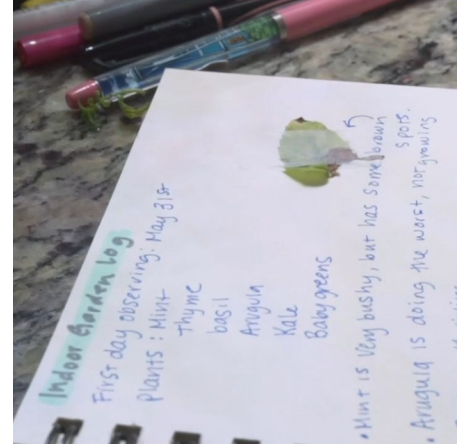


Observation Journal

Writing in an observation journal helps us pay attention and enjoy the small things in our lives that normally go unnoticed. Maybe you'll journal about the clouds in the sky, the yummy food you've eaten, the most fun you've had each day, or the feelings you've felt. Add some drawings or art to your journal entries to make it even more meaningful to you. Whatever you plan on logging, have fun being mindful with your personal observation journal!

How-to video

https://youtu.be/w9s_JXLqx3w



Materials:

- A journal (or some paper and something to keep it all together, like a clipboard, binder, folder, clip, etc.)
- Pen or pencil
- Art supplies- markers, colored pencils, etc.
- Tape (optional)

Steps:

1. Make the cover page for your journal- color it, customize it, and make it reflect who you are!
2. Start making observations for your journal and keep track of them with words and pictures. Pick a couple things that you are interested in to start out. What are the cloud patterns like? How are the house plants growing from day-to-day? What are the different plants around your house?
3. Once you start to get the hang of your observation journal, you can start adding new things to observe! Try logging anything and everything you may be interested by.
4. Try making observations over time! One cool part of your observation journal is to see how things change over time that you may not have noticed if you didn't mindfully observe them.
5. Optional- Want to add a special touch to your journal? Try taping some objects into your journal that correspond to your entries. For example, a "things from the couch cushion" section or a "different types of leaves I found outside" section.



Caregiver tip:

Making active observations is a form of mindfulness, and is a great practice for children and adults alike! Making a point to observe some of the small things in your life can be really interesting and fun. The more you observe and log, the more you tune in to the world around you, and the more you will appreciate the small things you took for granted before.

Looking for more fun with your observation journal? Encourage your young learner to pose questions about something they are interested in. Where did this thing come from? Do they think it grew or shrank over time? Take some notes and check back in on it later. Do they notice anything different? Have a conversation with them about the observations they made and why they are interested in it.