



My Nature Journal



A stylized illustration of a nature scene. On the left, a green tree with rounded foliage stands on a brown mound. To its right is a purple and pink flower. In the background, a red and orange bird is flying, and a butterfly is visible. The scene is set against a backdrop of rolling green hills and a blue sky.

About Natural Journaling

A nature journal is a way to record your observations, feelings, impressions, reflections, and experiences of nature over time. This can be expressed through writings, drawings, photos, and more.

Record what you see, hear, smell, touch, and taste and create a fun record of your experiences and thoughts while in nature. Be sure to record the date, location, and weather. Have fun with it!

Some Guidelines to Being Safe in Nature

- Never go in nature alone and always let someone know where you are and when you will be back
- Wear appropriate clothing and footwear
- Take water with you and be sure to drink plenty of it
- Never touch or approach wild animals. Wild animals are potentially dangerous and unpredictable
- Never touch plants unless you are certain they are safe to touch
- Never taste plants unless you are certain they are safe to eat







Date:
Location:
Weather:

What is a **mammal**? A mammal is an animal that has hair or fur on its body, has a backbone, is warm-blooded, has lungs and breathes air, gives birth to live young, and mothers nurse their young with milk. Some examples of wild mammals in Pennsylvania include: white-tailed deer, gray squirrel, and the cottontail rabbit.
The Pennsylvania Game Commission is responsible for managing wild mammals in Pennsylvania.

Mammal

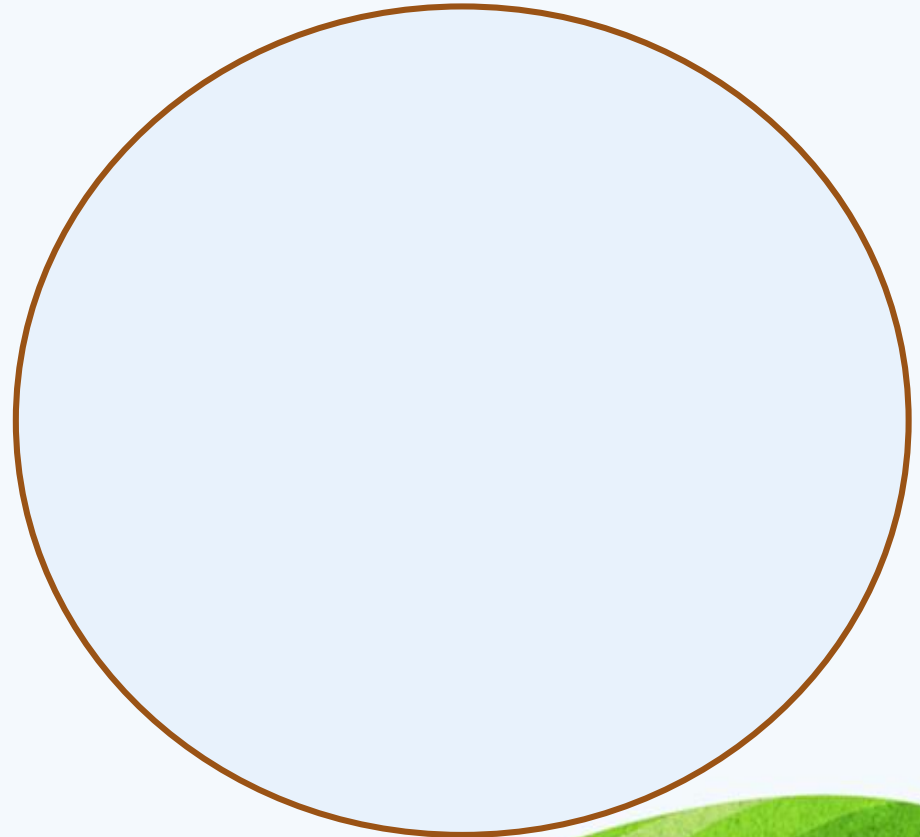
Describe what you see:

Write something interesting about it:

Explain what you like about it?

Tell what it is

Draw it:



Date:
Location:
Weather:

What is a **bird**? A bird is an animal that has feathers that cover its body (no other animal has feathers), has a backbone, is warm-blooded, lays eggs, has lungs to breathe air, and has wings and hollow bones. Some examples of wild birds in Pennsylvania include: northern cardinal, eastern wild turkey, and black-capped chickadee.

The Pennsylvania Game Commission is responsible for managing wild birds in Pennsylvania.

