



*Resources shared during the Children & Nature Network and Wild Wonder Foundation's
"Learn to Nature Journal with John Muir Laws" event, June 7, 2025*

Children & Nature Network's shared resources

- Find your native land: <https://native-land.ca>
- How to support Indigenous Peoples Everyday, adapted from Amplifier Art <https://amplifier.org/campaigns/well-being/> and 'Āina Momona <https://www.kaainamomona.org/>
- Resources and inspiration for families, caregivers and program service providers: <https://www.childrenandnature.org/families/>
- Essay by Fiona Gillogly, age 16, avid birder and nature journaler: Falling in Love with Nature Through Journaling: <https://www.childrenandnature.org/resources/falling-in-love-with-nature-through-journaling/>
- Gallery of nature journal pages by avid birder and journaler Fiona Gillogly, created when she was ages 13-18: <https://www.fionasongbird.com/naturejournal.html>
- The Vitamin N Challenge kicks off July 1. Set a goal and get outside. Find ideas, inspiration and resources at [childrenandnature.org/resources/vitaminn/](https://www.childrenandnature.org/resources/vitaminn/)
- Subscribe to our Families newsletter to receive more ideas on how to participate in the Vitamin N Challenge. And be entered to win a prize pack! <https://www.childrenandnature.org/subscribe/>
- Share your journal on social media. Use the hashtag #VitaminNChallenge and tag us [@children_naturenetwork!](https://www.instagram.com/children_naturenetwork/)
- Support the children and nature movement at <https://www.childrenandnature.org/support/>

Wild Wonder Foundation & John Muir Laws shared resources

- Wild Wonder Foundation: <https://www.wildwonder.org/>
- John Muir Laws Store: <https://johnmuirlaws.com/store/>
- What is Nature Journaling? <https://www.wildwonder.org/what-is-nature-journaling>
- Your Quick Start Guide to Nature Journaling: Free Digital Download from the Wild Wonder Foundation: <https://www.wildwonder.org/store/p/nj-zine>
- Free Daily Nature Journaling Prompts from the Wild Wonder Foundation: <https://www.wildwonder.org/nj25>
- John Muir Laws Blog, with hundreds of hours of free video tutorials: <https://johnmuirlaws.com/blog/>

- John Muir Laws list of suggested nature journaling equipment: <https://johnmuirlaws.com/field-sketching-equipment/>
- Free global online community platform for nature journaling with a special educator section: <https://wonderland.wildwonder.org/>
- Free Nature Journal Connection Video Series—This educational video series by John Muir Laws features 40 short episodes (8-15 mins each) to help you build essential nature journaling skills step-by-step. Perfect for classroom and home learning. <https://johnmuirlaws.com/the-nature-journal-connection/>
- Binoculars Jack uses. Handy, lightweight, inexpensive, and great for kids and adults: <https://johnmuirlaws.com/product/pentax-papilio-close-focus-8-5x21-binoculars/>
- How to Teach Nature Journaling Book and free download: <https://johnmuirlaws.com/product/how-to-teach-nature-journaling/>
- Wild Wonder Foundation Instagram: <https://www.instagram.com/wildwonderfoundation/>
- John Muir Laws Instagram: <https://www.instagram.com/johnmuirlaws/>
- Wild Wonder Foundation Micro Grant Program: <https://www.wildwonder.org/grants>
- Low cost Nature Journaling Educator Workshop and Certificate. Use coupon code EDWKSH55 to receive 50% off this training and certificate, which includes 14 hours of video courses taught by leading educators including John Muir Laws plus a live practicum. <https://www.wildwonder.org/nature-journaling-educator>
- 7th Annual Wild Wonder Nature Journaling Conference Online Global Event, September 10-14—Early bird discount pricing through July 1: <https://www.wildwonder.org/wild-wonder-conference-2025>
- How to Teach Nature Journaling: Resources for Educators: <https://www.wildwonder.org/teach>
- 2025 Nature Journaling Educators Workshop: <https://www.wildwonder.org/2024-nature-journaling-educators-workshop>
- Nature Club Map: <https://www.wildwonder.org/nature-journal-club-map>
- Free global online community platform for nature journaling with a special educator section: <https://wonderland.wildwonder.org/>
- Events with John Muir Laws: <https://johnmuirlaws.com/events/>
- John Muir Laws Blog: <https://johnmuirlaws.com/blog/>
- Watershed: Learning that Flows From Nature: a new short film by the Wild Wonder Foundation, that tells the story of an inspiring outdoor education program in Plumas County, California, in which weekly, direct nature experience, nature connection, and nature journaling are an integral part of school for every child in every grade in every school in the district. Learn more and watch the trailer here: <https://www.wildwonder.org/watershed>
- Many of the nature journaling resources, including classes, maps, free videos, etc. are gathered on this one page: <https://www.wildwonder.org/nature-journaling-resources>

John Muir Laws Quotes

- "A nature journal is a love poem to the world."
- "The nature journal is the bridge. Our destination is connection with the natural world."
- "Keeping a nature journal is not about making pretty pictures. The journal is a tool for experiencing the depth and breadth and richness of this world."
- "My working definition of love is sustained, compassionate attention. When you pay attention to another, it changes your relationship with them, and it also changes you. That attention is also what forms and sustains our relationship with the natural world. Your attention is one of the greatest gifts that you can give to the world. It is a celebration. It is a song of connection. It is a prayer to the wonder of what is around us."
- "The journal is a tool to help us pay attention."
- "I notice...I wonder....It reminds me of... That is our naturalist's mantra."
- "I try to intentionally include all three languages on my page: words, pictures, and numbers."
- "Take I notice...I wonder....It reminds me of... plus words, pictures, and numbers and put that down on your piece of paper."
- "Use your journal to think on paper."
- "It's not WHERE you look...it's HOW you look."
- "When you are curious, your brain releases dopamine...which allows you to stay longer with that phenomenon and you also make stronger memories."
- "Curiosity is useful and fun, whether or not you ever answer the questions."