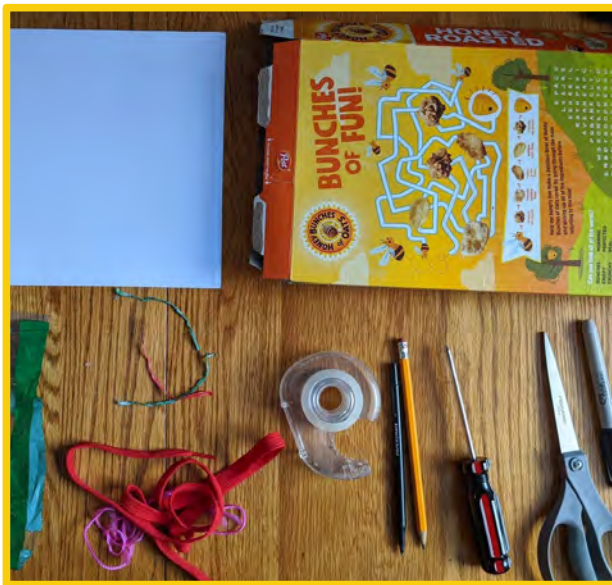


Create Your Own Upcycled Journal

There are so many sights and sounds to see in the winter. Let's create our own upcycled nature journal to record them all! You can reuse materials that might otherwise get thrown away to create your very own nature journal.

What you need:

- Material for journal cover and back cover**
 - Cereal boxes, cardboard boxes, magazine covers, old calendars, etc.
- Paper**
- String, yarn, rubber bands, or twist ties to bind your journal**
- Scissors**
- Hole Puncher**
- Any additional decorations**
 - Glitter, flower petals, etc.



Create Your Own Upcycled Journal

Instructions:

1. Cut or tear the cardboard to the size of the journal you want to create a front and a back.
2. Cut or tear some recycled paper to fill the journal.
3. To bind your journal, punch two holes through the cardboard and paper (have an adult help you!) and use some string or other material to tie it together.
4. Decorate your journal. You can cut images from old magazines, or use recycled materials to make a nature-inspired pattern. Be creative and make it your own!
5. Use your journal to record your naturalist observations and questions:
 - What do you notice outside of your window?
 - What do the plants look like?
 - What do you notice about the animals?
 - What do you wonder about all of the spring changes happening outside?

