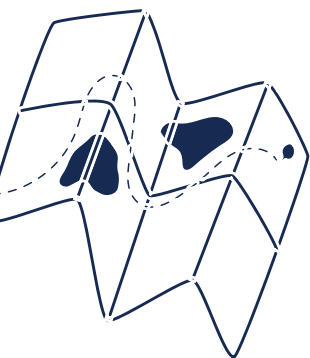


# Walking Journal

What will you find? Keep a memory journal of your walks, jotting down flora, fauna and more!



**Who?**

.....  
.....

**When?**

.....  
.....

**Where?**

.....  
.....



Today I have walked  
.....km/miles



Birds I have spotted whilst walking

.....  
.....  
.....  
.....



Today's Weather



**Notes**

.....  
.....  
.....  
.....  
.....  
.....



Trees I have seen:

.....  
.....



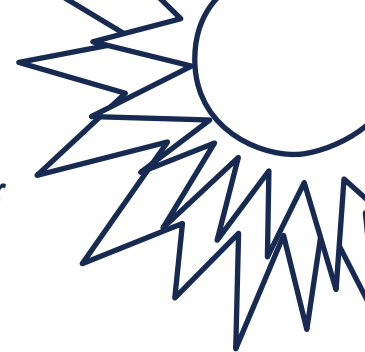
**Bugs, Slugs and Critters**

Use this space to draw  
any creepy crawlies  
you saw on your walk.



# Walking Journal (Page 2)

Take this time to live in the moment and enjoy the wonderful world around you on your walk. Now that you've noted all of the things you can see, use your other senses to record what you can hear, smell and feel during your walk.



My thoughts and feelings during this walk

I can hear:

- 1.
- 2.
- 3.

I can smell:

- 1.
- 2.
- 3.

I can feel:

- 1.
- 2.
- 3.

Here's an Idea!

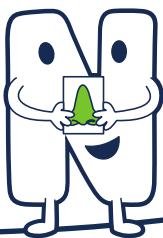
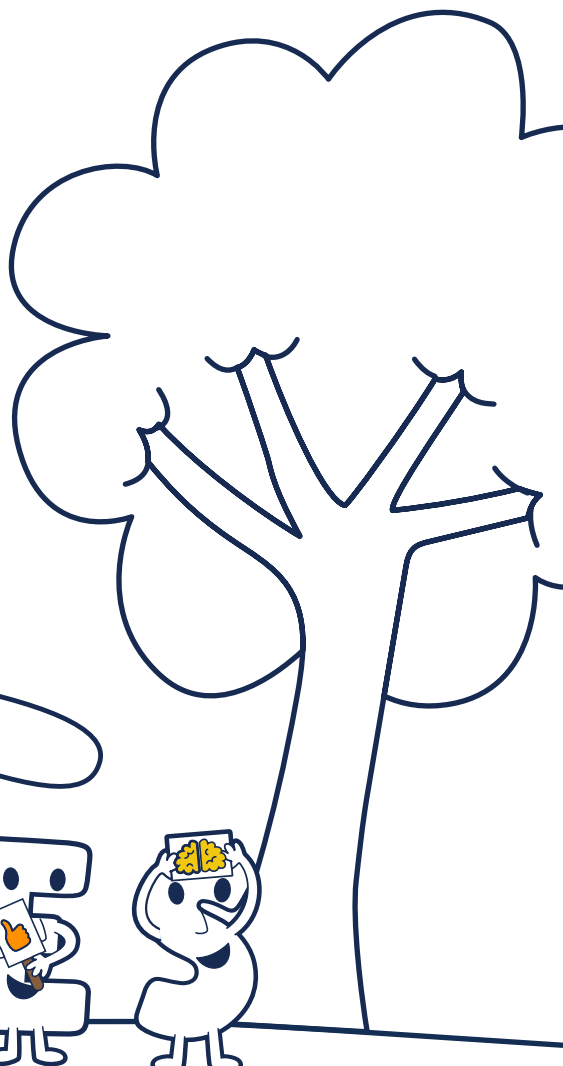
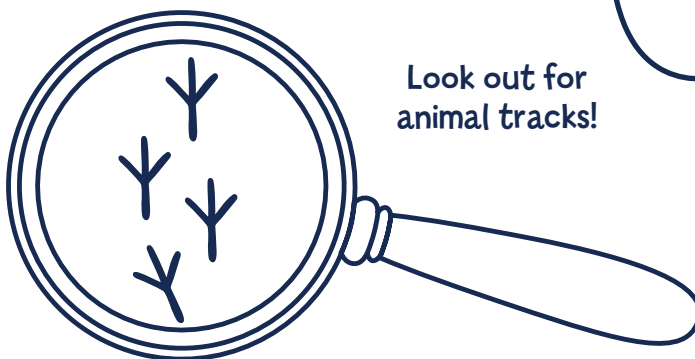
Why not be brave and take off your boots for a bare foot woodland walk?



Did you know?

Some animals use the tracks of their prey to hunt them down.

Look out for animal tracks!



Lie down in the grass and take a moment to yourself.



Look up at the sky and find shapes in the clouds.



Make a daisy chain in the sunshine.