

Intro to Journaling



A journal contains a record of observations and events which can be shared with others. Explorers like Lewis and Clark journaled all throughout their historic adventure. Journaling is a way to slow down and notice more details. It's important to record those details so others can understand them. These observations can be useful to scientists and historians.

Try this:

First, record the date, time, and some notes about the weather right now.



Date:	_____
Time:	_____
Weather:	_____

What to journal about?

Whatever inspires you! Start by going outside and finding something interesting, then record your observations using these prompts.

I notice:

Use drawings, words, and measurements to describe what you notice about the thing you chose. Don't worry about how "good" or "bad" your drawing is; instead try to be precise, like a scientist. Use space on the back of this paper if you need to.

I wonder:

As you notice details, what questions come to your mind? You can do more research on these questions later if you want to.

It reminds me of:

What connections can you make to things you have seen before? What does this resemble?