

LEAVE NO TRACE NATURE JOURNAL

IN THIS ACTIVITY WE'LL CREATE A NATURE JOURNAL THAT FOLLOWS LEAVE NO TRACE PRINCIPLES AND USE IT TO EXPLORE THE NATURE AROUND US! SUITABLE FOR ALL AGES!

Learn about Leave No Trace

Watch Alex's video to learn the 7 principles of Leave No Trace.

The video can be found here on our Facebook page:

<https://www.facebook.com/campfireseattle/videos/1383146291878571/>

To review, those principles are:

1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Dispose of waste properly
4. Take only photographs
5. Minimize campfire impacts
6. Respect wildlife
7. Be considerate of other visitors



Make a Journal

Now we need to make the physical journal. This is where we will keep a record of all the cool nature things we observe!

Supplies:

- 10 sheets of white paper (printer paper works great!)
- 1 sheet of thicker paper (this will be the journal cover)
- Scissors
- Writing utensil
- Hole puncher
- Yarn or string

Steps:

1. Fold all your pieces of paper in half hamburger style
2. Take your scissors and cut each piece of paper in half along the fold.
3. Take the two halves of your thicker paper, which will make up the cover and backside of your journal. Cardboard cut to the size of your white papers will also work! Line up your two halves on top of one another and mark three dots along the left edge of the top paper. Put one dot toward the top, one toward the bottom, and one in the center. Each dot should be about about half an inch in from the edge.
4. Use your hole puncher to cut out a hole at each dot you made.
5. Separate your pieces of white paper into 4 piles of 5 sheets each.
6. Take on pile of white paper and place your journal cover on top. With your writing utensil to trace the outlines of the 3 holes onto the first white piece of paper. Remove the journal cover and pick up your hole puncher. Use it to punch 3 new holes through your white pieces of paper.
7. Repeat this process with the remaining 3 stacks of paper.
8. Once all holes are punched, line up all pieces of paper so that the holes align. Make sure your thicker pieces of paper are on the top and bottom of your pile.
9. Cut three pieces of string or yarn, each about 6 inches long.
10. Thread one piece of string through each hole, making sure to go through each piece of paper. Tie each string into a knot to hold the papers in place.
11. Now your journal should be held together! Feel free to decorate the cover of your journal.

FILL YOUR NATURE JOURNAL! EXPLORE THE OUTSIDE WORLD AND PRACTICE LEAVE NO TRACE BY FILLING YOUR JOURNAL PAGES WITH THE FOLLOWING ACTIVITIES.

Plant Studies

Walk around an outdoor space and make note of the most interesting plant life you see. These could be flowers, grasses, trees and more! When you're around a computer or a plant book, try to identify the plants you found. Write the plant's name next to the artwork you made.

- Draw your plants in great detail and in color if you can. Write notes about the plant feels, how it smells, how it sounds in the wind, or anything else you observe with your senses. Make sure to leave the plant where you found it though, and don't pick any leaves or flowers. If you have a camera, you can take a photograph!
- Make a leaf rubbing. Place a leaf under a page of your journal. Unpeel one crayon. Gently rub the long side of the crayon across the area of the page covering the leaf. After rubbing it back and forth a few times, you should notice the pattern of the leaf begin to emerge.

Animal Observations

Sit in an outdoor area for a period of time. This could be anywhere from 5 minutes to an hour. On a page of your journal make notes of all the animal activity you observe. Which animals are you seeing and what are they doing?

Weather Tracker

On a page of your journal make daily notes about the weather. Is it cloudy, sunny, windy, cold, or humid? Try keeping track of daily temperature and precipitation. Is it getting warmer or colder? Drier or wetter?

Species Inventory

Find a small area (try 2 ft by 2 ft) and count the number of different plant, animal, and insect species you find in that area. Identify as many species as you are able to by name. Go online and research the terms "native species" and "invasive species." Write down the definitions in your journal. Do some more research and find out how many of the species you observed are native species and how many are invasive species.

Habitat Exploration

Walk around an outdoor area and see if you can find any signs of animal habitat. Habitat is defined as the natural home or environment of an animal, plant, or other organism. Signs that animals or insects live there could be a bird nest, a spider web, a beaver dam, or a beehive. Can you find any other signs of habitat? Write down what you've observed and draw some pictures of what you've seen.

Pollinator Patrol

A pollinator is an animal or insect that causes plants to make fruit or seeds. They do this by moving pollen from one part of the flower of a plant to another part. This pollen then fertilizes the plant. Only fertilized plants can make fruit and/or seeds, and without them, the plants cannot reproduce. Common examples of pollinators include hummingbirds or bees. Observe pollinators in action and make notes about what types of plants they are visiting. Do the plants have flowers? What color are they? How tall or big? What shape are they? Many plants will grow flowers or blossoms in order to attract pollinators. The bright colors and welcoming shapes encourage animals and insects to come for a visit. Some flowers even have ultraviolet lines that help direct pollinators to their pollen so that pollinators know where to go even at night!



Ecosystem Comparison

Locate two outdoor places that look very different. For example, one could be a stream bed and the other could be a field of grasses. Compare and contrast these two places. What do they have in common? What makes them different? Think of things like exposure to the sun, water sources, plant types present, animal signs observed, and human impact. Create a Venn diagram to organize your observations.

Leave No Trace Expert

Write the 7 Leave No Trace principles in your journal. Once you have them down, try teaching them to someone else! To put your skills to the test, go on a short hike or walk and record how you practiced each Leave No Trace principle while you were out.

The Human Factor

Humans make a pretty big impact in the areas we live. The cities we live in would look very different if humans weren't there. Try a drawing experiment where you first draw a city or suburban scene as it is. Make a second drawing where you try to remove the human influence and just draw the things you consider to be nature. Is it easy? Difficult? What do you consider to be "natural?"

Sense of Place

Just as we impact our environment, the environment around us also heavily impacts us. People have always felt very connected to the land, and different landscapes often stir up different thoughts and feelings within us. Choose an outdoor place to sit for a while with your journal. Write about whatever thoughts go through your head while you're sitting there. Does the land make you feel anything? Are those feelings positive or negative?

Your Choice!

Feel free to fill any empty pages of your journal with other observations, notes, writings, or drawings that you find inspiring or interesting.

