal? A field journal or an observational notebook is used to make quick and simple drawings. It's not about how well one can draw but how well one can observe and see. If drawing is not your thing, then take photographs and write your observations in a notebook.

A Field Journal includes metadata. John Muir Laws says, *"To make your observations valuable to science and help you keep track of your experiences, include where and when data on every page. It only takes a few seconds to do and converts any journal page from an anecdote to a scientific record."* Make it a habit to write down the date, time, place and weather when you make an observational drawing in your notebook.



Fill the notebook with your questions. Asking questions like what, how, why and who will exercise your curiosity muscles or use the [Curiosity Framework](#) to get you thinking scientifically.

Add all your observations like colours, shapes, patterns, comparisons, counts, timings, measurements, estimates and seasonal changes into the field journal. Expand your observations with words in poems and writing down your feelings and thoughts. Include diagrams, maps and lists of birds, animals and insects.

John Muir Laws has a [journal insert](#) which you can paste inside your field journal. It includes the Beaufort Wind Scale, questions to ask, a ruler for measurement and percent cover. It's a tool which will aid you in your scientific work.

Knowing your biometrics is one way to measure length and height. What is the length of your step? Just your normal step, not an extra long stride. Find the length of your boot and arm span, and the height of your knee, navel and total height. Become accustomed to using this knowledge when you're out in the field measuring and recording your data.

Field Journal Tools

[Three Prompts for Deeper Nature Observation by John Muir Laws.](#)

[The Curiosity Framework by John Muir Laws.](#)

[A Naturalists Tool: A Journal Insert.](#)

Once you return home find the answers to your questions by researching the topic you studied and add them to your work.

Journaling scientifically will enhance your understanding of creation and nurture a delight for all God has made.

Autumn Photography Contest

Nature Study Australia hosted its first Autumn Nature Photography Contest. We were excited to receive eighty-five entries into the competition and each one was special.

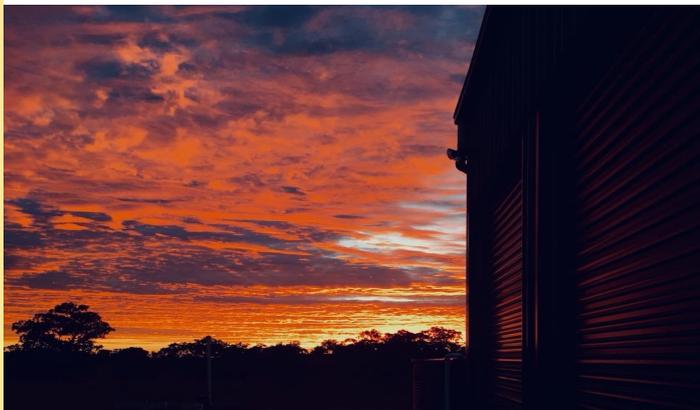
There was a wide variety of images since the theme was broad enough to encourage pursuing nature opportunities as they presented themselves in the backyard or park.

We'd like to thank each contestant for participating in the photography competition and we hope to see each of you in further challenges.

Congratulations to Samuel, Hamish and Anna.



Samuel (9yrs) won the first prize in the Wallaby Category with an image of a Whistling Kite.



Hamish(12yrs) won the first prize in the Wombat Category with a stunning image of a sunset.



Anna (15yrs) won the first prize in the Koala Category for her beautiful image of wild poppies.

Keep an eye out for:

- Silver-eyes arriving from Tasmania.
- Yellow-faced Honeyeaters moving north.
- Black-birds eating Crab Apples and Hawthorns.
- Green Emerald Moths.
- Scarlet Fly Agaric Fungi.
 - Pink Heath, Flame Grevillea and Bushy Yate Flowering.
- Berries on Bushes.

Journal Topics to Explore:

- The phases of the moon through the month.
- The changing sky through a day or a month.
- Your favourite nature spot through the seasons.
- The constellations of stars as they change through seasons.

Fill a Nature Jar

On your next nature ramble, consider filling a jar with all the nature treasures you notice along the way.

It'll make a great addition to your autumn nature table display.

Look for seeds and seedpods, cones, leaves, stones, gum nuts, feathers, bones, skins and other traces.

If you live near the ocean, then fill it with seaweed, shells, crab and sea urchin skeletons, empty sea snails, bivalves and sponges.

Enjoy Exploring!

