

Co-created by:



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# My Nature Journal

A year of seasonal reflections  
and creative connection with nature





# Introduction

Welcome to My Nature Journal! This resource has been co-created by Wild Creatives and York Bike Belles, and is designed to help you slow down, observe, and creatively engage with nature. Whether you're cycling, walking, in your outdoor space, or simply looking out the window at home, these prompts will guide you in capturing your experiences and reflections.

This journal can be printed or used digitally. It includes monthly prompts followed by a blank page for your own journaling. We encourage you to personalise it in a way that makes it meaningful for you. The accompanying monthly nature journal provides easy and enjoyable ideas to deepen your connection with nature throughout the year.

## How to use this journal

- Each month features easy and enjoyable activities to encourage creativity, exploration and a deeper connection with nature.
- Use these monthly prompts as inspiration for your observations, sketches, and reflections.
- Each month features 5 seasonal prompts and simple activities followed by a blank page for your own personal notes, sketches or creative expressions.
- Try different journaling styles—writing, drawing, photography, or even pressed leaves and petals.







# January

## Winter's stillness

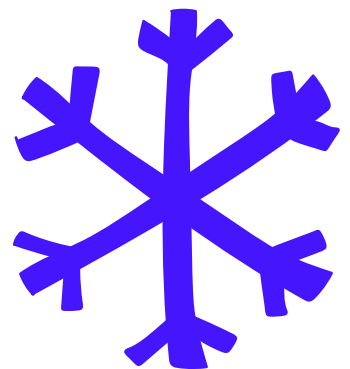
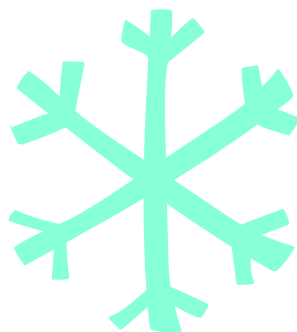
Listen to a bird and describe its song.

What are your plans for this Nature Journal?  
Write them down.

What do you enjoy about January?

Watch a winter sunset.  
Colour or paint what you saw.

Find some snowdrops.  
Gaze for a while. How do they make you feel?





# February

## Signs of change

Reflect on three positive things about February.

Wrap up warm, take a seat outside and watch for birds. Describe what you see.

Run your hand down the bark of a tree. What does it feel like?

Go on a slow walk. Can you find any early signs of spring? Write about or draw them.

Admire the Moon. What does it mean to you?



# March

## Spring awakens

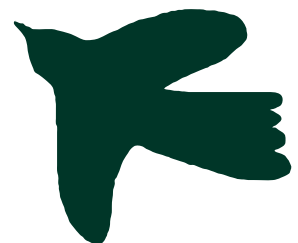
Try an early spring flower hunt!  
Notice colour, shape, texture  
and smell. Write about them.

Sit outside on a sunny day.  
Feel the warmth on your skin. Describe it.

Rejoice at the first tree you see in bloom! Take a photo or draw it.

How do you feel when nature  
awakens in the spring?

Sow seeds in pots on your windowsill.  
Jot down your growing plans for this year.







# April

## Bursting into life

What are your best memories of spring?

Observe a natural scene bursting into life! Colour or paint it afterwards.

Go for a slow walk or bike ride. What were your three favourite moments?

Find a place to sit with a view of nature. Breathe. What did you see, hear, and smell?

Look out for an early butterfly. Describe its colour and movements.





# May

## Peak springtime

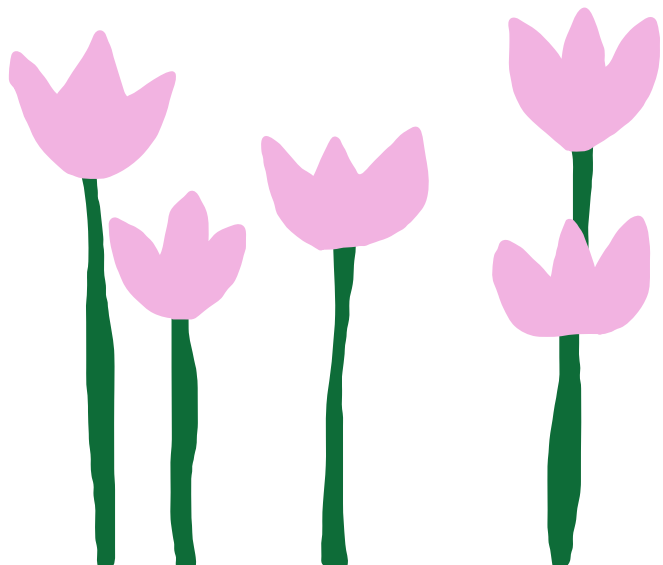
Find a quiet place to sit outside.  
What's growing around you?

