

My
Nature
Journal



BY: _____

Workbook designed by Brooke Dierkhising
With stories and drawings from

Many Ways to See the Sun

NATURE MEDITATIONS FOR CHILDREN
AND THE ADULTS WHO LOVE THEM

For more stories visit www.manywaystoseethesun.com

Plants

Tree Visit

It is a cool and sunny day. You are facing a tree. It is the most beautiful tree you have ever seen. It has invited you here for a visit. It has watched you come. The tree is looking at you and smiling. You hug the tree. Its new leaves giggle delightfully. Hear its heart beating. You lie on the ground and hold the tree's root hand. And you talk. You have a lot of things to say to each other. You look up through the new leaves of the tree and see the sun peeking through. The sun has joined the conversation, shimmering. You get up and you all start dancing. The sun touches your shoulder and then hops away. The tree keeps the beat by creaking its branches. You stomp around the tree. The chilly wind joins in, brushing your back. Now you are leaping after the wind. It is very fast and turns to you, thumping and drumming up your legs, on your tummy, through your hair. You twist with the wind, you grasp the tree, and then you stop, in a perfect pose, the sun resting on your shoulder. You smile at the sun and the tree. You hug them goodbye. Walking away, you carry the visit with you inside your heart.

Make a list of as many trees as you can.

*Go outside and find a tree. Notice the bark of the tree.
Place the back of this paper on the tree trunk. Using the
side of a crayon, rub over the entire front side of this
page. You have just made a tree rubbing!*

Now, choose another tree, and make a second tree rubbing.

Compare your different rubbings. What do you notice?

Ancestral Tree

We often use the branches of a tree to represent how the individuals in a family are related over time. The tree grows as our families grow. The root system is as vast as our ancestral history. Draw a tree including the roots. Who came before you? Put these names by the roots. Who is in your family now? Put these names by the branches.

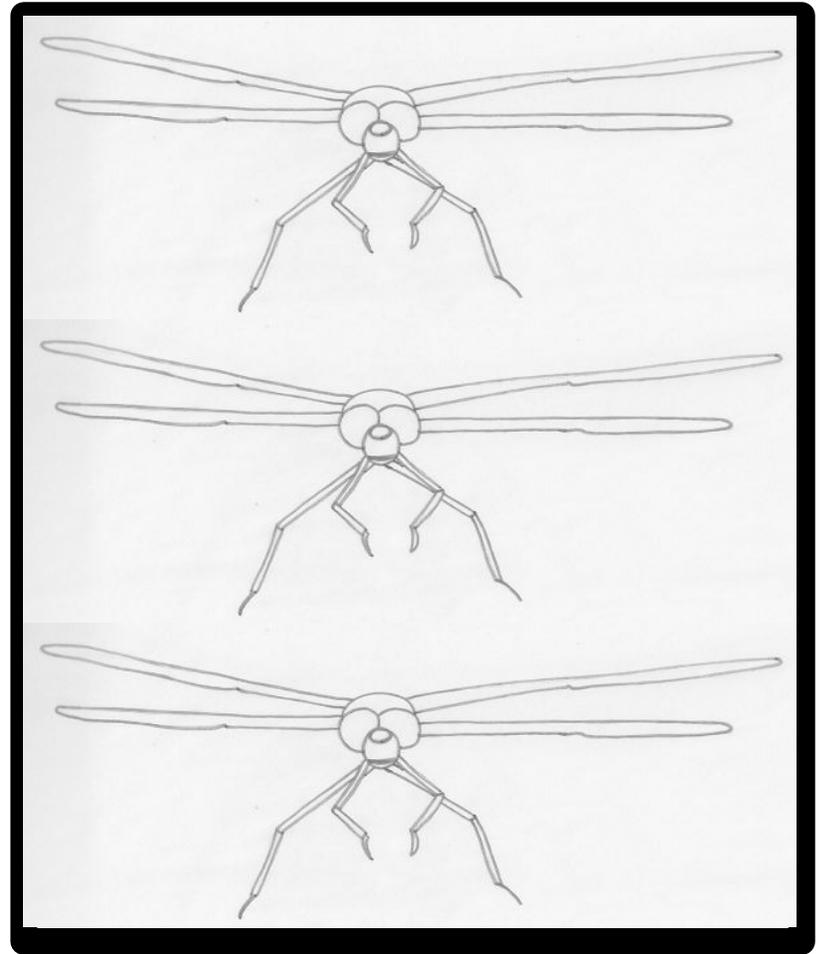
What gifts have they bestowed?

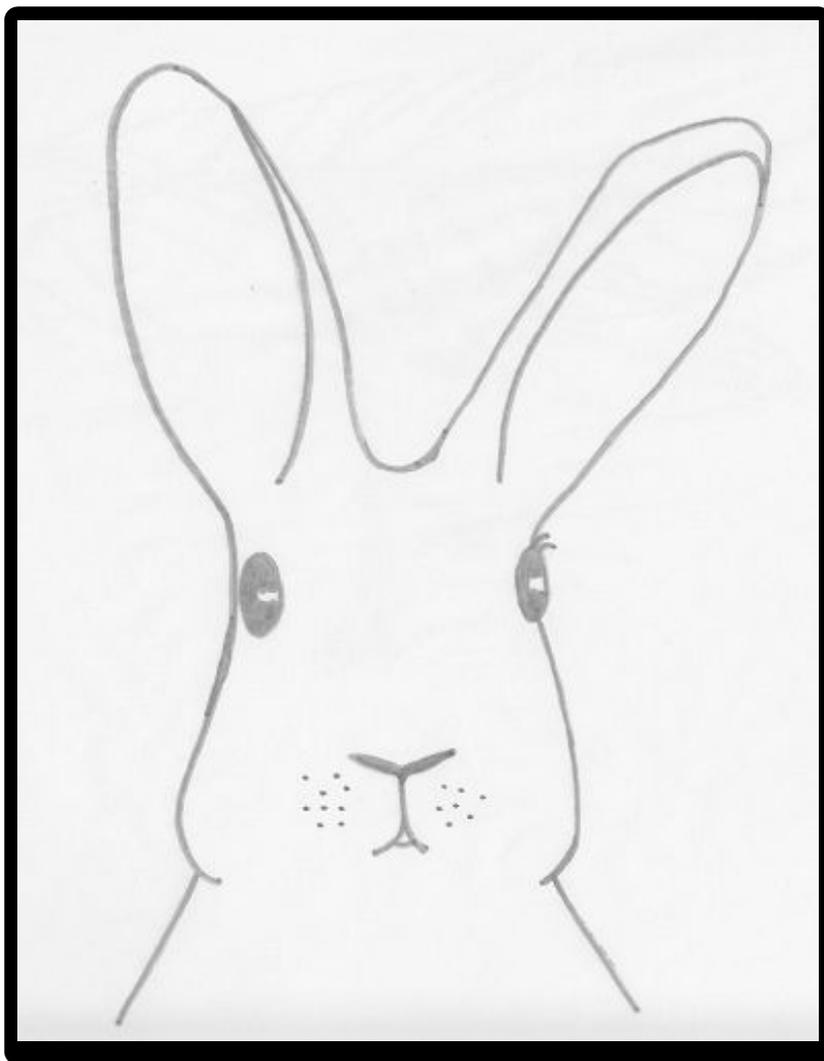
How do you use/honor these gifts?

How do you give thanks?

My Ancestral Tree

Animals





Draw and color a picture of your favorite animal.

Bee

It is a warm and sunny day. You are in a meadow, walking. You hear the swish of the flowers as they brush your knees. The petals tickle your skin. The ground is firm under your feet. You stop and face the sun and close your eyes. The sunlight is warm on your cheeks and bright under your eyelids. You turn your head and open your eyes. In front of you, you see a tall flower, the tallest flower in the meadow, waving at you in the breeze. You go to the flower and want to smell it. Your nose is almost touching the flower when you see a bee working inside. The bee buzzes, flies to you, and lands on your nose. The bee walks around in a circle on your nose, pauses, and then flies away. It has more work to do! You see the bee zigzag and disappear.

List as many bugs as you can.

Plant and Animal Visiting

Choose a plant that you will want to visit and watch it grow. With each visit notice how the plant has changed. Do you notice any animals living there? Talk to your plant. Pray for it. Pray for all the plants on Earth. Welcome in the little critters with honor—butterflies, ants, birds, bees, worms. Watch them care for other living things—and be nourished.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Seasons

Spring is a time of beginnings! We leave the quiet of darkness, and expand into the lengthening of days. The sun's energy fuels our own. We wake up and hear nature everywhere.

Draw and color a picture of spring.

Summer is lightness. We worship the sun.

The world bursts with color and smells.

We play, we sweat, we splash,

and joy is everywhere . . .

In the flowers, the rivers, the insects, the clouds.

We join in the fun.

Draw and color a picture of summer.

*A finale of such bounty, and with an explosion
of intense beauty, we surrender to the end.*

*It is fall. The sun shines less brightly,
and we hurry to enjoy the abundance.*

Draw and color a picture of fall.

With the darkness of winter we find stillness.

*We rest and draw inward. As the sun reflects
on the snow, so does the heart. But there is
a tension; we are restless too.*

Draw and color a picture of winter.

Weather

What do you think causes different types of weather?

The Wind Blows

It is a hot and sunny day. Your shirt and shorts are sticking to you. You go outside in search of a swim. You are walking down a path. You see a sparkling lake in the distance. You start to run. You leap into the water, creating a wave, and then you collapse in the coldness. You splash and swim for a long time. You turn and float on your back and look up at the sky. You notice the sun has gone and the clouds are thick. The sky is greenish. You recognize that this is one of the many helpful signals from nature that all creatures need to find shelter from an approaching storm. You quickly get out of the water and rush back down the path. The wind starts to blow, and leaves and dust are circling you. You come to a small hill, and next to it is another hill, creating a little valley in between. It is the perfect shelter. You go there and lie down. It is very windy, but you are safe. The ground cradles you. There are other creatures finding shelter here too. At your feet you can feel soft fur. A rabbit is snuggled up against the hill. It peeks at you. You peek at the rabbit. There is a whirling and whirling above your heads. It is loud, and then suddenly, it stops. The sun begins to shine again. The clouds have quickly moved on. It is cooler. You race back down the path to the lake. Now you are the tornado.

Weather Journal

The weather is always changing, sometimes subtly and sometimes in big ways. Is there a spot you visit every day? Pick your spot, and then watch it over time. Track the weather. How and what changes in this place? Why? Record your inner feelings too. Are there similarities? Do your feelings mirror these changes? How do you change? Use the following pages as your weather journal.

Journal Entry 1

Date:

Weather:

What changed?

Other thoughts?

Journal Entry 2

Date:

Weather:

What changed?

Other thoughts?

Journal Entry 3

Date:

Weather:

What changed?

Other thoughts?

Journal Entry 4

Date:

Weather:

What changed?

Other thoughts?

Close your eyes and imagine the sky with lots of clouds. Now open your eyes and draw the cloud shapes you remember.