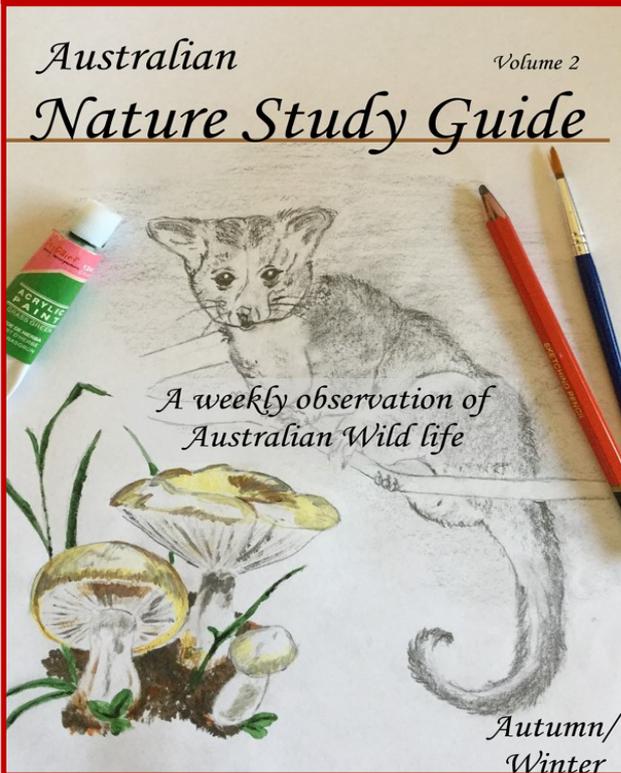


AUTUMN NATURE TABLE IDEA: Create a nature arrangement for your nature table by collecting natural materials on a ramble. You can use twigs, cones, seedpods, apples, pumpkins, native flowering plants and foliage.

Autumn/Winter Nature Guide

Now Available!

Why do leaves change colour, ants plant wattle seeds and how do mushrooms grow? Did you know Australia has Giant Earthworms? Yip!



Identification Challenge

Do you know the identity of this creature?
Let me know by email at:
marie@naturestudyaustralia.com.au.
Who will be the first to guess and receive a free nature gift?

Nature Study & Journaling Ideas

to Wet Your Appetite

- * Practice being present by taking a minute to feel the sun touch your face, the wind rustle your hair and listen to the chorus of a bird. Write the time and place in your nature journal and make a list of what you can see, hear and feel.

Sun: soft and warm on my skin.

Wind: icy cold on my nose.

Breath: creating fog.

Fingers: frozen like ice-cubes.

Willy Wag-tail: singing and wagging.

- * Journal the colours of the day by stepping outside with your paints and journal. Notice all the colours you see and mark a streak of each colour on your page. Add colours as they appear through the day and compare it with a new page of colours for each season.

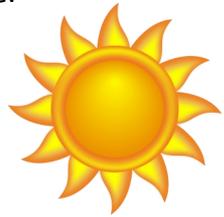
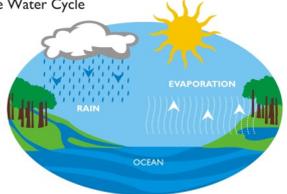
- * Sketch a postcard and send it to a friend. Use a postcard size blank card to journal on one of your nature observations or experiences. Write a little note on the back and mail it to a grandparent, family member or friend. If journaling is not your thing then use photographs instead. It'll be a special keepsake from you to them.

- * Share your small wonders with others to inspire them to be present in nature by sending them photos or exchanging text messages alongside a friend who shares your joy in the beauty of creation.
- * Start a collection of photos, postcard sketches, notes and treasures which you can stick on a noticeboard along with a growing list of the things you notice in nature to keep you inspired and motivated.
- * Collect small wonders and natural treasures from your backyard or nature spot to exchange with a friend from interstate through mailing collections to one another.

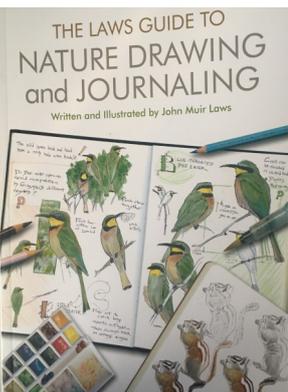
- * [Create an interactive field notebook](#), adopt a field site for a season and observe nature while recording observations, sketching and collecting specimens. Lynda walks you through the project [here](#).

May Nature Watch Chart

Use the simple ideas in this chart to encourage outdoor explorations.

