November Nature Study Journal

Slow down. Look closely. Get to know the place you call home.

Date: _____ Time: _____

Place: _____ Weather: _____

What can I see now that the leaves have fallen?

What remains green?

What signs of wildlife did I notice?

What did I hear?

A small detail to sketch

A question to carry into my next walk

A Month of Paying Attention

Choose one familiar place and return each week.
Ten quiet minutes can be enough.

Week 1 - Choose your place

Describe the view. What would you like to watch?

Week 2 - Look closely at plants

Study a twig, a seed head, or fallen leaves. What details stand out?

Week 3 - Watch for movement

Notice birds, squirrels, windblown seeds, or flowing water. Describe what you observe.

Week 4 - Compare and reflect

What changed? What stayed familiar? What surprised you?

Leave plants, nests, logs, and habitat where you find them. Observe water from a safe shore; stay off early ice.