

# Nature Journal

## MATERIALS

- sheets of paper
- boxboard
- rubber band
- 6-inch long stick
- scissors
- hole punch

## DIRECTIONS

- 1) Fold your boxboard in half and trim the edges to match the size of your paper.
- 2) Place your sheets of paper inside the folded boxboard.
- 3) Along the folded edge, punch two holes that are at least 3 inches apart.
- 4) Push one end of the rubber band through the top hole and secure it over the top end of the stick. Push the other end of the rubber band through the bottom hole and secure over the bottom end of the stick. Now you have a nature journal!
- 5) Decorate your journal and then go outside. Explore your neighborhood and record what you discover!

