Look up at the sky—are there clouds? What colors do you see? What shapes do you see? Look at where the sky meets the land—that is the horizon. Is it flat or are there hills and mountains? Are there trees? Are the shadows? Is the sun making some places bright? What is close and what is far away? What are the cool things that you see or feel? Start with a light pencil sketch of what you see. You can make a simple sketch or choose to add detail or color.
Up Close

Find things close to you and look at them very carefully. What shapes do you see? Feel the surface—is it smooth or bumpy? Where is there light and where is there dark? How many colors do you see? Choose one or more of the things nearby to draw. Start with a simple outline in pencil, then add details that you see with pencils, pen, or color.

Animals Move

Animals are fun to draw but can be very difficult because they move. Before you put your pencil to the paper, watch the way birds, insects, mammals, lizards, and other animals move. Look at the shapes of their bodies and legs. Try to freeze these images in your mind, then quickly put down some lines that show what you have seen. Make several sketches of the same animal from different views. This can take a lot of practice.
GET OUTDOORS
You can find living things and nature to draw by your sidewalk, near your school, at your local park, out on a farm, in a nature reserve, or in wilderness. You may find a tiny plant growing in a crack, a seed, a squirrel, a whole forest, a rainbow. Even the sky is no limit - what kind of clouds are above today? Find a safe place to sit still, observe, and draw.

BE PREPARED
Depending upon where you go to draw, be sure to take the right clothing and gear to be safe and warm. If you are close to home, it may be simple - a hat for the sun or a coat for the rain. If you are going out for a longer, wilder trip you may need more clothing and things like sunscreen, food and water. On my wilderness kayak trip in Alaska, I had to take a LOT of things.

ADDITIONAL ART SUPPLIES
1. Fine-tip felt pens - black is best. These are great for making sketches and very portable.
2. Color - It is really fun to use color in your journal. You don’t want to bring too much with you, so consider ONE of these options:
   -- colored pencils
   — watercolor pencils and brush
   -- watercolor paint pallet and brush

WHAT WILL YOU BRING?
Your journal can include your journey - how you prepared for your outdoor adventure. Draw some of the things you will bring on your trip.

Tell a Story
Your journal drawings can tell stories. You can show the plants and animals that live together. You can draw different parts of a tree, such as the bark, the needles, and the cones that show how it grows. You can draw the signs of animals such as their tracks and poop, even if you don’t see the animal. Look for connections. You can add words in and around your drawings to help tell your story.
Nature Journal Artist’s Workbook

You can find the wonders of nature anywhere and express your observations in sketches, paintings, and notes in a nature journal. A nature journal may be a personal diary, a link between you and nature, a work of art, a scientific record, or just plain fun. This workbook is an introduction to get you started on an artistic nature journal.

My name is Suzanne Stutzman, nature journal artist, and I had the honor of being selected as an artist in residence for the 2013 Voices of the Wilderness Artist in Residence program in Tracy Arm-Fords Terror Wilderness, Alaska. I want to show you some ideas to explore to make your own journal. Illustrations are from my Alaska experience.

PRINT AND ASSEMBLE THIS BOOK
1. Print and copy on ONE SIDE (two-sided won’t work) standard 8 1/2 x 11 inch paper. There are four sheets per workbook, black and white is fine even though there are some color images.
2. Stack with page spread 2 - 15 on bottom, pages 8 - 9 on top.
3. Fold in half, making a booklet that is 5 1/2 x 8 1/2 inches.
4. Bind along the center fold with two staples, or punch two holes marked on pages 8-9 and tie with a ribbon or string.

GRAB THE BASIC TOOL
The very best portable outdoor art tool is an inexpensive mechanical pencil. It comes with an eraser and never needs sharpening. Other pencils are also fine, but you may need to bring a small sharpener and an eraser.

WARM UP FOR DRAWING
Just like playing sports or a musical instrument, it is good to warm up for drawing. Start with something close - YOUR HAND (the one you don’t use for drawing). You are a part of nature, and your hand has interesting shapes, textures, lines, and details. Take a deep breath and study it for a while, turning and moving it until it looks cool. Really look at it before you draw it. Draw what you actually see on the opposite page. Start with an outline. Add details. Sign your drawing and put a date on it.

Where You Are

MAKE A MAP
The places you go and where you find things can be an important part of a journal. Sketch a map that shows your journey.

Covers

Look around you and find a really cool view or plant or animal or color or texture and create very special artwork for the covers. Somewhere include your name and the date.

MORE JOURNALS
You can buy inexpensive journals or make your own. There are many different ways to make a journal, and directions can be found on websites and web videos. The most important thing for an artistic nature journal is to have GOOD ART PAPER that has no lines and is made for drawing and painting. If you printed this workbook on regular printer paper, you may have noticed that watercolor wrinkles the paper and pens and colored pencils may not work well. Paper that is identified for "mixed media" art works well. The other art supplies recommended in this workbook are all you need for a fun and easy-to-carry nature journal kit.

DRAW OFTEN!
Keep going outdoors, observe, and draw often. It can be fun, relaxing, and helps you see the world around you. Your collection of nature drawings can be your personal memory of special places, a way to share the beauty of nature with others, and a scientific record.

Enjoy!