

# NC KIDS'

## EXPLORATION JOURNAL

This Journal Belongs To:

# HELLO YOU!

This is a great book—because it is all YOURS! Give your growing brain some fresh air and go outside and explore! Use this journal to record what you do, see, think and feel when you are outside. Have fun and make sure an adult knows where you are going!

Look for a few North Carolina state symbols in this journal. See if you can find all 9 of them. Have you seen any of these around your neighborhood?



**Eastern Box Turtle**



**Cardinal**



**Pine tree**



**Eastern Tiger Swallowtail**



**Carolina Lily**



**Gray Squirrel**



**Dogwood tree**



**Scotch Bonnet Shell**




**Honeybee**

# YOUR FAVORITE OUTDOOR PLACE

As you explore the outdoors, like your neighborhood or a nearby park, what is your favorite place? Draw a picture of your “outdoor place” in the space below. Include some of the details of this place that make it special for you.




 Describe your place. What makes it special?

---

---

---

---


 What is the weather like? How does that make you feel?

---

---

---

---

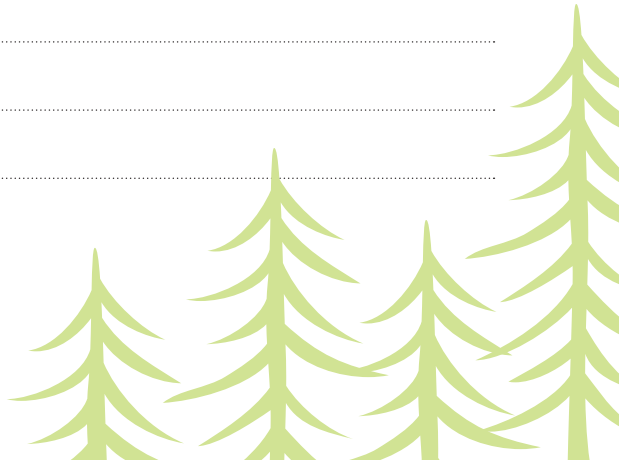
 What do you wonder?

---

---

---

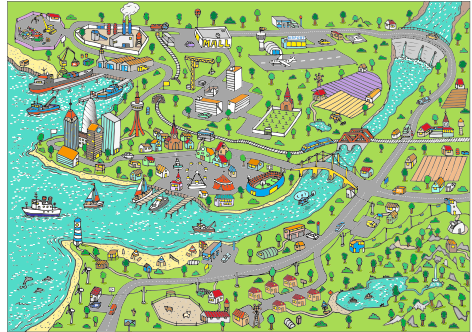
---



# MAKE YOUR MAP

Use the space below to create a map of your outdoor place. You may want to add:

- Streets, paths, sidewalks...
- Houses, schools, stores...
- Trees, plants, ponds...



You can add some map items like a key (what symbols mean), a scale (one inch on map = 1 foot) and a compass arrow to show directions if you know them (N, S, E and W).

# YOUR SENSES IN NATURE



Use your senses to discover the natural world around you. The senses we will focus on are **sight, sound, smell** and **touch**. You should not taste anything you find outside and please don't touch any animals.

## **SIGHT**

Spot something that you think is interesting and draw it here. Can you include some of the background or surroundings to show where it is?

## **SMELL**

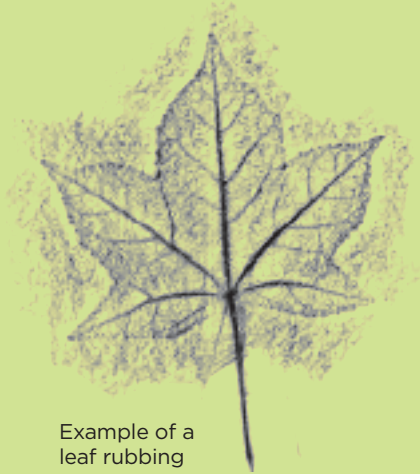
Find a unique smell and describe it. What do you think you are smelling? What does the smell remind you of?

