

Be A Nature Detective - Make Your Own Nature Journal!

During lockdown many of us have become a lot more appreciative and aware of the natural world around us. Lots of us have been connecting more with nature - walks in the park, planting seeds or just taking the time to stop and listen to the birds singing in the morning. Maybe you've been

doing this too, and would like to do more of it? Well here is a great way that you can do just that - be a nature detective and make this great nature journal!

You will need...

- Cardboard, from the recycling box
- Paper, from the recycling box
- A hole punch
- An elastic band
- Glue stick
- Pva or stronger glue
- Sticky Tape
- Paint brushes, water & palette
- A pencil
- Poster or Acrylic paint
- A strong stick
- Some leaves
- A small potato



Keeping a nature journal is a great way of documenting the natural world around us, as we experience it. We can record any nature that we see - from trees in the park to a spider in the living room! We could draw things, write descriptions, save dried leaves and flowers, or take photographs.

A good nature journal doesn't need to cost much to make - you can use things that are easily found around the home and in the recycling box - which is a great way to help the environment too! So, let's get started!



Step 1: Cut two A4 (roughly 30cm x 21cm) pieces of thin cardboard. Delivery boxes/ sleeves or cereal boxes work well. Then place the card onto the paper, draw around it with the pencil and start cutting it out. Cut as many pages as you would like your book to have. Ten is a good minimum number.



Step 2: Carefully punch a set of holes in the cardboard and the paper using the hole puncher, taking care to only do a couple of pages at a time.

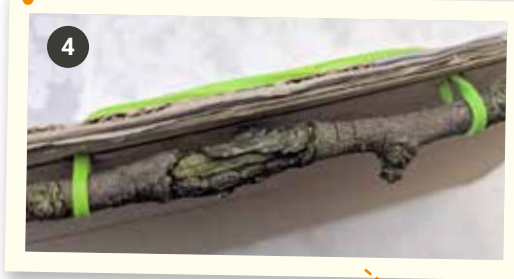


Step 3: Sandwich the paper sheets between the pieces of cardboard. Line the stick up parallel to the holes. Push the elastic band through the first hole, through all of the card and paper. Then loop the elastic band over the stick.

Eginblanhigion
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Seedlings

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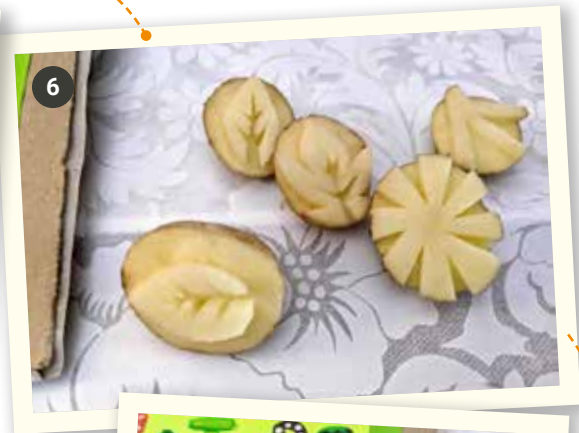
Step 4: Take the elastic band across and back through the second hole, through all of the paper and cardboard, and push the stick carefully through this loop too. This should now be secure.



Step 5: Stick some coloured paper on the front of your book, using the glue stick - and add a title – we've gone for 'Nature Journal' here, but you could go for 'Nature Detective', or similar.



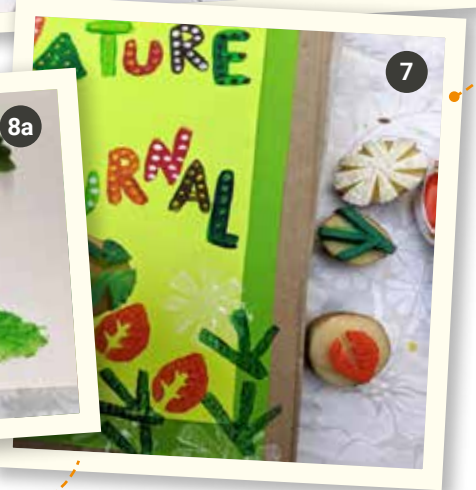
Step 6: Please ask a responsible adult to help with this bit, don't attempt this on your own. Ask your adult to cut the potatoes in half. Then, using a pencil, you can draw some leaves or flower shapes. Then ask your adult to cut these out for you (see photo). These will become your ink stamps, which you can use to decorate the pages in your nature journal.



