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Introduction

There is a lot to explore in the world outside your door. Nature is full of interesting things to see, hear, smell, and touch. The pages of this book can help you focus on all the things that make up nature. They can also give you a place to say what you think and feel about the natural world.

My Own Nature Book gives you a place to write about and draw the things you observe. Many pages end with a section called "...and Tell." These give you some ideas of things to talk about with family members or friends.

Before You Explore

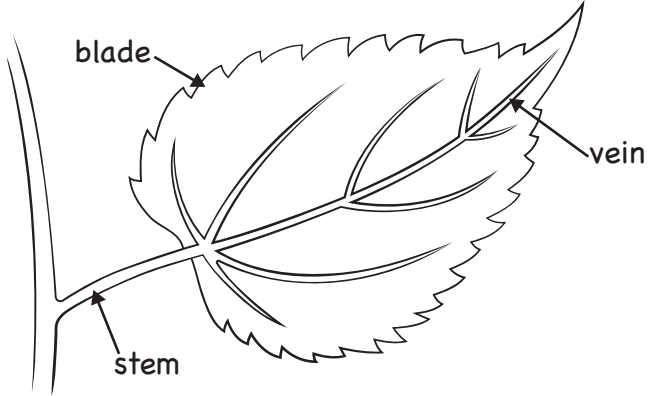
Here are a few important things to know:

- It is very important to always be respectful of nature. Try your best to *observe* nature, not to *change* it. Be kind to the animals and plants.
- You can touch some things in nature, like fallen leaves or flower petals. But you should always ask an adult for permission. Some plants may contain poison. Many insects and other animals may sting or bite.
- The journal pages encourage you to glue something from nature onto the page. Choose plant materials that have already fallen off. Never glue anything from an animal or any part of an animal onto the page. Always ask an adult for permission to handle any animal-related item, such as feathers or eggs. Always wash your hands with soap after touching any items in nature.



Leaves

Leaf Parts: Look at the parts of a leaf. The parts are labeled. Can you find these parts on the leaves you see in nature?



Show: Draw a colorful picture of two different leaf shapes you see. Look at the vein patterns on the leaves and draw those, too.

Drawing #1	Drawing #2

...and Tell: What do you think the veins on a leaf are there for? People have veins, too. How might people's veins be like veins on a leaf?



Plants Journal

Day of the Week _____ Month of the Year _____

Today's Weather:



Sunny



Partly Cloudy



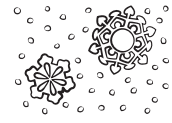
Cloudy



Windy



Rainy



Snowy

Here are the plants I observed today: _____

Here is one thing I would like to know more about: _____

Here is a way to remember this day:

Ideas

- Draw a place or a thing.
- Collect something from nature and glue it here.





At Night

The night sky: Circle each word that shows what you see outside at night.

fog

rain

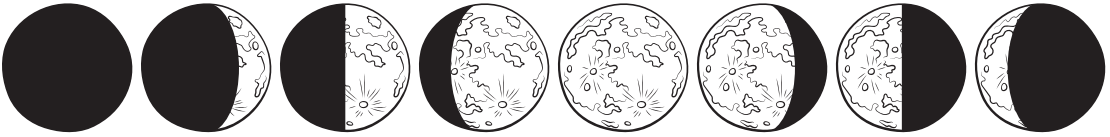
stars

moon

shadows

lightning

The Moon: Circle the moon shape you see in the sky tonight.



What color is the moon? _____

What does its surface look like? _____

Does the moon look close by or very far away? _____

Constellations: Do you see any stars grouped together to form a picture? If so, draw what you see.





Nature's Friend

What you can do: How can you be a friend to nature? What are some things you think you could do to help nature or to keep it healthy? Write three ideas. Try to do each thing at least three times.

Something I Can Do: _____

1st time

2nd time

3rd time

Would you want to keep doing this? Yes No

Why or why not? _____

Another Thing I Can Do: _____

1st time

2nd time

3rd time

Would you want to keep doing this? Yes No

Why or why not? _____

One More Thing I Can Do: _____

1st time

2nd time

3rd time

Would you want to keep doing this? Yes No

Why or why not? _____