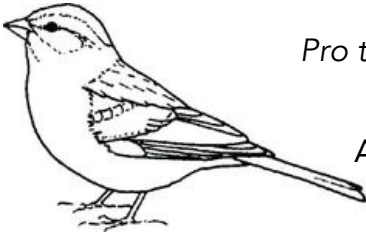


How to Keep a Field Journal

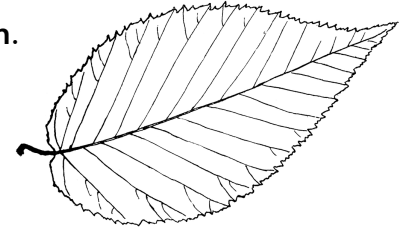
(Put your name and contact info in the front cover in case you lose it!)



Pro tip: There's no one right way to keep a field journal.

Always write down the **date, time** and **location**.

Some ideas/prompts to help you get started:



- ✦ **List everything you see.**
- ✦ Describe the **weather conditions**: sun, wind, temperature, humidity...
- ✦ What **motion** do you see? What's causing it?
- ✦ Describe a **plant**: size, shape, color, texture, smell of bark, leaves, flowers, fruit, seeds...
- ✦ Make a list for each of your **senses**: sight, sound, touch, smell/taste.
- ✦ **Sketch something** you see: the landscape, a plant or animal, a rock, a leaf, a feather...
- ✦ Describe an **animal or bug**: color, shape, size, behavior, location, movement, interactions with its surroundings...
- ✦ Close your eyes and listen for a few minutes. Then write down descriptions of the **sounds** you hear.
- ✦ Make a **diagram** of something:
 - ✦ **Interactions** between bugs, animals, and plants
 - ✦ **Measurements** of different things
 - ✦ **Layers** of the environment
 - ✦ The **life stages** of a plant or animal you see
- ✦ Tape in a **plant specimen**, like a leaf or twig or petal.
- ✦ **Count or measure** several similar things, or the same thing several different days/times.
- ✦ Look for **signs of wildlife**: tracks, scat (aka poop), fur or feathers, chewed plants...
- ✦ **Draw a map**: of your surroundings, of your neighborhood, how you got to this spot, different kinds of vegetation, a river or stream or pond nearby...
- ✦ What's **new or different**? Is there anything **unexpected** or **surprising**?
- ✦ List all of the **plants** you can see and identify. Or **describe or draw a plant** you don't know.