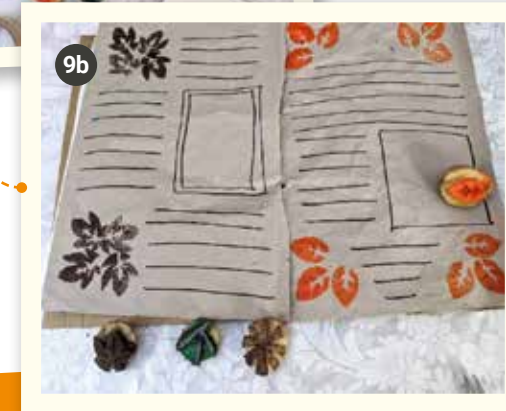
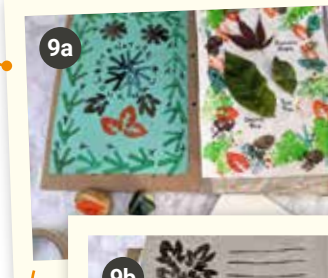
what colours we see in nature as the seasons change, and use that as inspiration if you like.

Step 7: Now you can decorate the front cover and pages of your nature journal, using the potato stamps. Apply a thin layer of paint to the potato stamp (on the shape only) and then place it slowly and carefully down on the paper, then lift it slowly off. Repeat, as many times as you like! Don't worry about the shapes overlapping – they can often look better that way. Use different colours, and place different shapes next to each other. You can think about

Step 8: Using some of the leaves that you have collected, apply paint to the underside of the leaf, and place it paint-side-down on the paper. Press gently, and then lift the leaf off. Repeat. Again use different colours and shapes next to each other, overlapping where you can. You can also use the end of a paintbrush dipped in paint to create dots, or 'berries'. This will create a lovely border around each page; you can also use this technique to record the different shapes and vein patterns of different leaves.



Step 9: You could vary how the pages look – you could add blank spaces for drawings, photographs or sticking leaves or dried flowers down, and also mark out some space for written descriptions of what you see/find. Now you're ready to start being a nature detective, happy hunting!



Byddwch yn Dditectif Natur - Gwnewch Eich Cyfnodolyn Natur Eich Hun!

Yn ystod y clo mae llawer ohonom wedi dod yn llawer mwy gwerthfawrogl ac yn ymwybodol o'r byd naturiol o'n cwmpas. Mae llawer ohonom wedi bod yn cysylltu mwy gyda natur - cerdded yn y parc, plannu hadau neu gymryd yr amser i stopio a gwrandao ar yr adar yn canu yn y bore. Efallai eich bod chi wedi bod yn gwneud

hyn hefyd, ac yn dymuno gwneud mwy ohono? Wel dyma ffordd wych y gallwch chi wneud yn union hynny - bod yn dditectif natur a chreu'r cyfnodolyn natur wych hwn!

Mae cadw cyfnodolyn natur yn ffordd wych o ddogfennu'r byd naturiol o'n cwmpas, wrth i ni ei brofi. Gallwn gofnodi unrhyw natur a welwn - o goed yn y parc i bry cop yn yr ystafell fyw! Gallen ni ddarlunio pethau, ysgrifennu disgrifiadau, arbed dail sych a blodau, neu dynnu lluniau.

Nid oes angen i gyfnodolyn natur dda gostio llawer i'w wneud - gallwch ddefnyddio pethau sy'n hawdd eu cael o gwmpas y cartref ac yn y blwch ailgylchu - sy'n ffordd wych o helpu'r amgylchedd hefyd! Felly, gadewch i ni ddechrau arni!

Bydd angen arnoch...

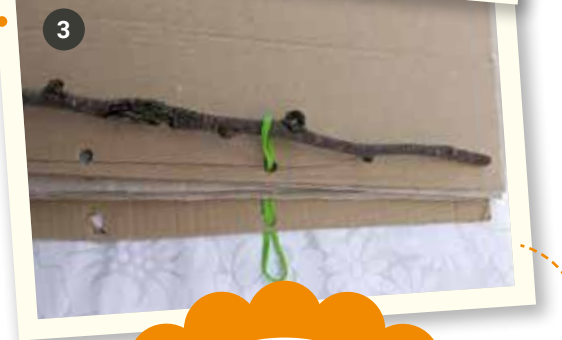
- Cardbord, o'r blwch ailgylchu • Papur, o'r bocs ailgylchu • Pwniwr twll • Band elastig • Ffon lud
- PVA neu glud cryfach • Tâp gludiog
- Brwshys paent, palet a dŵr • Pensil
- Paent poster neu acrylig • Ffon cryf
- Ychydig o ddail • Taten fach



Cam 1: Torrwch ddau ddarn A4 (tua 30cm x 21cm) o gardbord tenau. Mae bocsys danfon/llewysau neu focsys grawnfywd yn gweithio'n dda. Yna rhowch y cerdyn ar y papur, tynnwch ef o'i amgylch gyda'r pensil a dechreuwch ei dorri. Torrwch gynifer o dudalennau ag yr hoffech i'ch llyfr eu cael. Mae deg yn nifer lleiaf da.



