

Nature Journaling is...



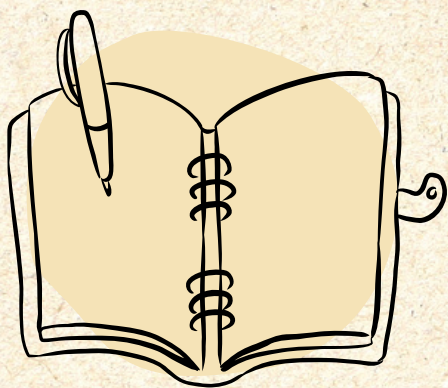
TIME OUTSIDE



EXPLORATION



CREATIVITY



WRITING



NATURE



MINDFULNESS



SKETCHING



CONNECTION



SCIENCE