

HOW TO MAKE FIELD NOTES

# EXPLORE & RECORD WHAT YOU FIND

IMAGINE BEING A NATURE DETECTIVE, WHERE EVERY BUG, LEAF, AND BIRD TELLS A STORY JUST WAITING TO BE UNCOVERED. EXPLORING NATURE ISN'T JUST ABOUT HAVING FUN OUTDOORS—IT'S ABOUT DISCOVERING THE HIDDEN WONDERS THAT MOST PEOPLE MISS! BY LEARNING HOW TO KEEP FIELD NOTES, YOU'LL TURN YOUR ADVENTURES INTO EXCITING INVESTIGATIONS. BECOME MORE OBSERVANT, CURIOUS, AND CONNECTED TO THE WORLD AROUND YOU. PLUS, DOCUMENTING YOUR FINDINGS HELPS PROTECT NATURE FOR THE FUTURE AND ALLOWS YOU TO SHARE YOUR DISCOVERIES WITH FRIENDS, FAMILY, AND MAYBE EVEN SCIENTISTS!

## 1 PACK YOUR BAG!

FIELD KIT



MAKING A REGULAR HABIT OF KEEPING FIELD NOTES IS SUPER IMPORTANT BECAUSE IT HELPS YOU GET BETTER AT NOTICING COOL THINGS IN NATURE

HERE ARE SOME TIPS AND IDEAS TO HELP YOU DEVELOP A REGULAR HABIT OF KEEPING FIELD NOTES

**1 SET A ROUTINE**  
Pick a regular time each week for your nature adventures, like Saturday mornings or after school. Consistency helps build the habit.

**2 MAKE A FIELD KIT**  
Gather essential items like a notebook, pencil, magnifying glass and your favourite drawing materials. Keep your kit ready so you can grab it and go whenever inspiration strikes.

**3 START SMALL**  
Begin with short sessions, like 10–15 minutes, to observe something in your backyard or a nearby park. This keeps it simple and easy to stick with.

EXPLORERS BASICS KIT



WATER AND A SNACK FOR LONGER WALKS    MAGNIFYING GLASS (OPTIONAL)    BINOCULARS (OPTIONAL)    SUNSCREEN    HAT

OVER TIME, YOUR NOTES BECOME A SPECIAL RECORD OF ALL THE AMAZING THINGS YOU'VE DISCOVERED, HELPING YOU LEARN MORE AND SHARE YOUR FINDINGS WITH OTHERS!

## HOW TO MAKE FIELD NOTES

# 2 RECORD WHAT YOU FIND

**FIELD NOTES ARE DETAILED RECORDS THAT YOU MAKE WHILE OBSERVING NATURE. THEY CAPTURE WHAT YOU SEE, HEAR, SMELL, AND EVEN FEEL DURING YOUR OUTDOOR ADVENTURES. THESE NOTES OFTEN INCLUDE DESCRIPTIONS OF PLANTS, ANIMALS, WEATHER CONDITIONS, AND ANYTHING ELSE THAT CATCHES YOUR ATTENTION. YOU CAN ALSO SKETCH WHAT YOU OBSERVE OR JOT DOWN INTERESTING FACTS OR QUESTIONS THAT POP INTO YOUR MIND.**

### HOW TO MAKE FIELD NOTES

#### 1 OPEN YOUR SENSES

As soon as you step into nature, Open your senses by taking a deep breath and ask yourself What do you hear, see, smell and feel. See **Open your Senses** box out on Step 3 Explore page.

#### 2 CHOOSE A 'SIT SPOT'

Find a spot to sit for a while and take in all the nature around you.

#### 3 MAKE FIELD NOTES

Make sketches and notes about what you see. For birds, note the beak shape, size and shape of the bird, tail length and any colours and unique features. Apply this technique to other wildlife. Don't worry about making it perfect—just capture your observations as they come to you. Use your pocket notebook, or printout the Field Notes template.

#### 4 REFLECTION

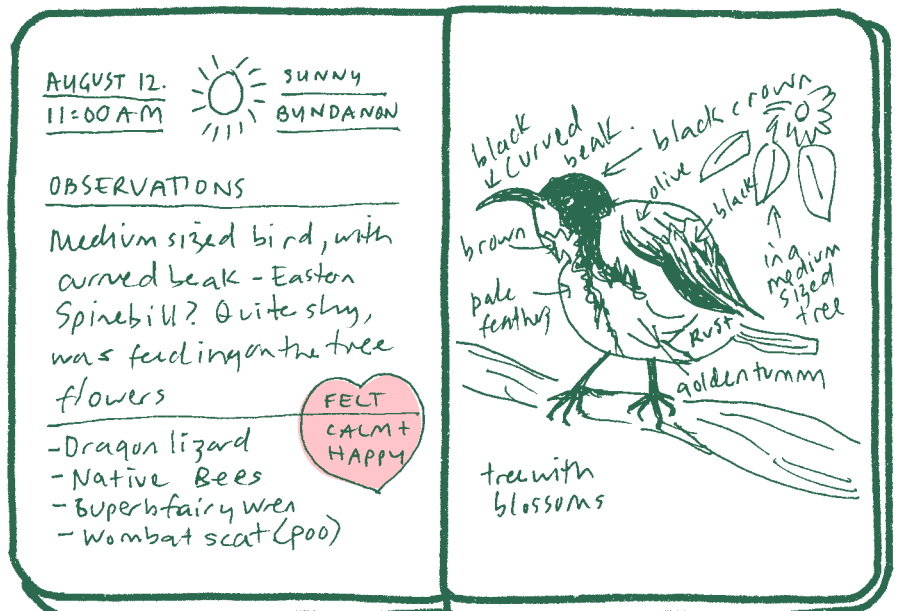
Take time to reflect on your adventure and write about your favourite thing, and how you felt.