Cam 2: Torrwch set o dyllau yn ofalus yn y cardbord a'r papur gan ddefnyddio'r torrwr twll, gan gymryd gofal i wneud dim ond un neu ddau o dudalennau ar y tro.



Cam 3: Rhyngosodwch y dalenni papur rhwng y darnau o gardbord. Leiniwch y ffon yn gyfochrog i'r tyllau. Gwthiwch y band elastig drwy'r twll cyntaf, drwy'r holl gerdyn a phapur. Yna, lwpwch y band elastig dros y ffon.

Eginblanhigion
tŷ pawb
Seedlings

Byddwch yn Dditectif Natur – Gwnewch Eich Cyfnodolyn Natur Eich Hun!

Cam 4: Cymerwch y band elastig ar draws ac yn ôl drwy'r ail dwll, drwy'r holl bapur a chardbord, a gwrthiwy y ffon yn ofalus drwy'r ddolen hon hefyd. Dylai hyn fod yn ddiogel nawr.

Cam 5: Gludwch ychydig o bapur lliw ar flaen eich llyfr, gan ddefnyddio'r ffon glud - ac ychwanegwch deitl – rydym wedi mynd am 'Cyfnodolyn Natur' yma, ond gallech fynd am 'Dditectif Natur', neu debyg.

Cam 6: Gofynnwch i oedolyn cyfrifol helpu gyda'r rhan hon, peidiwch â rhoi cynnig ar hyn ar eich pen eich hun. Gofynnwch i'ch oedolyn dorri'r tatws yn eu hanner. Yna, gan ddefnyddio pensil, gallwch dynnu lluniau o ddail neu siapiau blodau. Yna, gofynnwch i'ch oedolyn dorri'r rhain allan i chi (gweler y llun). Bydd y rhain yn gweithio fel eich stampiau inc, y gallwch eu defnyddio i addurno'r tudalennau yn eich cyfnodolyn natur.

Cam 7: Nawr gallwch chi addurno'r clawr blaen a thudalennau eich cyfnodolyn natur, gan ddefnyddio'r stampiau tatws. Gosodwch haen denau o baent ar y stamp tatws (ar y siâp yn unig) ac yna ei osod yn araf ac yn ofalus i lawr ar y papur, a'i godi'n araf i ffwrdd. Ailadroddwch, gynifer o weithiau ag y dymunwch! Peidiwch â phoeni am y siapiau sy'n gorgyffwrdd – gallant yn aml edrych yn well y ffordd honno. Defnyddio gwahanol liwiau, a gosodwch wahanol siapiau wrth ymyl ei gilydd. Gallwch feddwl am ba liwiau rydym yn eu gweld mewn

natur wrth i'r tymhorau newid, a defnyddio hynny fel ysbrydoliaeth os mynnwch.

Cam 8: Gan ddefnyddio rhai o'r dail rydych chi wedi'u casglu, rhowch baent wrth ochr isaf y ddeilen, a'u rhoi ochr paent i lawr ar y papur. Gwasgwch yn dyner, ac yna codwch y ddeilen i ffwrdd. Ailadroddwch. Unwaith eto, defnyddiwch wahanol liwiau a siapiau wrth ymyl ei gilydd, gan orgyffwrdd lle gallwch. Gallwch hefyd ddefnyddio pen o frwsh paent wedi ei dipio mewn paent i greu dotiau, neu 'aeron'. Bydd hyn yn creu ffin hyfryd o amgylch pob tudalen; gallwch hefyd ddefnyddio'r dechneg hon i gofnodi gwahanol siapiau a phatrymau gwythiennau gwahanol ddail.

Cam 9: Gallech amrywio sut mae'r tudalennau'n edrych – gallech ychwanegu manau gwag ar gyfer lluniadau, ffotograffau neu ludo dail neu flodau sych i lawr, a hefyd nodi rhywfaint o le ar gyfer disgrifiadau ysgrifenedig o'r hyn a welwch/dewch o hyd iddo. Nawr rydych chi'n barod i ddechrau bod yn dditectif natur, mwynhewch yr hela!

