

DAILY JOURNAL

Let's record everything that happens today! One day, you'll look back and be able to remember it more clearly.

First, what's the DATE?

WHO are you with?

>> Make a note of what you did at these different times today.

8.00 am:

10.00 am:


Lunchtime (make a note of what you ATE):

2.00 pm:

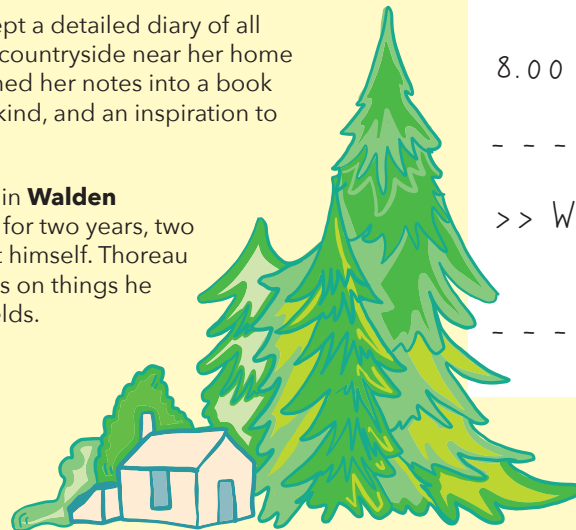
6.00 pm:

8.00 pm:

>> What was the BEST thing about today?

 **Susan Fenimore Cooper** (1813-1894) kept a detailed diary of all the birds and plants she observed in the countryside near her home in Cooperstown, New York, USA. She turned her notes into a book called **Rural Hours**, one of the first of its kind, and an inspiration to many nature writers.

Henry David Thoreau (1817-1862) lived in **Walden Woods** in Concord, Massachusetts, USA for two years, two months and two days in a cabin he'd built himself. Thoreau devoted his life to nature, and made notes on things he saw on daily walks through forests and fields.



Based on **Take Me Outdoors: A Nature Journal for Young Explorers** by Mary Richards, published by Agnes & Aubrey, £8.95. For more books and activities visit www.agnesandaubrey.com or follow us @agnesandaubrey