

NATURE-INSPIRED WRITING

CREATIVE REFLECTION ACTIVITY

Take up nature-inspired writing to reflect on your experiences with the natural world! Consider our collection of writing prompts to get started!



OVERVIEW

Being in nature changes everything, from a quick stroll to an hour-long hike. It can have a lasting positive effect on our health.

Nature-inspired writing can help us connect with the natural world. Throughout history, many curious scientists have taken up the practice of writing and illustrating their thoughts and discoveries.

The way you choose to write can be adapted to fit you. More art, more writing, the possibilities are endless.

We've put together a series of writing prompts for you to get started. The prompts are separated by theme. Some require outdoor observations, while others can be completed indoors.

So, step outside or reflect indoors – and let the nature-inspired writing begin!

MATERIALS

For this activity, you will need:

- Notebook
- Pen or pencil

OPTIONAL:

- Other craft supplies, such as paint or crayons, if you like



NATURE-INSPIRED WRITING PROMPTS

OUTDOOR FUN

- What is your favourite place to explore outdoors?
- What is the greatest part about playing outdoors?
- When you are in nature, how does it make you feel?

WEATHER AND CLIMATE

- What type of weather do you enjoy most? Why is that?
- Record the weather at three different points in the day. What differences do you notice?
- What is your favourite season? Why?

STORYTELLING

- Write a short story about your last outdoor adventure.
- Write a short story about a tree in a nearby forest.
- Write a short story about a snowflake during winter.



INSPIRATION
FROM NATURE!

DESCRIBE AND SKETCH IN THE FIELD

- Describe the bird and wildlife activity. What are their unique characteristics? Sketch them.
- Describe the trees around you. Sketch the trees and their leaves.
- Make a rough map of the different tree species that are in your neighbourhood.
- Do you spot insects and things crawling? Describe and sketch them!
- Focus on the rocks around you. Describe their colour, texture, and size. Sketch them.

QUOTES

WHAT DO THESE QUOTES MEAN TO YOU?

- "I believe the best way to begin reconnecting humanity's heart, mind, and soul to nature is for us to share our individual stories."
- J. Drew Lanham
- "In every walk with nature one receives far more than he seeks."
- John Muir
- "Preserve and cherish the pale blue dot, the only home we've ever know."
- Carl Sagan
- "In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful."
- Alice Walker



WRITING
INSPIRATION!



REFERENCES TO EXPLORE

This activity is adapted from Ontario Parks and Kids in Parks. Check out their resources here:

- <https://www.ontarioparks.com/parksblog/nature-journaling-ideas/>
- <https://www.kidsinparks.com/blog/creating-nature-journal>