

An Introduction to Nature Journaling

"Connecting with our Mind-Boggling World"

with instructor Barb Masinton



To **'Nature Journal'** is to see the world through the eyes of a child to notice and wonder about the details in nature so often overlooked to ask "who named that star"... "what made that footprint"... "when does that bird migrate"... "where does that river start"... "why does that plant have leaves" and "how does that bee fly" is to learn the language of nature.

The practice of Nature Journaling is an easy to grasp and fun activity that opens the door to wonder and curiosity, while creating a deeply intense connection to nature. You don't have to be a naturalist or even an artist to 'nature journal' because this practice is all about your own personal experience with nature. The details you notice, the questions you want to ask, or the shapes and sounds you find in a plant, animal, or cloud are all collected within your journal.

If you've always wanted to get up-close-and-personal with nature, come join our upcoming **Introduction to Nature Journaling Workshop** and learn how to slow down, spark your curiosity, and blend creativity with science. No prior skills are needed! This in-person, facilitated workshop covers foundational observation techniques, straightforward prompts, and tips for gathering discoveries for your journal.

Date & Time: Saturday, September 12, 2026, 8:30am – 12pm.

Location: Meet at the ramada outside Tijeras Pueblo Museum.

Details: This free workshop is open to FOSM volunteers and family of all skill levels/ages. All you need to bring is a blank sketchbook and a pen or pencil, and water bottle. Be sure to wear comfortable clothes, sturdy shoes, and a hat. Together we will practice basic sketching techniques, develop observation skills, and field-recording. Then independently you'll be able to explore the Tijeras Pueblo area and record one or more inspiring nature discoveries in your journal using drawings, diagrams, words, and/or numbers.

