Start with a small walk

Adult quick-start guide

Choose an easy start

Use a familiar, permitted route or a view from a safe place. A short pause can be enough. Select one or two pages; the notebook is not a timed test.

Bring only what you need

Take a pencil, a firm writing surface and your chosen pages. Colors are optional. Ask the child to draw, write, point or dictate; an adult can record their words.

Observe without collecting

Stay together and follow local rules. Keep away from roads, water edges and restricted areas. Leave plants, animals and objects where they are. Do not taste, pick or handle unknown things.

Keep the record private

Use a place nickname, not a home address or precise location. Names and dates are optional. Keep completed pages offline; do not send children's personal details to this website.

Print the matching size

Choose the A4 PDF for A4 paper or the US Letter PDF for 8.5 x 11 inch paper. Print one page first at Actual size / 100%. If your printer clips an edge, use Fit to printable area. These are equivalent editions, not 20 different activities.

One small place

Look carefully at one safe spot.

OBSERVATION 01 OF 10

Choose a spot you can see from the path. Draw what you notice. You do not need to name plants or animals.

Date (optional): _____ Place nickname: _____

My careful sketch

Three details I noticed

Something I wonder

Sounds around me

Pause and listen from a safe place.

OBSERVATION 04 OF 10

With your adult, pause away from traffic. Keep your eyes open. Notice up to four sounds. Write or draw a clue for each.

Date (optional): _____ Place nickname: _____

Sound 1: write or draw a clue

Once or repeating? _____ Soft or loud to me? _____

Sound 2: write or draw a clue

Once or repeating? _____ Soft or loud to me? _____

Sound 3: write or draw a clue

Once or repeating? _____ Soft or loud to me? _____

Sound 4: write or draw a clue

Once or repeating? _____ Soft or loud to me? _____

If you cannot hear a sound or prefer not to listen, record a movement you can see instead. Keep your eyes open.