To make a nature journal, all you need are materials that might normally be thrown away.

Gather a piece of cardboard, some writing paper (used on one side), one sheet of colored paper, a rubber band, one small stick, scissors, a hole puncher and a pencil.

Cut the paper in half (the wide way) and cut the cardboard the same size.

Punch two holes at the top, using the colored piece of paper as a cover.

Line up the holes in the paper and cardboard, and feed the rubber band through one hole.

Loop the band around one end of the stick.

Follow through with the other hole using the opposite end of the stick.

The journal (front and back) will look like those pictured above.

You can decorate and personalize the journals using crayons, paint, construction paper, raffia, stickers and stamps. Fill your nature journals with poems, field sketchings, observations and thoughts. Be creative! Nature Journaling is an inexpensive and creative way for students to discover and explore their own interests while learning about the natural world.