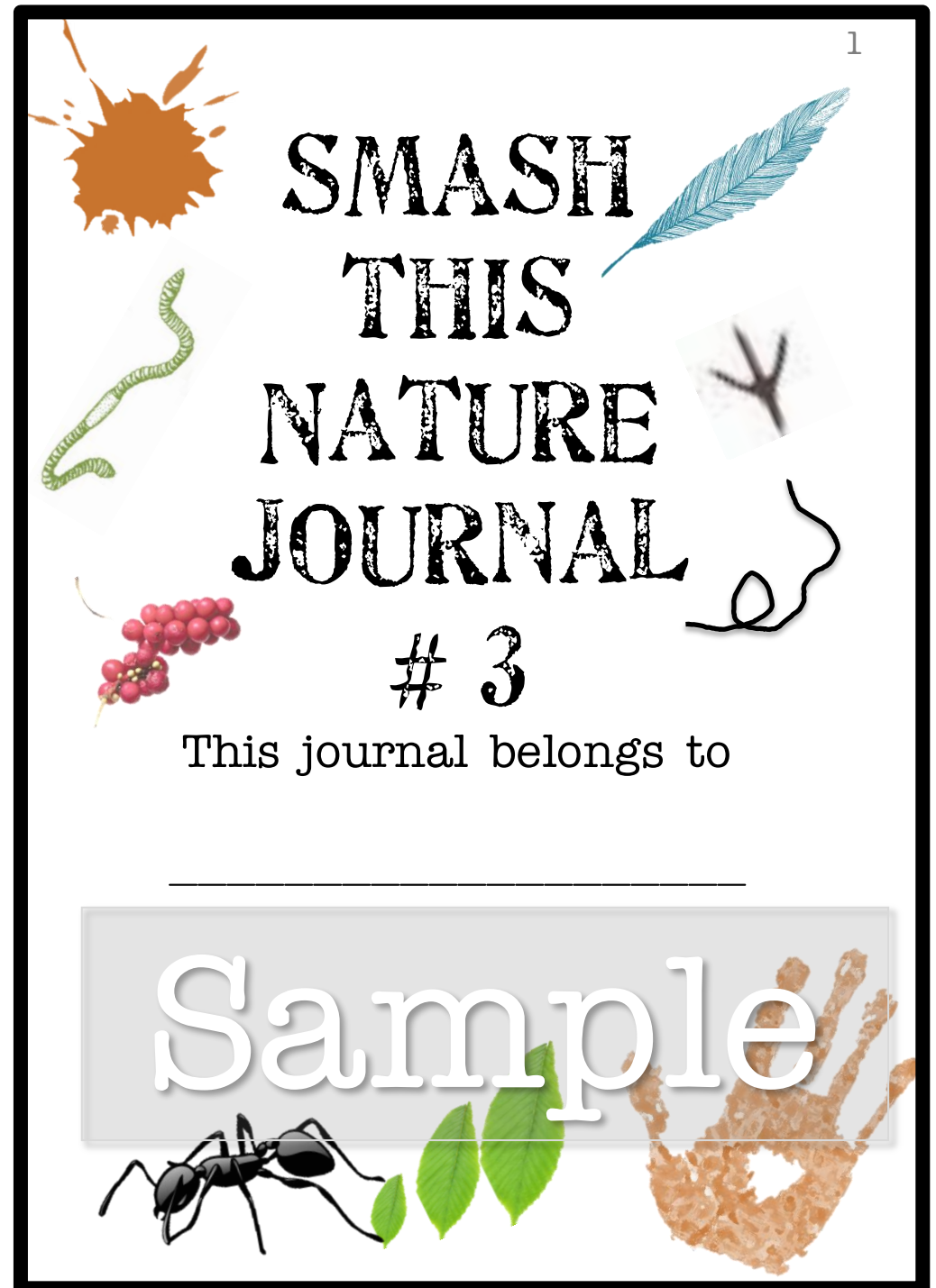


Created by
Nadene Esterhuizen

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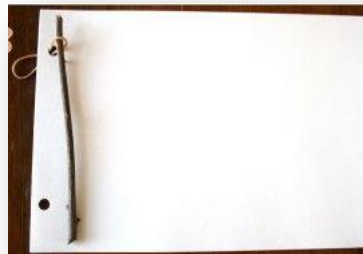
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I have created this “Smash This Journal” for young and old ... for kids & moms and dads for anyone who wants to enjoy fresh experiences in their nature walks!