#### 5 CONTINUE THE ADVENTURE AT HOME!

Use your notes to research and learn more about what you found. You can use books such as Field Guides, search online or look up nature apps like *inaturalist* or *Birdlife birdcount*.

USE YOUR POCKET NOTEBOOK, SKETCHBOOK OR PRINT OUT THE TEMPLATE TO DOCUMENT WHAT WILDLIFE YOU FIND

ADDING SIMPLE SKETCHES TO YOUR NOTES CAN MAKE THEM MORE ENGAGING AND HELP YOU REMEMBER DETAILS THAT WORDS ALONE MIGHT MISS



ASKING YOURSELF WHAT YOU SEE, HEAR, FEEL, SMELL AND FEEL WILL HELP YOU GET STARTED IF YOU'RE NOT SURE WHAT TO WRITE ABOUT

LOOK BACK ON YOUR NOTES EVERY NOW AND THEN AND REFLECT ON WHAT YOU'VE LEARNED AND HOW YOUR OBSERVATIONS HAVE CHANGED OVER TIME

**REMEMBER, FIELD NOTES ARE YOUR PERSONAL RECORD OF NATURE SO ADD YOUR OWN FLAIR AND BE CREATIVE! MAYBE YOU DRAW PICTURES ONLY, DRAW ALL OVER THE PAGE, WRITE SINGLE WORDS, ADD DECORATION OR KEEP IT FACTUAL. HAVE FUN!**

**FIELD NOTES TEMPLATE TO PRINT OUT**

PRINT OUT AND USE ON YOUR ADVENTURES OR CUT OUT AND STICK INTO YOUR POCKET NOTEBOOK OR USE AS A PROMPT FOR YOUR HANDWRITTEN NOTES

DATE _____	PLACE _____
TIME _____	WEATHER _____
WILDLIFE OBSERVATIONS: SHAPES, SIZE, COLOURS, BEHAVIOUR _____	
REFLECTIONS: EG. FAVOURITE THING YOU FOUND, HOW DO YOU FEEL _____	

DATE _____	PLACE _____
TIME _____	WEATHER _____
WILDLIFE OBSERVATIONS: SHAPES, SIZE, COLOURS, BEHAVIOUR _____	
REFLECTIONS: EG. FAVOURITE THING YOU FOUND, HOW DO YOU FEEL _____	

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# HOW TO MAKE FIELD NOTES

## 3 EXPLORE

**LET'S GO!**

**HEAD TO A LOCAL PARK, RESERVE, OR EVEN YOUR OWN BACKYARD!**

**TAKE A DEEP BREATH IN THROUGH THE NOSE, OUT THROUGH THE MOUTH**

**OPEN YOUR SENSES**

### OPEN YOUR SENSES

#### WHAT CAN YOU:

**HEAR**  
CAN YOU HEAR MOVEMENT IN THE TREES ABOVE, BIRDS CALLING TO EACH OTHER?

**SEE**  
CAN YOU SEE A BIRD FLYING OVERHEAD, OR LIGHT STREAMING THROUGH THE TREETOPS?

**SMELL**  
CAN YOU SMELL DAMP GROUND AFTER RECENT RAIN, EUCALYPTUS TREES, SALT FROM THE OCEAN?

**FEEL**  
CAN YOU FEEL THE SUN ON YOUR BACK, OR A BREEZE? THE TEXTURE OF A LEAF OR BARK?

**DON'T FORGET TO LOOK UP AND LOOK DOWN**



**AS YOU WALK, OBSERVE YOUR SURROUNDINGS. TAKE YOUR TIME, BE PATIENT, STAY QUIET AND STILL AND WAIT FOR WILDLIFE TO COME TO YOU**

**WALK TOWARDS WHAT CATCHES YOUR EYE**

**FIND A 'SIT SPOT' AND OPEN YOUR SENSES**

**SPEND A QUIET MOMENT TO TUNE INTO YOURSELF AND YOUR SURROUNDINGS**



**MAKE SKETCHES AND NOTES ABOUT WHAT YOU SEE. FOR BIRDS, NOTE THE BEAK SHAPE, SIZE AND SHAPE OF THE BIRD, TAIL LENGTH AND ANY COLOURS AND UNIQUE FEATURES. APPLY THIS TO OBSERVING OTHER CREATURES AS WELL**

**WALK TOWARDS WHAT CATCHES YOUR EYE**

**FIND A 'SIT SPOT' AND OPEN YOUR SENSES**

### SOME PROMPTS TO EXPLORE

- FIND SOMETHING TINY
- FIND SOMETHING COLOURED THAT ISN'T BROWN OR GREEN
- MAKE A LEAF RUBBING AS A REMINDER OF YOUR ADVENTURE
- LOOK FOR LEAVES ON THE GROUND - CAN YOU FIND ONE WITH AN INTERESTING SHAPE?
- WHAT DOES THE SKY LOOK LIKE TODAY? IS THE SUN BRIGHT? ARE THERE CLOUDS?

**CONTINUE OBSERVING AND MAKING FIELD NOTES UNTIL IT'S TIME TO GO HOME**

**A REMINDER TO OPEN YOUR SENSES**

**WRITE AND DRAW ABOUT WHAT YOU FIND IN YOUR FIELD NOTES**



**CONTINUE THE ADVENTURE AT HOME! USE YOUR NOTES TO RESEARCH AND LEARN MORE ABOUT WHAT YOU FOUND**



**REFLECT ON YOUR TIME IN NATURE. WHAT DID YOU LEARN? WHAT WAS YOUR FAVOURITE THING? HOW DO YOU FEEL? WRITE IT IN YOUR FIELD NOTES**

**THE END UNTIL NEXT TIME**