## TOUCH

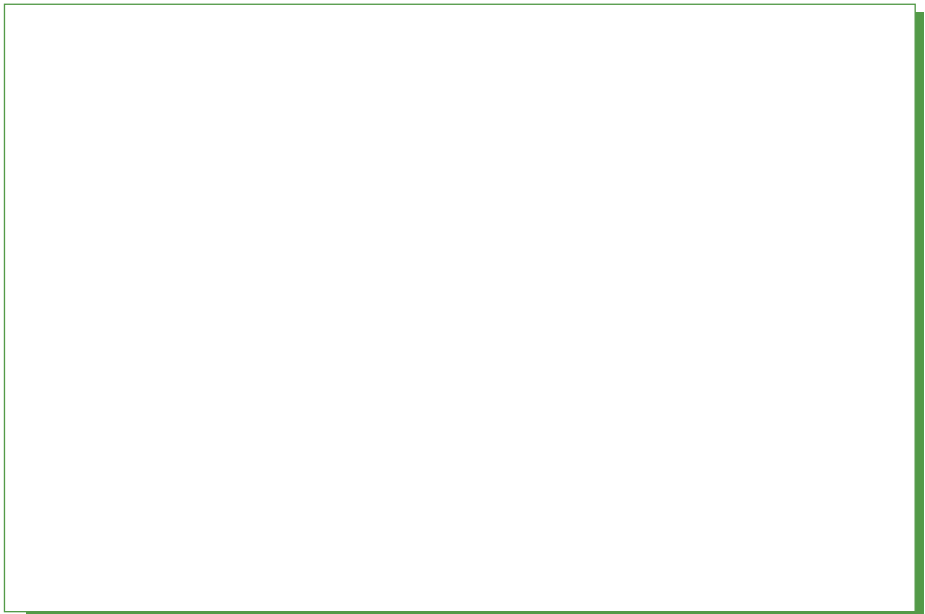
See if you can find 4 things with very different textures. Draw them or do a rubbing of each item below. If you're not sure, don't touch!

### EXAMPLE OF HOW TO DO A LEAF RUBBING:

- 1) Place your leaf beneath this page where the box is below.
- 2) Peel the paper off your crayon so you can use its long edge (not the pointy end).
- 3) Press down on the page to hold your leaf in place.
- 4) Rub the edge of the crayon over the page with your leaf underneath, and watch the details of your leaf appear!



Example of a leaf rubbing



## **SOUND**

Sit in one spot, close your eyes, and listen to the sounds around you for a few minutes. Afterwards create a sound map – put yourself in the middle of the map, then add where the sounds around you are located on the map. You can draw symbols or use words to represent each sound. How many sounds were human-made versus natural?

## **SOUND MAP**

**ME**



# MY JOURNAL

DATE:

**HOW DOES BEING IN YOUR FAVORITE OUTDOOR SPOT MAKE YOU FEEL?**

**WHY DO YOU THINK OTHERS MIGHT ALSO LIKE YOUR PLACE?**

# OUR NATURE NEIGHBORS



Look for your nature neighbors in your outdoor place. What other living things are around you? (flowers, trees, birds, insects) Count the number and record it here.

Draw a picture of your favorite nature neighbor in the space below. What type of covering does it have (fur, scales, skin)? Try to include details in your drawing that show the texture of their covering.

A large, empty rectangular box with a thin green border, intended for drawing a nature neighbor. The box is positioned below the text and occupies most of the lower half of the page. The right and bottom borders of the box are slightly thicker than the top and left borders.

Here is one of a few blank pages in this journal for your drawings, thoughts or whatever!



# EXPLORING YOUR LOCAL HISTORY

Look around you. What do you think was different in the past? How might the trees, plants, animals and human-made objects have changed over the years? Under each column below, list the things you think were here in the past and what is in its place or still here today in the present. Add drawings or symbols if you'd like.

**PAST**

**PRESENT**



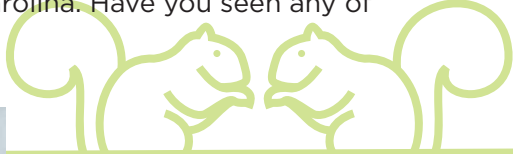
# MY JOURNAL

DATE:

A series of ten horizontal dotted lines spaced evenly down the page, providing a guide for writing in the journal.

# PEOPLE, PLACES AND THE PAST

There are a few ways to learn more about the past. One way is to look for historical markers. These share brief information about a place, event or person in our state's history. There are over 1600 Highway Historical Markers in North Carolina. Have you seen any of these before? (see example below)



Museums and markers share the history of our community. You can also learn about your community by:



Visiting a museum or historical site near your home.



Interviewing an older person and ask what has changed since they were your age.

Use this space to create your own historical marker or write notes from your interview.