To create your journal -

- ✓ This will form an A5 booklet. For a smaller booklet adjust your printer settings to print 2 pages per page. Print test pages first.
- ✓ Print the first page on card stock.
- ✓ Print the rest of the pages on normal paper.
- ✓ The last page has envelope shapes you may need.
- ✓ Fold all the pages except the last page in half with the blank sides inside. Wreck the blank pages!
- ✓ The first $\frac{1}{2}$ of the booklet will have ideas on the right hand page, and the 2nd $\frac{1}{2}$ of the booklet will have journal prompts on the left.
- ✓ Staple, bind, tie, or secure with a twig and an elastic band.
- ✓ Use and enjoy!



Welcome to some new fun & adventure nature journal ideas!

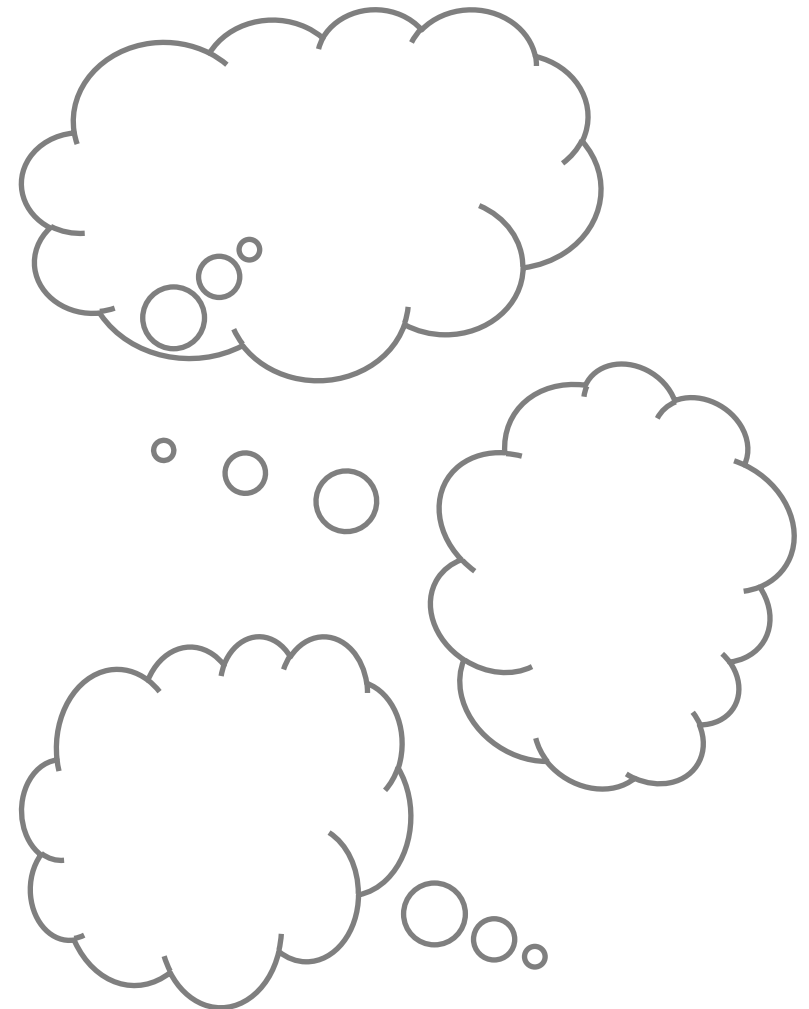
Be warned - you and your Nature Journal may get dirty or wet, but you should have some real creative fun!

