

Where Should I Go To Journal?

Begin your exploration by simply looking around. Where? In your very own house on a rainy day (I spy a spider), in your backyard (Look, a tiny flower!), on your city block (There is soft moss in the sidewalk), or on a nature hike (Hmmm, this walnut is cracked in half!)

Look around. Look up! Look down. Find a piece of nature that "calls to you." Remember, things that may seem ordinary, like a blade of grass, can be quite extraordinary!



Settle in nearby to work, take a deep breath, and then begin journaling with your subject. Try to be present. Take in your surroundings with all your senses. Most of all, enjoy being in nature!

Join Our Nature Journaling Project

We invite you to free walks using a method of mindful observation and supplies provided to get you started on your own journal entry. You can also encounter a natural object on your own time! Record your observations arising from our methodology, and send us your result! The final collection will be woven together by poems written by Phoenixville poet Vincent Tavani responding to the various entries. Phoenixville Area Transition Team offers this project to connect us with nature and each other.

Mar 9 & 10 - 2 pm - T. P. Bentley Nature Preserve

Mar 12 - 10 am - Neal Thorpe Trail at Lock 60

Apr 13 - 12 pm - Templin Woods Preserve

Apr 20 - 1 pm & 3 pm - Reservoir Park

Send/drop off your hard copy 7.5" x 11" journal entry by 4/30

Jolie Chylack Studio at Sprig City Mill Studios

20 E. Bridge Street Studio 100 Spring City, PA 19475

Drop off arrangements can be made via email:

jchylack@joliechylackstudio.com

Your Invitation to A Community Nature Journal

To Celebrate Earth Day in Phoenixville



What is Nature Journaling & What Do I Need to Get Started?



Nature Journaling is a simple moment of presence in your outdoor world that can lead to an adventure of a lifetime. It's a method to explore and connect with your natural environment while recording your findings.

Is this for you? Yes! No matter your experience, this can help deepen your observation. You can start with just a pencil and paper, or you can elaborate with art supplies.

What Is On A Journal Page?

As you explore Phoenixville and the local environs select your object. Observe and record your findings with the help of the following methodology:

Observation Triad: Consider your object carefully with these 3 questions: What do I notice? What do I wonder? What am I reminded of?

Recording Triad: Words, pictures, and numbers will record the observations of your object. Words may include a title, descriptions, or poetic phrases. Drawings can be tracings, rubbings, and sketches. Numbers include counting, measurements, or graphs. Try using all 3 elements!

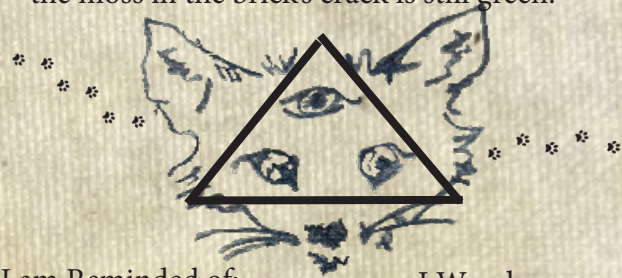
Metadata: This is where and when you found the object (location, setting, date, time, temperature, weather, etc). Make a box on your page to record this data for future reference.

Be sure to mail or drop off your journal 7.5 x 11 entry and submission form by 4/30 (visit joliechylackstudio.com for details)

Observation Triad Examples

I Notice:

- the feather is white and fluffy at one end.
- twigs are in opposite pairs on this branch.
- the moss in the brick's crack is still green.



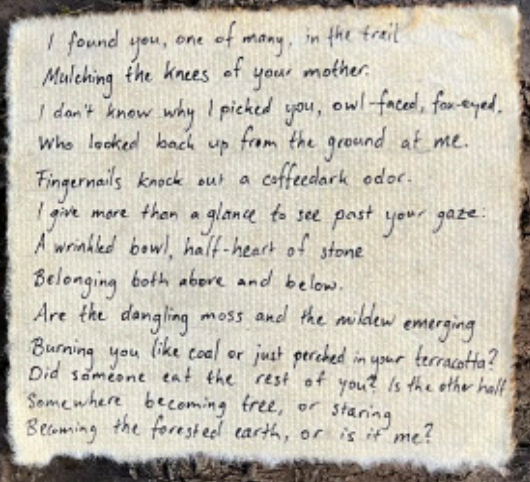
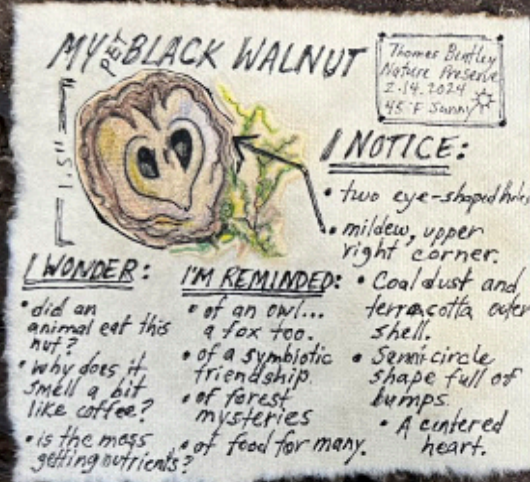
I am Reminded of:

- chocolate cake by soft crumbly soil.
- a referee whistle when this bird flies.
- a parade of fern.

I Wonder:

- why is only one side of this rock ridged?
- would this apple taste sour or sweet?
- was this leaf chewed?

Sample Journal Page and Responsive Poem



Project created by artist partners Tienfong Ho, Vincent Tavani, and Jolie Chylack
Brought to you by Phoenixville Area Transition and Green Teams