

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).

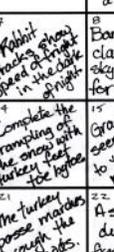
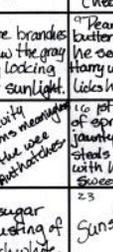
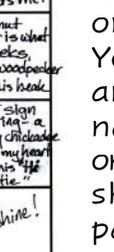
## Supplies:

- ◇ 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 photographs, sketches, 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 	25 	26 	27 	28 	29 	
24 The snow speckles of the cold in a squawky voice.	25 A flash of orange scatters all before the fox.	26 Confused snowflakes swirl, disoriented by the wind.	27 Bikes, skis, snow and cars trampling on the snow with jerky feet for legs.	28 The turkey posse makes through the woods.	29 A sugar dusting of fresh white.	30 Sunshine!

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 you calendar log.



# My Calendar Journal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday