Exploring Nature With Children
A Guided Journal
Cursive Edition
by Lynn Seddon

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Getting started: notes for parents on how to use this journal:

Please be sure to read through the following information before you begin to print your journal.

Exploring Nature With Children: A guided journal, is a companion journal for your child as you work through the Exploring Nature With Children curriculum.

The format is as follows:

The journal is divided into seasons and months, with each month having four weeks of guided journaling for your child, directly following the Exploring Nature With Children Curriculum.

There are journaling pages for 48 weeks of guided nature study. Each week contains:

- **A title page.**
  A prompt related to the theme, space to sketch, and a place for your child to record the date and time. There is also a weather box for your child to draw a symbol to represent the weather at the time they are journaling. You may wish to have your child do any paintings onto watercolour paper, and later mount them onto this first weekly page.

- **Poetry copy-work.**
  Included is the week's poem in either print or cursive for your child to trace over. Please note that some poems are longer than others; you may wish to have your child only copy a portion of the poem, depending on their ability.

- **My art study page**
  A place for your child to either paste in a copy of the art work of the week, their own sketch, or a narration about the piece. Include the name of the work and the artist name under the page title.

- **Extension activity pages.**
  Guided pages for the all extension activities that require a written or sketched response, within the Exploring Nature With Children curriculum.

At the end of the book, you will find:

- **Calendar of Firsts**
  A monthly page for your child to keep a list of the firsts they see in nature. For example, when your child sees the first Bluebells blooming, they make a note of this on their calendar page, along with the date and where they saw them.
• Nature Books I Have Read This Year
  Pages to record the books that your child has read, or has had read to them.

Printing the guided journal:

Please take the time to look through the book and choose which pages you wish to print. You may not wish to print all the pages! If you are planning to have this book printed and bound professionally, you will most likely need to have this made into four seasonal books, as the book is huge! If you are printing at home, you could choose to print out the pages on a weekly or monthly basis as you progress through the year, then bind them together once the journal is complete.

An important note:

There may be the occasional topic that does not tie in with what you are experiencing locally. This is to be expected, as nature follows a rhythm, not a timetable. In this situation, simply choose a different week as your focus, and return to the current week when appropriate.

For example, the date of the Harvest Moon of course changes each year, so it will not always fall neatly into the third week of September, as you will find it in the Exploring Nature Curriculum. The Harvest Moon is the name of the full moon closest to the Autumnal Equinox. In the Northern Hemisphere, the Harvest Moon usually falls in September, but about once every four years it occurs in October, so please do take this into account.

Happy exploring!
Take a ‘weather walk’ at your special nature spot and record the following information.

**The Temperature**

**The Wind Strength**

**Sketch the Clouds!**

**How are the Plants and Animals Reacting to the Weather?**

Date:  
Time:  
Weather:
Who Has Seen The Wind?
By Christina Rossetti

Who has seen the wind?
Neither I nor you:
But when the leaves hang trembling,
The wind is passing through.

Who has seen the wind?
Neither you nor I:
But when the trees bow down their heads,
The wind is passing by.
My Daily Weather Record
### Monday

<table>
<thead>
<tr>
<th>The Temperature</th>
<th>The Wind Strength</th>
</tr>
</thead>
</table>

**Sketch the Clouds!**

| Date: | Time: |

### Tuesday

<table>
<thead>
<tr>
<th>The Temperature</th>
<th>The Wind Strength</th>
</tr>
</thead>
</table>

**Sketch the Clouds!**

| Date: | Time: |
Wednesday

Date: 
Time: 

The Temperature

The Wind Strength

Sketch the Clouds!

Thursday

Date: 
Time: 

The Temperature

The Wind Strength

Sketch the Clouds!

Date: 
Time:
Sunday

The Temperature

The Wind Strength

Sketch the Clouds!

Date:        Time:
Create your own table of Beaufort Wind Force Scale in your journal, complete with words and pictures.

<table>
<thead>
<tr>
<th>Beaufort Number</th>
<th>Wind Description</th>
<th>Wind Speed MPH</th>
<th>Visual Clues</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>Less than 1 mile per hour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1</td>
<td>1-3 miles per hour</td>
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<td>2</td>
<td>4-7 miles per hour</td>
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<td>3</td>
<td>8-12 miles per hour</td>
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<td>4</td>
<td>13-18 miles per hour</td>
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<td>5</td>
<td>19-24 miles per hour</td>
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<td>Beaufort Number</td>
<td>Wind Description</td>
<td>Wind Speed MPH</td>
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<td>6</td>
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<td>25-31 miles per hour</td>
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<td>7</td>
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<td>32-38 miles per hour</td>
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<td>8</td>
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<td>39-46 miles per hour</td>
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<td>9</td>
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<td>47-54 miles per hour</td>
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<td>10</td>
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<td>55-63 miles per hour</td>
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<td>11</td>
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<td>64-72 miles per hour</td>
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<tr>
<td>12</td>
<td></td>
<td>Over 73 miles per hour</td>
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<tr>
<td>Date</td>
<td>My Observations</td>
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Nature Books I Have Read This Year

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