



Curriculum & Resources

Printing Guide

This unit was designed with field use in mind. Each lesson section is sized to print on a sheet of 11x17 paper, double sided (flip on the short edge), and folded into a reference card. The goal is to provide a handout written directly to the user, that easily fits on a clipboard, is sturdy in outdoor conditions, and captures the strategies, directions, and sample pages in a visually appealing at-hand reference for students. It is also possible to print this guide on 8.5x11 in the same fashion for a smaller version that can tuck directly into their nature journal. Additionally, a standard single 8.5x11 paged pdf of this guide is also available if you prefer to store individual sheets in a binder or duotang.



DIY Sketchbook Tutorial

These mixed-media concertina sketchbooks are easy to make & budget-friendly!

Materials:

- 2 sheets of mixed media or watercolour paper (used here is 9" x 12")
- backing board, boxboard or cardboard (not corrugated)
- glue stick, tape, scissors



1. Fold your sheets of paper in half horizontally from landscape orientation to mark the center line, cut along this line.
2. You should now have 4 pieces of long rectangular of paper. Line them up end-to-end. Use the edge of a table to keep them straight as you connect all 4 sections with tape, or glue them by overlapping about a quarter inch or so.
3. The result will be one very long strip of paper. Once the glue has dried, fold the first section in half to meet the first seam, and then fold at the seam in the opposite direction. Continue to accordion fold like this until you come to the end of the strip. Try to make folds even, but don't worry if they don't line up exactly. These are your pages.
4. For a cover you will need two pieces of backing board or box board, measuring the same size as your pages. Cover one side of each backing board with glue and line up with the outside-end pages. Press firmly to affix. Allow to dry.



Your sketchbook is finished! You can turn these pages like a regular book or open the whole thing out wide. Bulldog clips or an elastic band can be added to help keep your sketchbook closed when traveling. Once all the pages on one side of your sketchbook have been used, flip it over and use the other side! They have 14 useable pages in total, plus covers.

Sask Curriculum Elementary Outcomes

Lesson	SEL1	SEL2	DSL1	DSL2	CC11	DRL4	DRL5	CP17	USCL5	CQ2.4	PL3.1	PL3.2	ES3.2	SP3.1	CC3.1	CP3.8	HC4.1	HC4.2	HC4.3	CC4.1	CP4.7	CP4.8	WES1	WES.2	WES.3	CC5.1	DL6.3	DL6.4	SP6.1	CC6.1	CC6.4	RW6.2	
Getting to Know A Place			✓		✓	✓	✓													✓	✓											✓	
Gathering										✓	✓	✓	✓		✓												✓						
Phenological Awareness																							✓	✓									
Wildlife Sketching	✓	✓		✓																	✓							✓					
Introduced Plant Species												✓							✓									✓					
Seeds and Seedlings											✓	✓					✓											✓					
Cuttings											✓	✓							✓									✓					
Senses	✓	✓			✓			✓												✓													
Capture the Experience!															✓					✓							✓						
Documenting the Impact																									✓				✓				✓

Sask Curriculum Middle/High School Outcomes

Lesson	EE1	EE2	EE7.2	EE7.4	SP7.1	CC7.1	CP7.10	CP7.11	CP7.2	USC7.4	WES.1	WES.3	SP6.1	CC8.1	CP8.10	CC8.1a	CC8.1b	SC10-CC1	SC10-CC2	CC10.4	WILD10.4	ESD-ES1	ESD-T12	ASPS17
Getting to Know A Place	✓		✓			✓	✓		✓															
Gathering			✓																					
Phenological Awareness			✓	✓							✓													
Wildlife Sketching			✓				✓	✓							✓									
Introduced Plant Species				✓															✓					
Seeds and Seedlings			✓																				✓	✓
Cuttings			✓																				✓	
Senses										✓														
Capture the Experience!						✓								✓			✓							
Documenting the Impact					✓								✓					✓				✓		

Curriculum and Differentiation

While science classes are obvious spaces to begin nature journaling and ecological restoration work, Social Studies, ELA, Arts Ed, Health, and Treaty Education outcomes can also be explored.

Nature journaling can be a simple exercise or a complex, multidisciplinary task. The outcomes suggested here are just possibilities. Because nature journaling is so flexible, it's very likely there are other outcomes in the curriculum you teach that could be explored through these activities.

While these guides are written as student-facing resources, some groups will require more collaborative work. Try demonstrations, paired journaling or working all together on a large sheet of posterboard! Sometimes open-ended nature journaling can be overwhelming for students who need a little more structure. If you find students struggling to get started with an activity, helping them pre plan their page a bit with some titles and boxes can give them a place to begin.

Resources

Books:

- Acorn, John & Sheldon, Ian (2000). **Bugs of Alberta**. Lone Pine.
- Belcourt, Christi (2007). **Medicines to Help Us**. Gabriel Dumont Institute.
- Chambers, Hamersley & Karst, Amanda (2012). **Wild Berries of Alberta, Saskatchewan and Manitoba**. Lone Pine.
- Hancock, John & Hancock Kathleen (2015). **Spiders of Western Canada**. Lone Pine.
- Johnson, Derek., Kershaw, Linda., MacKinnon, Andy., Pojar, Jim (1995). **Plants of the Western Boreal Forest & Aspen Parkland**. Lone Pine and the Canadian Forest Service.
- Kagume, Krista (2010). **Saskatchewan and Manitoba Nature Guide**. Lone Pine.
- Karpan, Robin & Karpan, Arlene (2001). **Saskatchewan Trails**. Parkland Publishing
- Kimmerer, Robin W (2013). **Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants**. Milkweed Editions.
- Laws, John M. (2016). **The Laws Guide to Nature Drawing and Journaling**. Heyday.
- Laws, John M. (2012). **The Laws Guide to Drawing Birds**. Heyday.
- Leslie, Clare Walker. (2021) **Keeping a Nature Journal**. Storey Publishing.
- Leslie, Clare Walker. (2005) **Drawn to Nature**. Storey Publishing
- Marles, Robin J., Clavelle, Christina., Monteleone, Leslie., Tays, Natalie., Burns, Donna (2000). **Aboriginal Plant Use in Canada's Northwest Boreal Forest**. UBC Press.
- Rothman, Julia (2015). **Nature Anatomy**. Storey Publishing.
- Schalkwijk-Barendsen, Helene M.E. (1991). **Mushrooms of Northwest North America**. Lone Pine.
- Smith, Alan (2001). **Saskatchewan Birds**. Lone Pine.

Online:

- California Native Plant Society: Opening the World Through Nature Journaling cnps-nature-journaling-curriculum.pdf
- Native Plant Society of Saskatchewan: www.npss.sk.ca
- One School One Farm: oneschoolonefarm.com
 - Native Prairie, Biodiversity & Restoration Unit Plan: oneschoolonefarm.com/for-teachers/
 - Plant Research and Ecological Design Unit Plan: oneschoolonefarm.com/for-teachers/
- Saskatchewan Wildflowers: saskwildflower.ca
- SaskOutdoors: saskoutdoors.org
- John Muir Laws: <https://johnmuirlaws.com/>
- Wild Wonder Foundation: wildwonderfoundation.org
 - Daily Journal Prompts: www.wildwonder.org/nj25

Find Leane's work at coldprairiestudio.ca



Scan QR code to access this unit and more OSOF lesson plans

Helpful apps:
Google Earth
iNaturalist
Merlin Bird ID
SolarSystemScope
Stellarium
WeatherCAN

