

A Month of Nature Journaling

for September

S	M	T	W	T	F	S
30 	31	1 Patterns you can see in any nearby nature.	2 The colors in today's landscape and how they make you feel.	3 How you would describe the sky right now and why.	4 What flowers/plants are in your home /garden & why you love them.	5 Nearby scenic places that bring you inner calm.
6 Shapes that are repeated in the nature around you.	7 How being in nature is making/ has made you feel today.	8 The most interesting thing you can see in the landscape and what draws you to it.	9 Ways you feel connected to nature right now.	10 How the nature around you has changed in the last two weeks.	11 Natural sounds you can only hear when you listen intently.	12 Something fragile you can see that is not just surviving, but thriving.
13 Describe the differences between looking at nature and closing your eyes & listening to it.	14 The most colorful parts of nearby nature you can see and what they are.	15 Shapes of shadows cast by the sunset.	16 What is the texture of the sky and how does it make you feel.	17 Parts of nearby nature that feel still and parts that feel alive.	18 An object in nature that feels like it's waiting for you to notice it.	19 What is moving fast in nearby nature and what is moving slow.
20 Shapes in the branches of a nearby tree.	21 How nature is showing you it's the end of summer.	22 How your life is the same as and different from a small insect you can spot.	23 Shapes of the leaves on the ground.	24 What you feel nature is trying to tell you right now.	25 The loudest bird or insect you can hear and what you think it's saying.	26 How you'd describe the nearby nature to someone who's never seen it.
27 Shapes of the parts of nearby nature that light is accentuating.	28 The tallest thing you can see and the smallest thing.	29 Signs of fall you can see and how they make you feel.	30 Sounds you can hear if you go outside right now.	1 	2 	3 