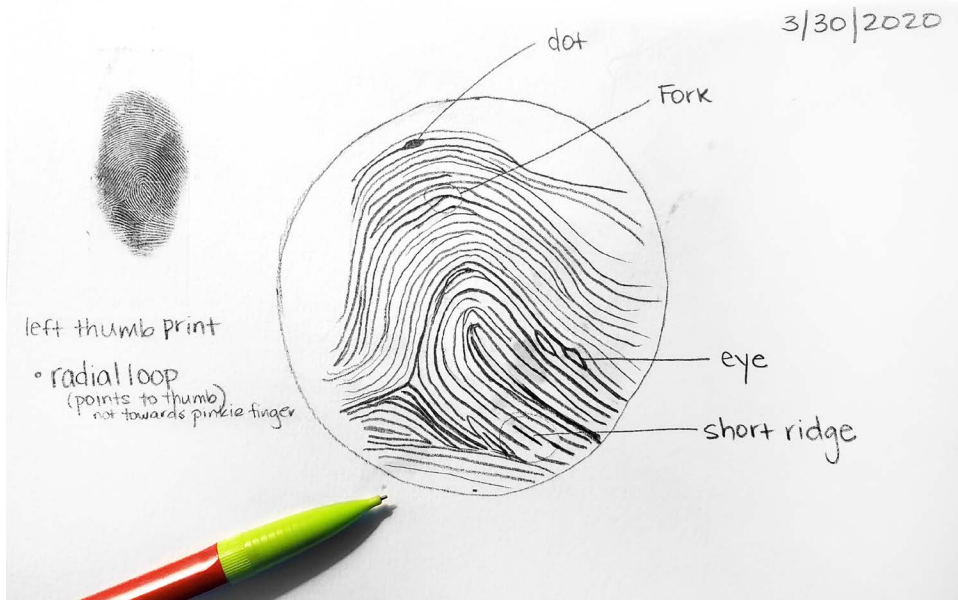


Sitting quietly in nature and observing the life and patterns going on around you can be a relaxing experience. Recording your feelings, thoughts and observations in a Nature Journal will help you reflect on the experience and can set the stage for future observations and reflections.

Upon Closer Inspection



You don't have to go far to practice closer inspection — let's start by looking at our own fingerprints!

Fingerprints are unique patterns made by the friction ridges (*the raised part*) and furrows (*the recessed part*) on our thumbs and fingers. Friction ridges will be covered in graphite, while furrows will remain white in your fingerprint.



Materials:

Nature Journal
Pencil
Paper
Clear tape
Magnifier

Instructions:

1. Use a soft pencil to rub a finger with graphite (*or alternatively on a scrap piece of paper, using a pencil, scribble hard in the same small area to build up a layer of excess graphite, then rub your finger across it*).
2. Next, tear off a piece of clear tape and press it carefully over the graphite on your finger to lift off the print. Tape down the fingerprint at the top of a blank page in your journal.
3. On the same page, draw a circle approximately 3–4 inches in diameter (*or trace the rim of a drinking glass*). Using a magnification tool like a hand lens, look at your fingerprint and draw what you see large enough to fill the circle. Pay attention to the different features like bridges and forks. Using the guide below, see if you can determine if you have an arch, loop, or whorl. Label a few of the prominent features.
 - **Arches** — create a wave-like pattern and include plain arches and tented arches. Tented arches rise to a sharper point than plain arches. Arches make up about 5% of all pattern types.
 - **Loops** — are divided into radial loops (*pointing toward the radius bone, or thumb*) and ulnar loops (*pointing toward the ulna bone, or pinky*). Loops account for approximately 60% of pattern types.
 - **Whorls** — form circular or spiral patterns, like tiny whirlpools. There are four groups of whorls: plain (*concentric circles*), central pocket loop (*a loop with a whorl at the end*), double loop (*two loops that create an S-like pattern*) and accidental loop (*irregular-shaped*). Whorls make up about 35% of pattern types.
4. Compare your fingerprint from that finger to the prints of other fingers. Are they all the same? Are there any differences? Did anything surprise you?

Having fun?

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