Look closely at a new leaf. Draw the pattern made by a leaf's veins.

Can you hear any new birds?  
Describe their song or calls.

How does being outside in  
May make you feel?

Gaze at colourful spring flowers. Take a  
photo or sketch them afterwards.







# June

## Early summer energy

Look up at the sky, and  
draw any clouds you see.

Go for a slow walk. Describe  
the three best things about the walk.

Celebrate the longest day,  
or Summer Solstice.  
Try something new!

Sit outside on a sunny day. Breathe.  
Tune in to nature around you.  
How does it make you feel?

Bury your nose in a June flower.  
Can you describe the smell in words?



# July

## Height of summer

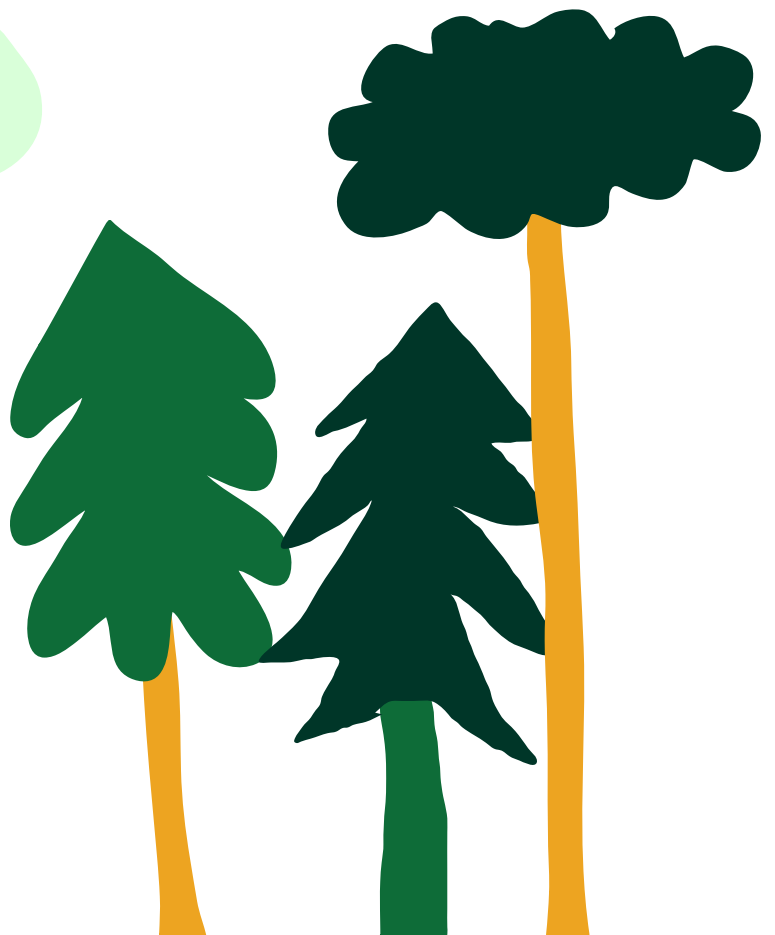
Get close to a flower.  
Describe any insect visitors.

What are you grateful  
about in nature this July?

Get to know a tree by  
observing it closely.  
Sketch or describe  
it in words.

Sit outside in the shade,  
or by a river. Breathe.  
What can you see, hear,  
touch or smell around you.  
How do you feel?

Splash cold water on yourself!  
Describe the feeling.







# August

## Late summer wonders

Find a wild blackberry bush.  
Pick and eat a berry. What does it taste like?

Enjoy an evening bike ride or walk.  
Focus on the smells of summer and write about them.

Collect a seed pod from a wildflower.  
Sketch its shape.

What good memories do you have  
of August summer holidays?

Describe the feeling  
of a warm breeze  
on your skin.



# September

## Early autumn magic

Go on a fungi spotting walk!  
Journal about what you find.

Watch a September sunrise or sunset.  
How does it make you feel?

What are your three favourite  
things about nature in the autumn?

Do you have any gardening plans this autumn?

Sit outside near some trees.  
Breathe. Listen to the sound  
of rustling leaves and describe it.





# October

## Autumn's glow

Enjoy a walk kicking through fallen leaves. How does it make you feel?

