

Make a Field Notebook

Observe and track changes in nature like a scientist in a field notebook. Have a notebook at home you want to use? Great! If not, you can easily make one following the steps below:

What You Need:

- Recycled cardboard – thin cardboard from cereal and cracker boxes are great but thicker paper works well too.
- 3-Hole punch
- String, ribbon, or yarn to bind the notebook together
- Colored pencils, crayons or markers to decorate the cover

Step 1 – Make Front and Back Cover

Use your recycled cardboard and cut two 10 by 12-inch pieces for the front and back cover.

Step 2 – Decorate Cover

Decorate the cardboard cover anyway you like.

Step 3 – Punch Holes

Use a 3-hole punch to punch holes in the cardboard for the front and back cover and in the paper you will use inside the notebook.

Step 4 – Put It All Together

Take 20–50 sheets of paper between the front and back cover of your notebook. Use string, ribbon, or yarn to bind the nature journal together. Don't tie it too tightly because you want to be able to turn your pages.

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