Instructions -

- ✓ Take this journal with you every time you go on a nature walk.
- ✓ You can complete any activity, in any order.
- ✓ Be original! Use your own ideas or adapt any here to suit your situation.
- ✓ Photograph some of your destructive results and collect them in here to show off!
- ✓ Have fun!

Find as many different green-colored leaves to paste in each block ~

Find different bird poops. Use colored pencils to color in these bird poops!



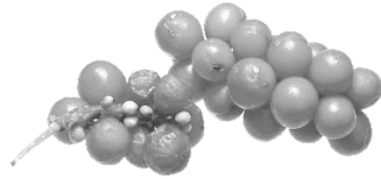
Find an insect. Draw a part of the insect really big or small to exaggerate its features.



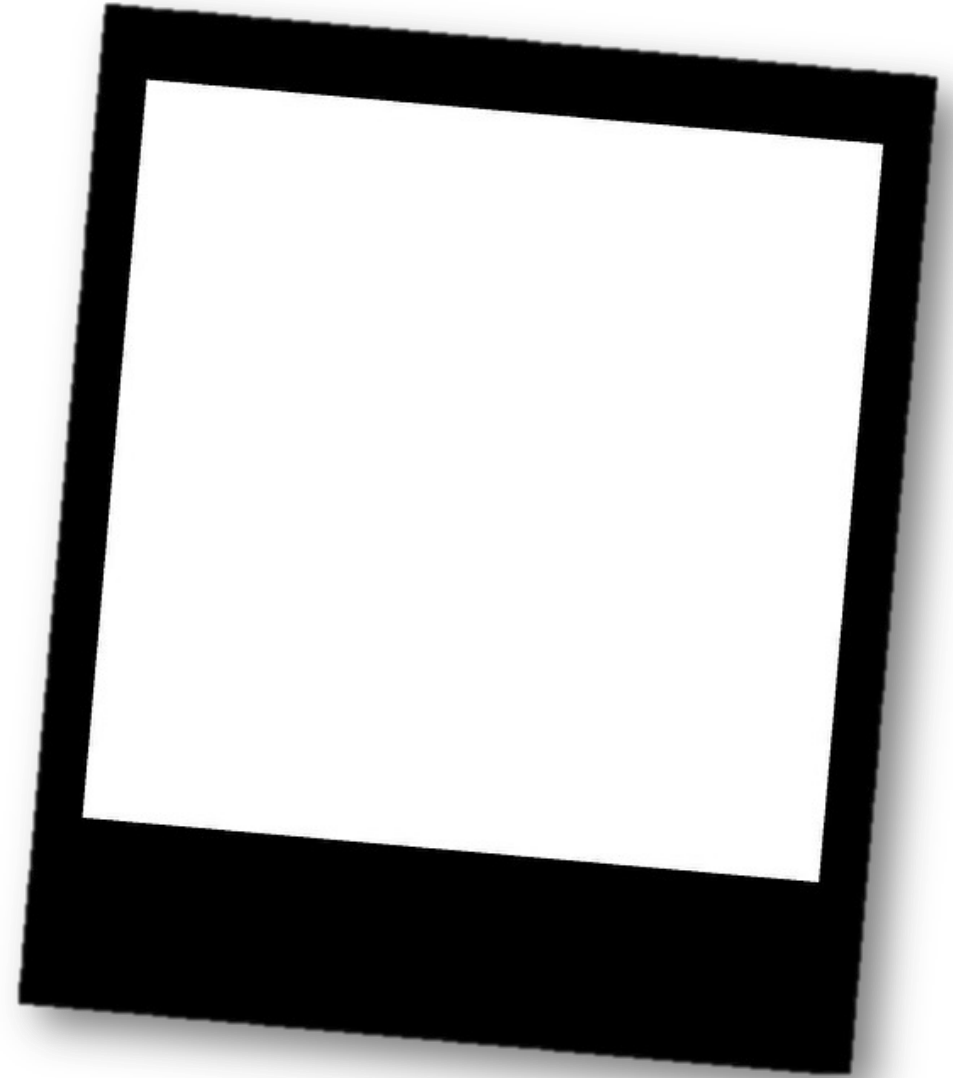
Make some mud and make a lovely muddy handprint here ~



Find a feather and use squashed berries to paint patterns with it to fill up this page.