Bird

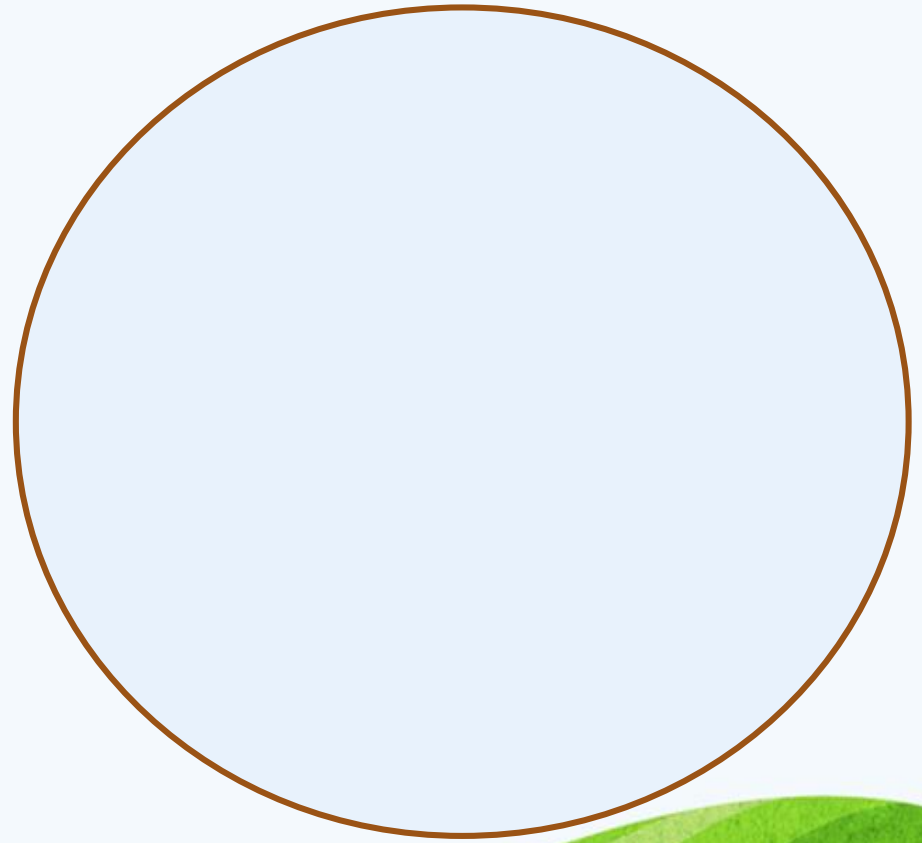
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Draw it:



Date:
Location:
Weather:

What is a **reptile**? A reptile is an animal that has scales on its body, thick, dry skin, and claws on its toes (if they have feet). They have a backbone, are cold-blooded, lay eggs on land (many), but some birth live young, and have lungs to breathe air. Reptiles do not go through metamorphosis. Some examples of wild reptiles in Pennsylvania include: eastern box turtle, eastern garter snake, and northern fence lizard.

The Pennsylvania Fish and Boat Commission is responsible for managing wild reptiles in Pennsylvania.

Reptile

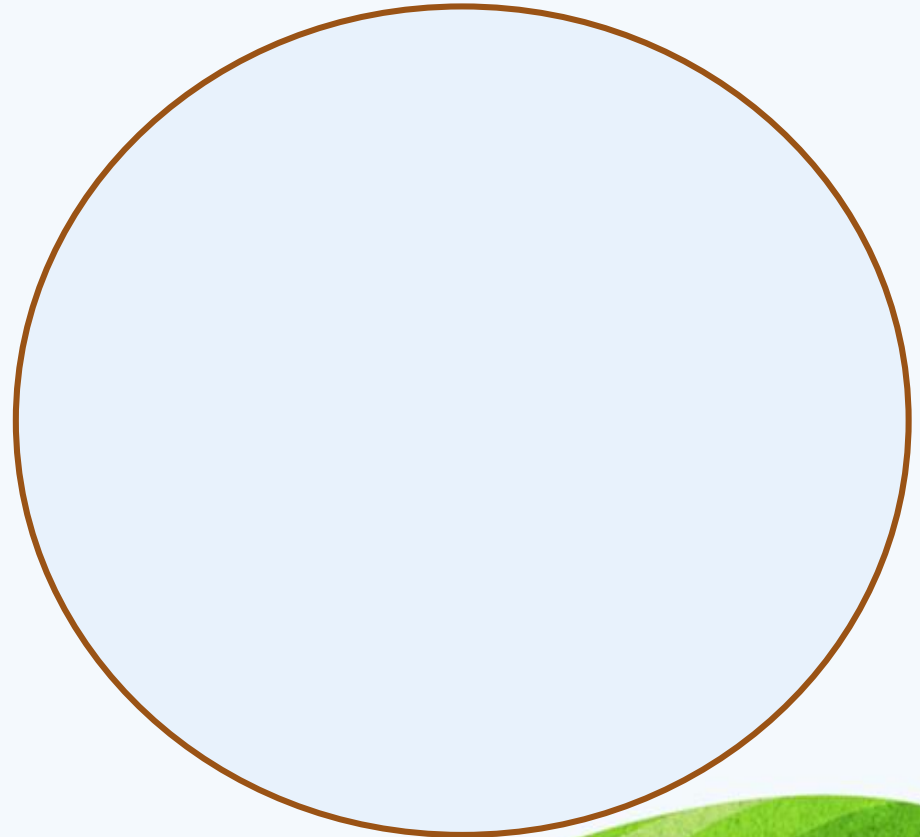
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Date:
Location:
Weather:

What is an **amphibian**? An amphibian is an animal that goes through metamorphosis, they begin life as an egg in water or moist area. At first they have gills. Most amphibians lose their gills in their adult stage, but some keep them their entire life. Most amphibians breathe through their lungs after they lose their gills. They have scaleless and permeable skin to water, they have no claws, they have a backbone, they are cold-blooded, and they lay soft eggs in water or moist areas. Some examples of wild amphibians in Pennsylvania include: Northern spring peeper, eastern American toad, and red-spotted newt.

The Pennsylvania Fish and Boat Commission is responsible for managing wild amphibians in Pennsylvania.

Amphibian

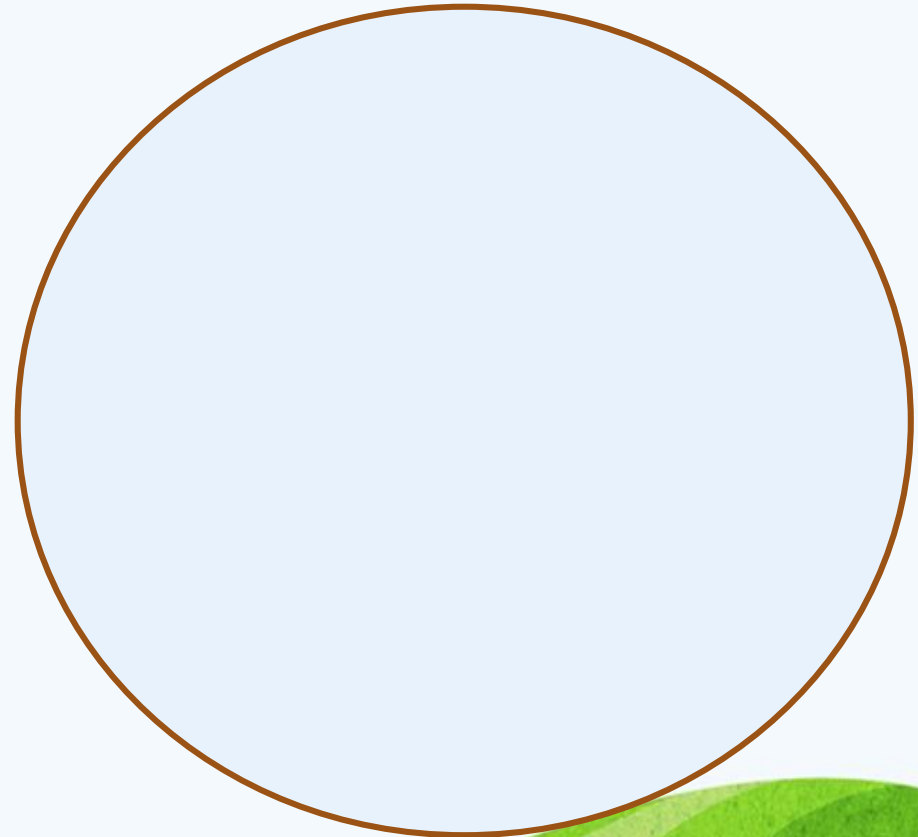
Describe what you see:

Write Something interesting about it:

Explain what you like about it?

Tell what it is

Draw it:



Date:
Location:
Weather:

What is a **fish** ? A fish is an animal that lives in the water, has a backbone (some have a skeleton made of cartilage), and breathes through its gills. Fish have skin that is protected by mucous. Most fish are covered with scales, some have bony plates, and some just have skin. Fish do not have internal ears and do not have eyelids. Fish lay jellylike eggs in the water. Some examples of wild fish in Pennsylvania include: brook trout, yellow perch, and bluegill.

The Pennsylvania Fish and Boat Commission is responsible for managing wild fish in Pennsylvania.

Fish

Describe what you see:

Write Something interesting about it:

Explain what you like about it?

Tell what it is

Draw it:

