

Use a calendar to create your own record of the natural world around you. It's easy and, after a month, look at what results you can get! Each day, jot down a few words or a sentence about what you see or experience about nature. Just one note a day is all it takes. At the end of the month, read them all together and in sequence. Perhaps you will discover a story, a poem or a topic for a flip book (see Flip Book Activity).

Supplies:

- ◇ A calendar with blank blocks or our template on page 2
- ◇ Pen, pencil, pencil crayons

What to do?

- ◇ Each day, take a moment to appreciate the out-of-doors. It can simply be the view from your window, a passing bird on a walk, the sound of a scolding squirrel, or perhaps something altogether unexpected. Use all your senses.
- ◇ Write down what you saw, heard, did, felt or thought in a few words or a sentence. You might include the weather, sky, anything happening or not happening in nature. Log your record in the date block on your calendar. Attach sketches, photographs or small objects to your calendar page. Use them later to illustrate your project.
- ◇ At the end of the month, read your jottings together in sequence. Notice how the month and what you have noted

My Calendar Journal January 2021

Sunday	Tuesday	Wednesday	Thursday	Friday	Saturday
24  The snow speckles of the cold in a squeaky winter voice.	25  A flash of orange scatters all before the year.	26  Confused snowflakes swirl, disoriented by the wind.	27  Bicycles, Skis, Snowboards grow.	28  The turkey posse marches through the woods.	29  The old gray sky does not know it is having a new year.
21  Complete the stamping with the sharp feet of the turkey.	22  Snow and cold.	23  Bare branches claw the gray sky looking for sunlight.	24  Growly seems menacing to the wise Bushy-tailed.	25  Peanut butter is what he seeks, Harry woodpecker licks his beak.	26  1st sign of spring? a jaunty chickadee sheds my heart with his "fee fee fee".
20  Rabbit tracks show signs of their presence in the dirt of the night.	21  The turkey posse marches through the woods.	22  A sugar dusting of fresh white.	23  Sunshine!	24  The old gray sky does not know it is having a new year.	25  With a splash of red, the Cardinal Cheers me.

changed day-to-day-to-day. Use your notes to create a poem or story. Add your sketches and voila, a literary work of art! Something like *My October*, *My Backyard in May*.

More Ideas

- ◆ Choose a favourite greenspace and concentrate your recordings on that area or object – *The Garden Wakes in April* or *The Big Tree in March*.
- ◆ Parents – Record a 'quote' each day as your little ones express their experiences and observations in nature. The result could be something like *Our February Walks* or *Billy's Backyard*. A unique keepsake.
- ◆ Seasonal Changes— Focus your observations and notations on the subtle changes that come with a new season. Celebrate the signs of the approaching season and departure of the old one.

Tip: Discover more about journaling with our Nature Journaling Activity—It is fun and it is good for you!

Brighten up a gray winter day with a Winter Sketching Scavenger Hunt. Perhaps the a sketch or two will find their way onto your calendar log.



My Calendar Journal

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