Draw your whole landscape really small to fit into this frame:





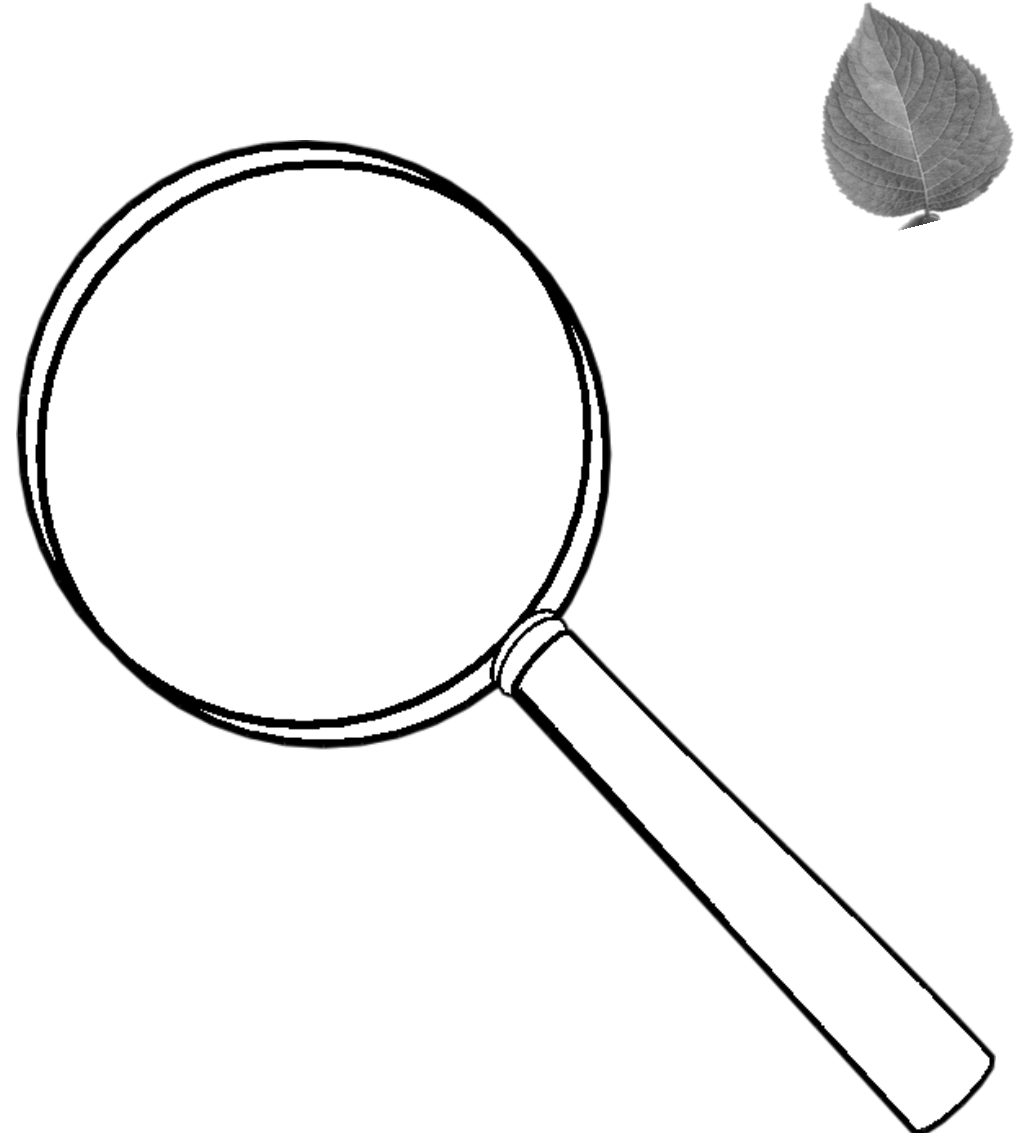
Find a seed pod and draw describe:

Outside:

Inside:

Seeds:

Draw the details of part of a leaf really big! Use a magnifying glass.



