



*Optimal Whole  
Health & Nutrition*

# *Nature Journal 2025*

This Journal Belongs to:

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# Check List

- YOUR JOURNAL
- PENCIL
- COLORED PENCIL
- TAPE
- SMALL JAR
- WATER FOR DRINKING
- HAND SANITIZER
- SUNGLASSES
- SNACK
- GOOD VIBES



# Nature & Me

DATE:      /      /

        
S    M    T    W    T    F    S

*Get creative :)*

A Drawing of me

5 things I love about nature

Today i found this...

*It's my favorite place because...*

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*Today I'm Grateful for*

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*Water Intake*



1    2    3    4    5    6    7    8    ( Glass )

*Mood of the day*



*Notes/Reminder*

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*The weather today :*



LOCATION:

TEMPERATURE:

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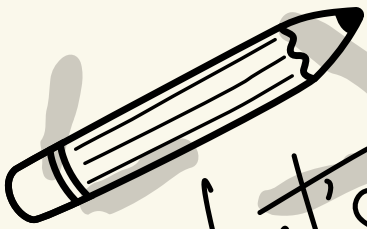
# 5 LEAVES I FOUND

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Place your leaf behind this page and use the side of your coloured pencil/crayon to lightly colour over your leaf on the other side.... Watch it appear!







Let's  
Draw!

Draw something you see

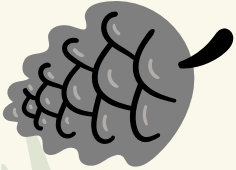
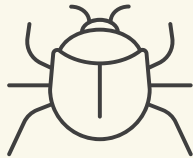
Draw the sky

Draw an animal you saw today

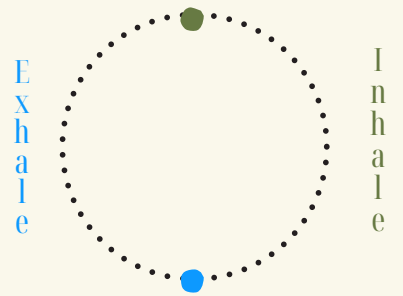
Draw a bug

Draw a pretty flower

# Nature Scavenger Hunt



# My Senses



*Take a break, sit still and focus on everything you can see, hear, smell and feel! Use the circle to guide your breathing into relaxation*

I Can See

I Can Feel

I Can Smell

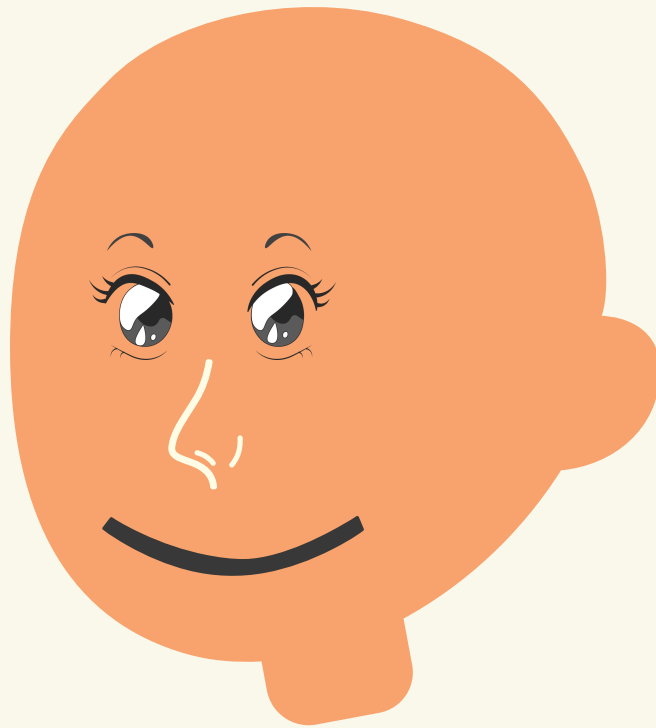
I Can Hear



# Nature Art

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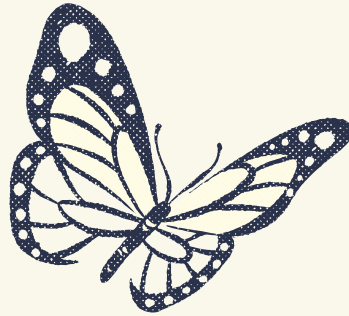
THIS GUY NEEDS SOME HAIR! FIND SOME DIFFERENT COLOURED LEAVES TO STICK TO HIS HEAD AND MAKE HIM SOME NEW HAIR!





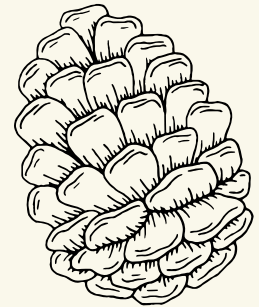
A LARGE OAK TREE CAN  
DROP 10,000 ACORNS IN  
ONE YEAR.

A DRAGONFLY HAS 6 LEGS  
BUT IT CANNOT WALK



BUTTERFLIES  
TASTE WITH  
THEIR FEET.

PINE CONES HAVE  
GENDERS.



THERE WAS ONCE A TIME WHEN  
THERE WAS NO BACTERIA THAT  
WOULD DECOMPOSE A TREE.

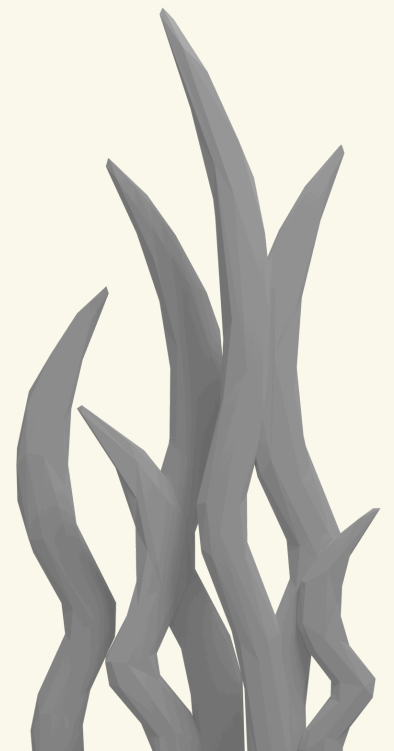
85% OF PLANT  
LIFE IS  
FOUND IN  
THE OCEAN.



STUDIES SHOW THAT PLANTS  
CAN FEEL A TOUCH AS LIGHT  
AS A CATERPILLAR'S  
FOOTSTEPS.



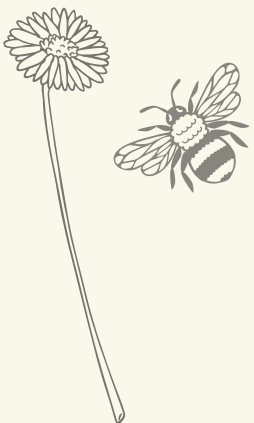
A LADYBUG'S SPOTS WARN POTENTIAL PREDATORS.



# My Findings

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USE THIS PAGE TO STICK IN THE FAVOURITE THINGS YOU FIND, DRAW  
PICTURES OR CREATE DIAGRAMS!



# Notes

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# Notes

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