What are your growing plans for next year?

Collect different coloured autumn leaves. Press them in your journal.

Watch a squirrel gathering food. Record its behaviour.

Marvel at an autumn tree with bright red leaves. Sketch, colour or paint it.





# November

## Quiet transformation

Listen closely to the wind.  
Describe its sound.

Enjoy a November walk  
or bike ride. How did  
you feel?

Write a poem about the last golden leaves of autumn.

Reflect on the idea of slowing  
down this month, as nature does.

Visit a local pond. Are there  
any wildfowl? Take a photo  
and draw them at home.





# December

## Winter's arrival

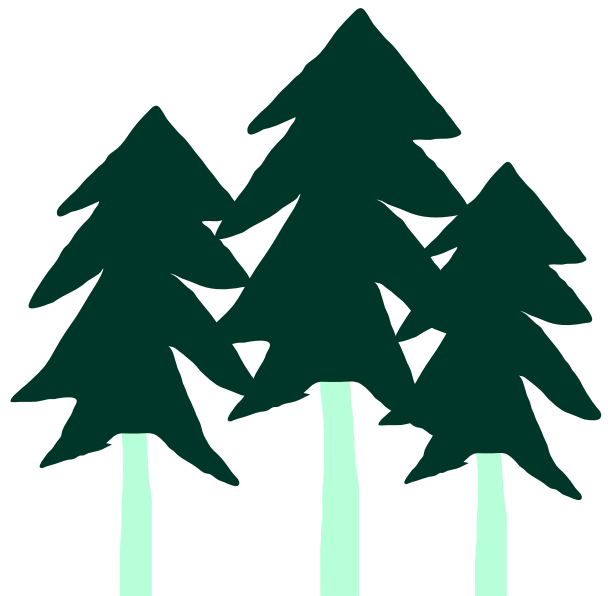
What are your three favourite things about the winter?

Wrap up warm, sit outside, and tune in to the natural world around you. What is happening in nature now?

Celebrate the shortest day, or Winter Solstice. Try something creative!

Enjoy a walk on a cold day. Describe the feeling of cold air against your skin.

Look back through your Nature Journal. What were your favourite moments this year?





# Resources

There are some great resources out there for you to continue learning and exploring the art of nature journaling. Start by taking a look at the work of renowned naturalists John Muir Laws and Clare Walker Leslie.

## Books

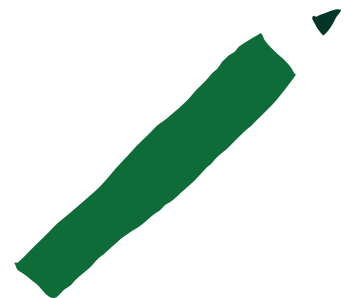
- The Laws Guide to Nature Drawing and Journaling by John Muir Laws
- Keeping a Nature Journal: Discover a Whole New Way of Seeing the World Around You by Clare Walker Leslie
- Nature Journaling for a Wild Life: Discover, Create, and Connect by Clare Walker Leslie
- The Green Sketching Handbook by Ali Foxon
- The Nature Remedy: A restorative guide to the natural world by Faith Douglas

## Apps and websites

- Wylder app (For nature wellbeing): [www.getwylder.co.uk](http://www.getwylder.co.uk)
- Merlin app (to help identify birds): [www.merlin.allaboutbirds.org](http://www.merlin.allaboutbirds.org)
- Flora Incognita app (to help identify plants): [www.floraincognita.com](http://www.floraincognita.com)
- iNaturalist app (record your nature observations): [www.inaturalist.org](http://www.inaturalist.org)
- John Muir Laws website (nature journaling resources): [www.johnmuirlaws.com](http://www.johnmuirlaws.com)
- Wild Wonder Foundation (nature journaling resources): [www.wildwonder.org](http://www.wildwonder.org)

## Find a natural location to explore

- Wild York: [www.wildyork.uk](http://www.wildyork.uk)
- The Woodland Trust: [www.woodlandtrust.org.uk](http://www.woodlandtrust.org.uk)
- Forestry England: [www.forestryengland.uk](http://www.forestryengland.uk)
- The Wildlife Trusts: [www.wildlifetrust.org](http://www.wildlifetrust.org)
- UK National Parks: [www.nationalparks.uk](http://www.nationalparks.uk)
- National Trust: [www.nationaltrust.org](http://www.nationaltrust.org)





# MY TINY WORLD

A SMALL AREA OF  
LEAVES + MOSS UNDER  
A SWEET BIRCH TREE.  
THE LIGHT WAS  
DAPPLED WITH THE  
WARM SUN.

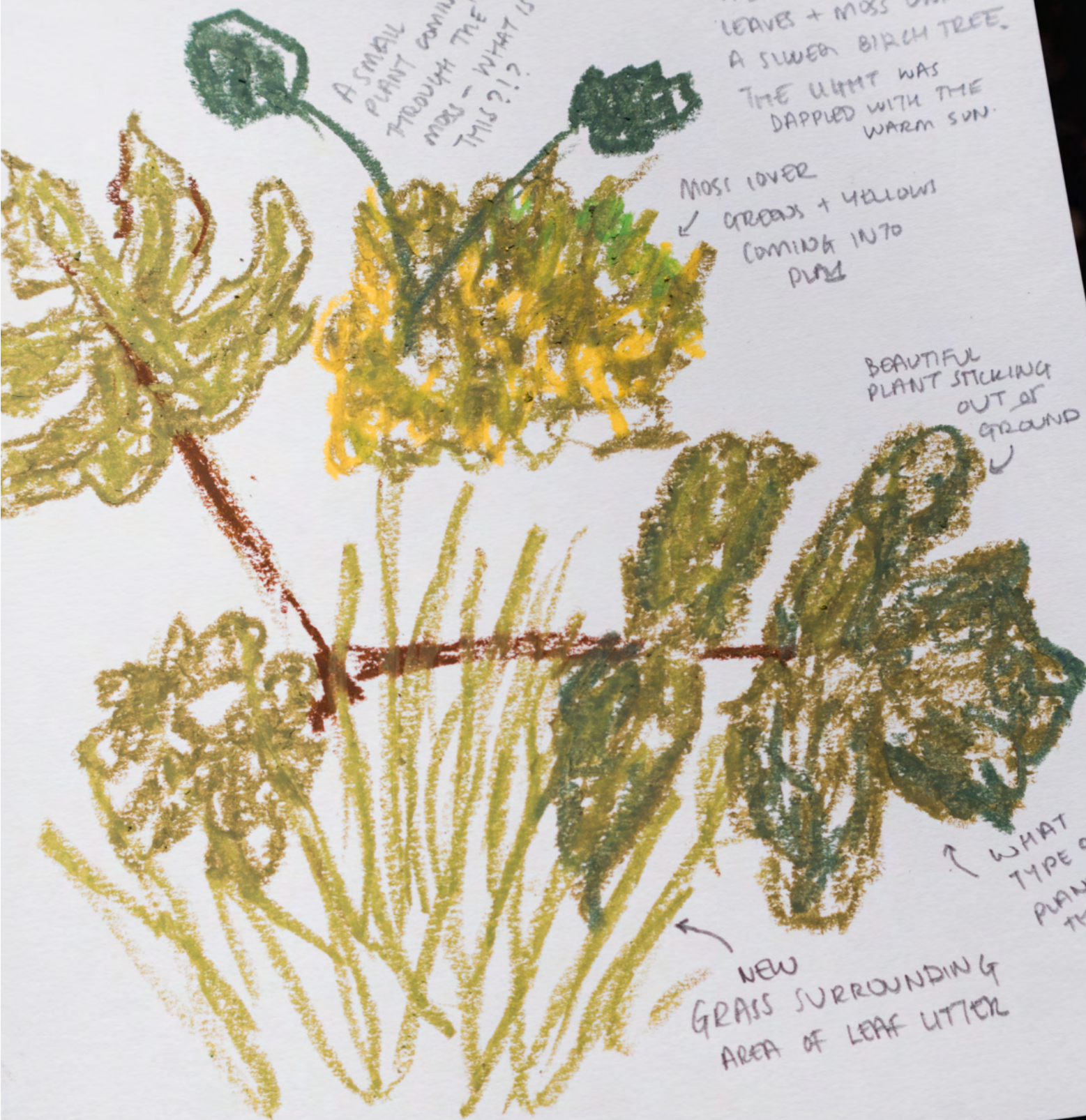
A SMALL  
PLANT COMING  
THROUGH THE  
MOSS - WHAT IS  
THIS?!

MOSS COVER  
GREENS + YELLOW  
COMING INTO  
PINK

BEAUTIFUL  
PLANT STICKING  
OUT OF  
GROUND

WHAT  
TYPE OF  
PLANT  
THIS

NEW  
GRASS SURROUNDING  
AREA OF LEAF LITTER



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