



CCCA W.I.L.D. RANGERS

# NATURE JOURNALING

**Objective:** to connect with nature, as well as discover a new way to participate in activities that benefit our mental health and well-being.

## QUESTIONS TO THINK ABOUT...

Date:

Time:

Location:

Describe the area you have chosen to journal:

What colours do you see around you?

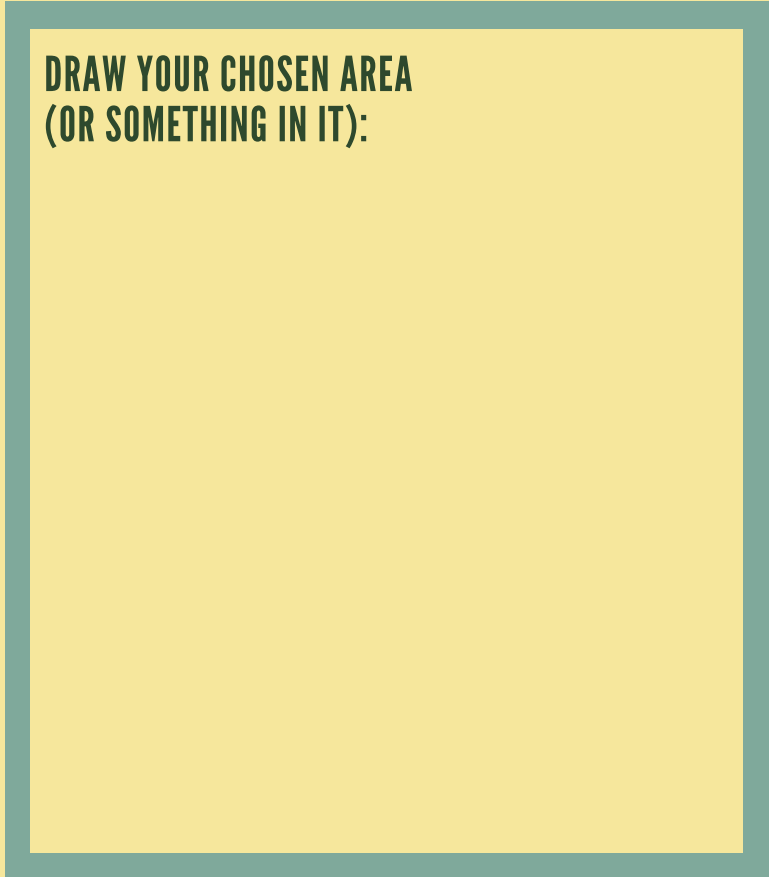
What's your favourite thing in this spot?

What do you hear? See? Smell? Taste? Feel? Sit down and close your eyes.

Why do you think you chose this area?

What can we do to help this area? Keep it as a conservation area? Do litter clean ups? Etc.

**DRAW YOUR CHOSEN AREA  
(OR SOMETHING IN IT):**



SHARE YOUR PICTURES  
WITH CATFISH:



@catfishcreekca



@catfishcreekca



@Springwater Conservation Area



@ Catfish Creek Conservation Authority