Use mud or dirty water and cover
this page with dirty footprints ~



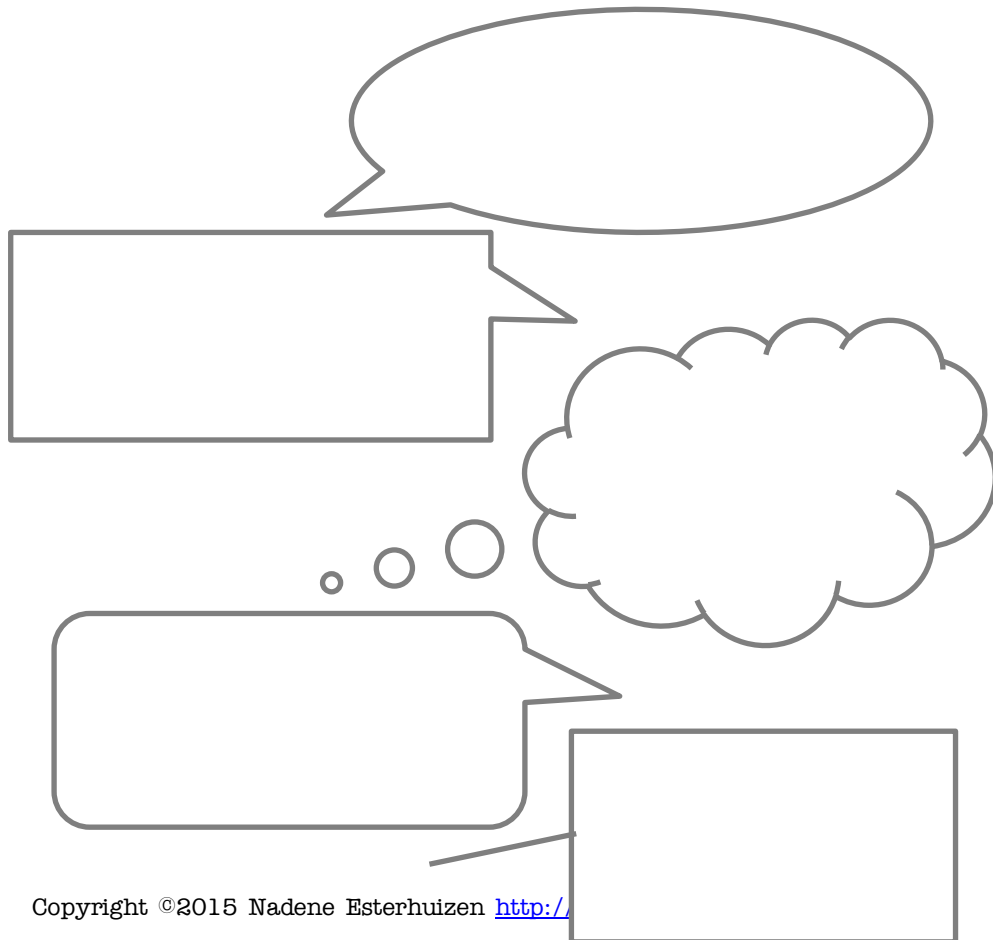
Find different types of **grass seeds**
glue them inside these containers:



Listen carefully for a few minutes.

Fill the speech bubbles with the different sounds you can hear. Use sound effect words like

CHIRP *trill*



Find a vine or creeper.
Poke 2 holes in the circles and tie your plant through the hole on this page.