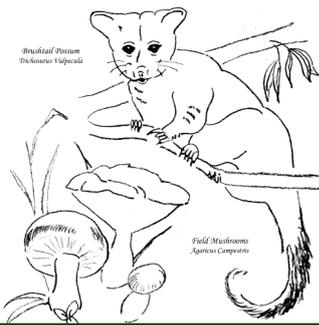
<p>Is there frost this morning?</p> 	<p>Go outside and draw your shadow in your journal.</p> 	<p>Get up early and look for fog. Will it be a sunny day?</p> 	 <p>Watch a sunset.</p>
<p>Find a flowering plant and watch it for ten minutes and count the pollinators.</p> 	 <p>Collect seeds.</p>	<p>Feel the sun touch your face.</p> 	<p>Look for animal tracks, scats and signs.</p> 
<p>Look for the water cycle in action.</p> <p>The Water Cycle</p> 	<p>Start a rock collection.</p> 	<p>Climb a tree!</p> 	<p>Catch a frog.</p> 
<p>Search for berries.</p> 	<p>Write a letter describing your nature sightings and explorations.</p> 	<p>Plant parsnips and broad Beans in the vegie patch.</p> 	 <p>Search for caterpillars on gum trees.</p>

The Laws Guide to
Nature Drawing and Journaling



Thinking of improving your drawing and observational skills? This book will teach you the right questions to ask, what to look for and help you create field sketching masterpieces. It's one of my favourite books.

NATURE COLOURING PAGE



Download Possum & Mushroom Colouring Page

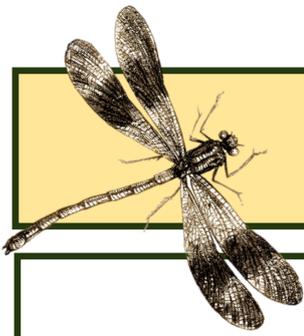
Australian Volume 2
Nature Study Guide



A weekly observation of Australian Wild life

Autumn/Winter

Download V2 Nature Watch Lesson



My Field Journal



Draw your field sketches and write your observations here.

Date:	Time:	Place:
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Research:-

Identification:

Temperature:

Wind Speed and Direction:

Compass: Where's North?

Have you:

- ⇒ Counted
- ⇒ Measured
- ⇒ Compared

Are there:

- ⇒ Changes
- ⇒ Patterns

Can you:

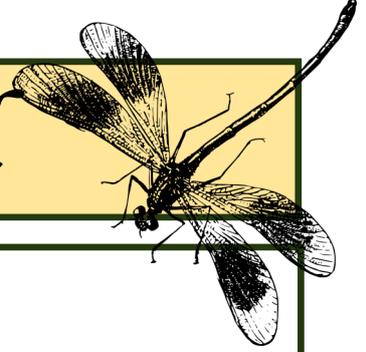
- ⇒ Map
- ⇒ Graph
- ⇒ Diagram

Sketch:

- ⇒ Life Size
- ⇒ Magnified
- ⇒ Zoom Out
- ⇒ X-ray



My Field Journal



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Identification:	Draw your field sketches and write your observations here.
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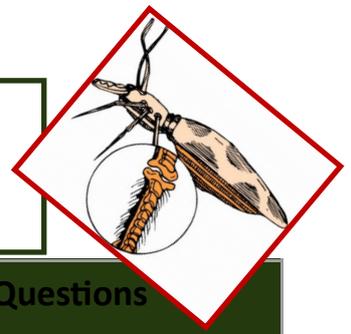
Weather:	Wind Speed and Direction:	Where's North?
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Have you measured:	Have you counted:	Have you compared?
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Are there changes?	Can you see a pattern?	Do you have a question?
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Date:	Time:	Place:
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My Field Journal Tools



My Biometrics

Measure in cm and or inches.

Boot Length:

One Step:

Knee Height:

Navel Height:

Total Height:

Arm Span:

Ask Interrogative Questions

- ⇒ Who: Identity "Who's print?"
- ⇒ What: Description "How many claws?"
- ⇒ Where: Location "Where is it going?"
- ⇒ When: Timing "Is it the right time?"
- ⇒ How: Process "Two legs or four?"
- ⇒ Why: Reasoning "Why this way?"

Be Curious

- ⇒ Is it stable or changing?
- ⇒ Where and how is it connected to other things?
- ⇒ Can I see a pattern? Have I seen this pattern before?
- ⇒ What are the points of view concerning this? Do I agree?
- ⇒ What are my reflections?

Record Metadata

- ⇒ Date
- ⇒ Time
- ⇒ Place
- ⇒ Weather
- ⇒ Geographical features
- ⇒ Geographical Coordination
- ⇒ Direction

Field Journal Elements

- ⇒ Species Study and Species List
- ⇒ Comparisons and changes over time
- ⇒ Maps: aerial, cross section or block landscape.
- ⇒ Sketches
- ⇒ Diagrams
- ⇒ Graph

Anatomy of a Field Sketch

- ⇒ Label the sketch and identify subject.
- ⇒ Point out observations.
- ⇒ Draw life size.
- ⇒ Zoom out / what do you see around the subject?
- ⇒ Magnify / What do you see close-up?
- ⇒ X-ray / What would you see if you looked inside the subject?