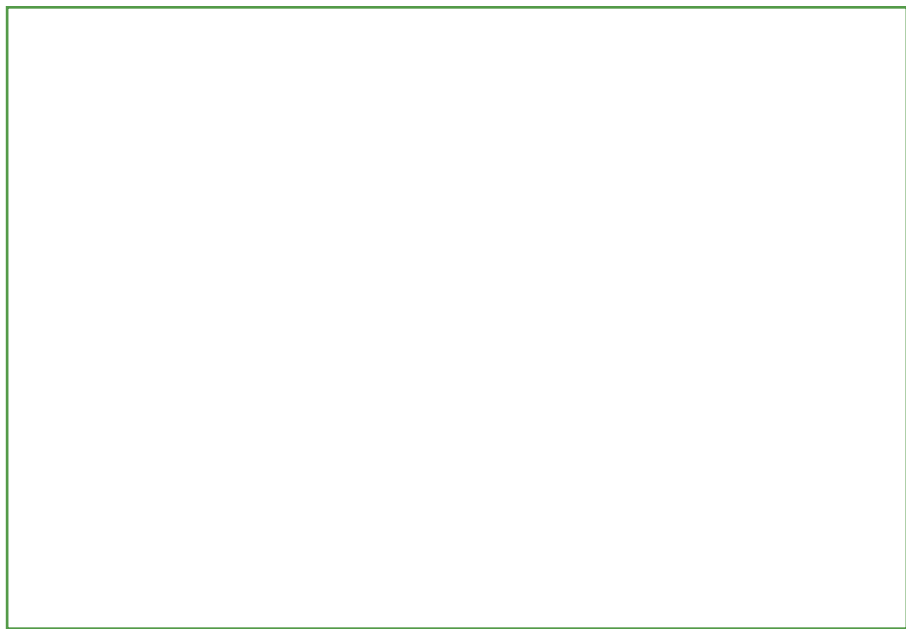
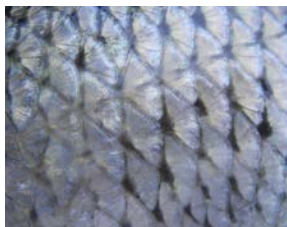






# PATTERNS IN NATURE

Find somewhere you can sit for a few minutes. Choose a natural object with a pattern to draw—it can be a leaf or a cloud or bark on a tree. Try drawing all of the details of your object. Can you draw any other objects with a similar pattern?







# ENERGY BURST!

## **Get up and move to refresh yourself!**

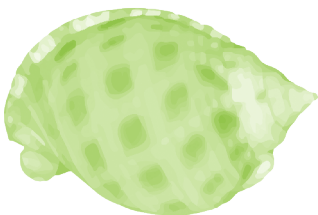
After sitting for a while it is good to get up, stretch and walk around. Pretend you are a tree. Stretch your arms up to the sky like branches and hold them for a few seconds. Take a deep breath in while stretching and then slowly exhale.

## **If you feel like you have a lot of energy, do a few jumping jacks or run in place to burn it off!**

You could also pretend you are a deer and practice jumping up (deer can jump up to 6 feet off the ground). Or pretend you're a bird and flap your wings and jog around to "take off."

## **Be creative and try to move like another animal of your choice.**

A few ideas: run like a squirrel, hop like a frog or scuttle like a lizard.



## PERSONAL MEMORY KEEPER

Besides writing in this book, you may have items that are special to you. Try to find an envelope or small bag that you can clip into your journal. Every day you can add something that is unique and helps you remember that day. Here are some ideas:



Pictures or drawings of your favorite pet, tree, insect, flower, superhero, or hobby.



Pictures, drawings, or poems about your parents, brothers, sisters, cousins, aunts, uncles, grandparents and best friends.



Pictures, drawings, poems or items from your time outside hiking, camping, fishing, visiting the mountains, visiting the ocean, or visiting a river or stream.





# SCAVENGER HUNT

Time for a scavenger hunt. Go to an outside place and see if you can find all of these items. For each item you find, draw a picture of it in your journal and write a word or words that describe what it is. Be careful not to pick up anything sharp and don't put your hand where you can't see it (like under a rock).

**Can you find something...**

- 1. green**
- 2. rough**
- 3. shiny**
- 4. smaller than a penny**
- 5. fuzzy**
- 6. you don't know what it is**
- 7. round and curvy**
- 8. with straight lines and edges**
- 9. you think is awesome**
- 10. human made**





















Journal created in 2021 with contributions from the N.C. State Parks, N.C. Arts Council A+ Schools Program and the N. C. Museum of Natural Sciences.



**NC DEPARTMENT OF  
NATURAL AND CULTURAL RESOURCES**

**NC  
LEARN**

50,000 copies of this journal were printed at a cost of 73 cents per copy