Skills & Knowledge Fostered by Nature Journaling

Source: NATURE JOURNALING. (1998). Clare Walker Leslie, Charles E. Roth. Storey Books. Pownal, VT - pg. 13.

* Scientific and aesthetic observation
* Creative And technical writing
* Layout and presentation of ideas and observations
* Perception and analysis
* Questioning, inventiveness, synthesis
* Reflection , silence
* Meditation, focus, personal healing
* Greater appreciation of nature and place
* Shared family experience
* Finding your own voice, learning to open yourself up to new experiences
* Self-confidence and the ability to express yourself