

Making a nature journal out of common household items is a fun way to get ready to go outside and observe nature and all its wonders.

Create a Nature Journal



Materials:

- Chipboard box (e.g. cereal box, cracker box, etc.)
- Loose-leaf paper
- String or large rubber band
- Sturdy stick or spare chopstick (if using rubber band)
- Hole punch
- Scissors
- Pencil or pen

Having fun?

Tag [@naturalsciences](#) on social media, so we can see you and your loved ones enjoying your nature neighborhood.



Instructions:

1. Decide what size journal you want. Cut a front and back cover out of the chipboard box.
2. Place the chipboard cover over several pieces of paper. If the chipboard is smaller than the paper, trace the outline of the chipboard onto the top sheet of paper. (Depending on the size of your cover, you may be able to fold the sheets of paper in half so that they will fit inside of the journal covers.)
3. Using scissors, trim the paper along the outline of the chipboard so the covers of your journal and the inside sheets of paper will be the same size.
4. Align the front and back cover together. Decide where (and how many) holes you would like to punch in your journal to bind it together. Make sure you leave enough space (at least $\frac{1}{2}$ inch) from the edge of the box so your binding won't pull out. Punch the holes in the covers.
5. Put the sheets of paper inside the front and back covers. Using a pencil, trace the holes you created in the covers onto the top page inside.
6. Remove the covers and punch holes in the paper where you drew the cover's holes.
7. Put the sheets of paper inside the front and back covers and align the holes.
8. Using pieces of string*, tie the strings through the holes. Don't tie them too tightly otherwise your book won't lay flat when you use it. If you tie a small bow, you can add more pages to your journal later if you want to.
9. Decorate the cover of your journal. (optional)
10. Now you can use your new nature journal!



*If you don't have any string, but you found a rubber band and a stick, then thread one end of the rubber band through the first hole. Insert one end of the stick through the rubber band. Then stretch the other end of the rubber band and insert it up through the second hole in your journal such that it is on the same side as the stick. Insert the other end of the stick through the loop created by the rubber band coming up through the hole. Let the rubber band and stick create tension that hold your book together. You can take it apart at any time to add more pages.