

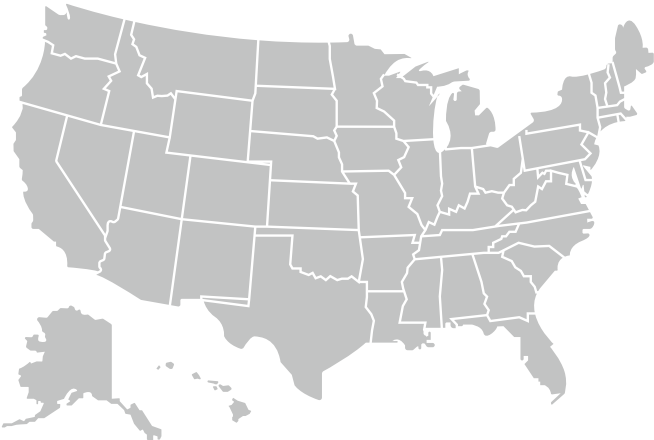
Crossing America Journal



Park Notes



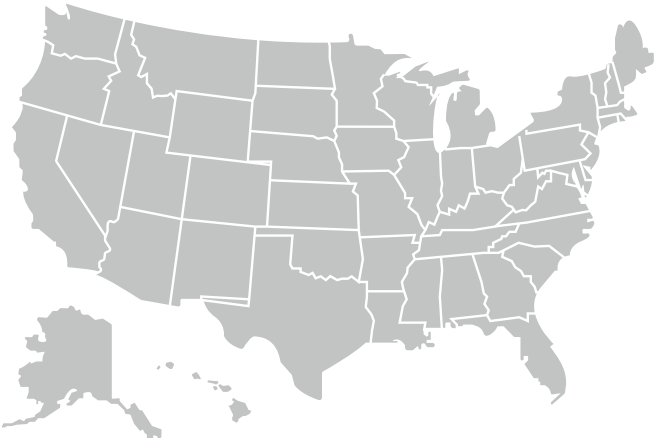
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Park Notes



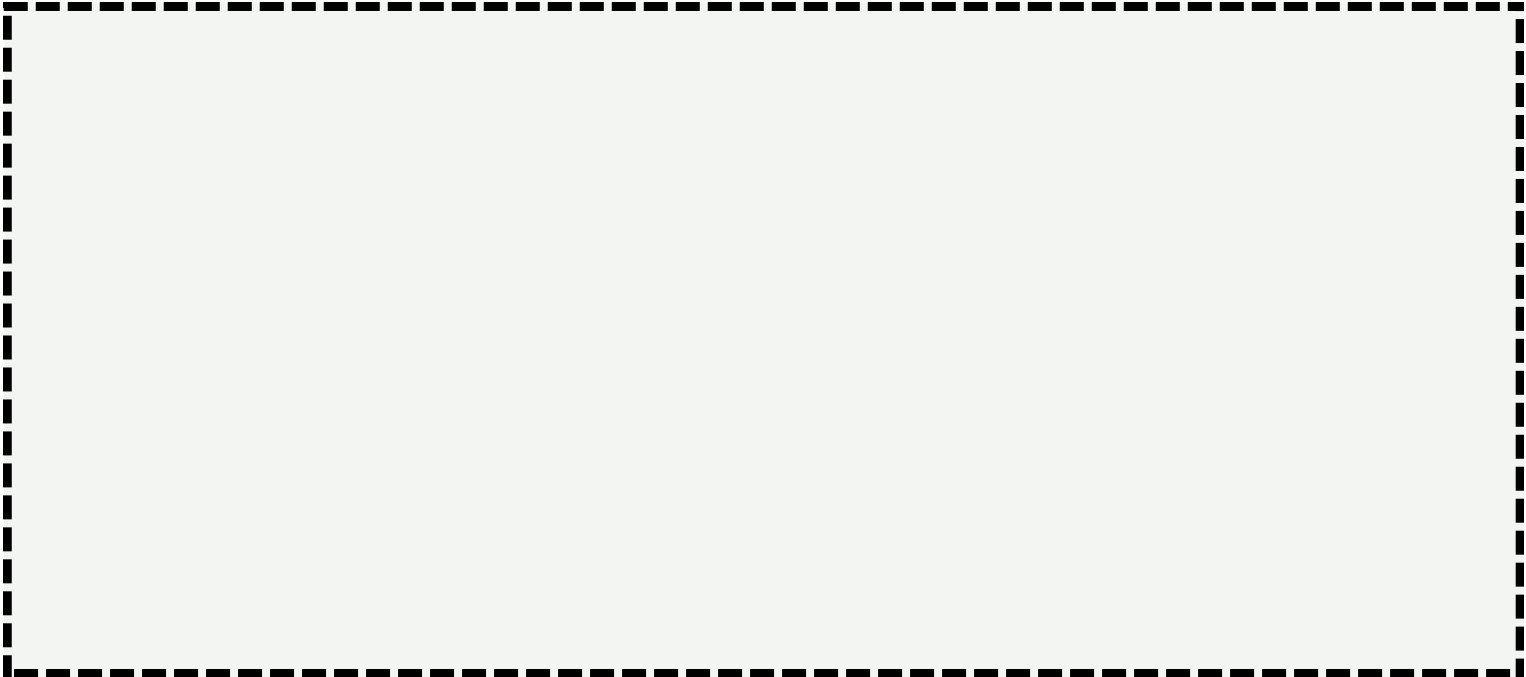
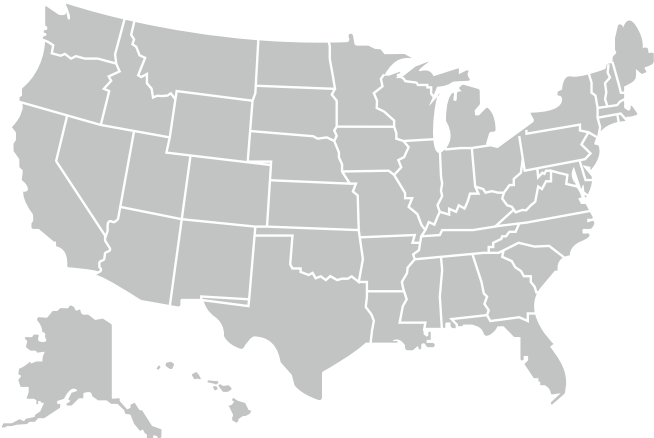
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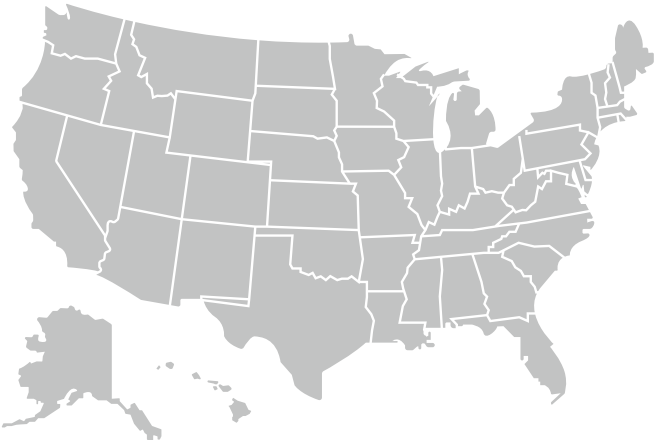
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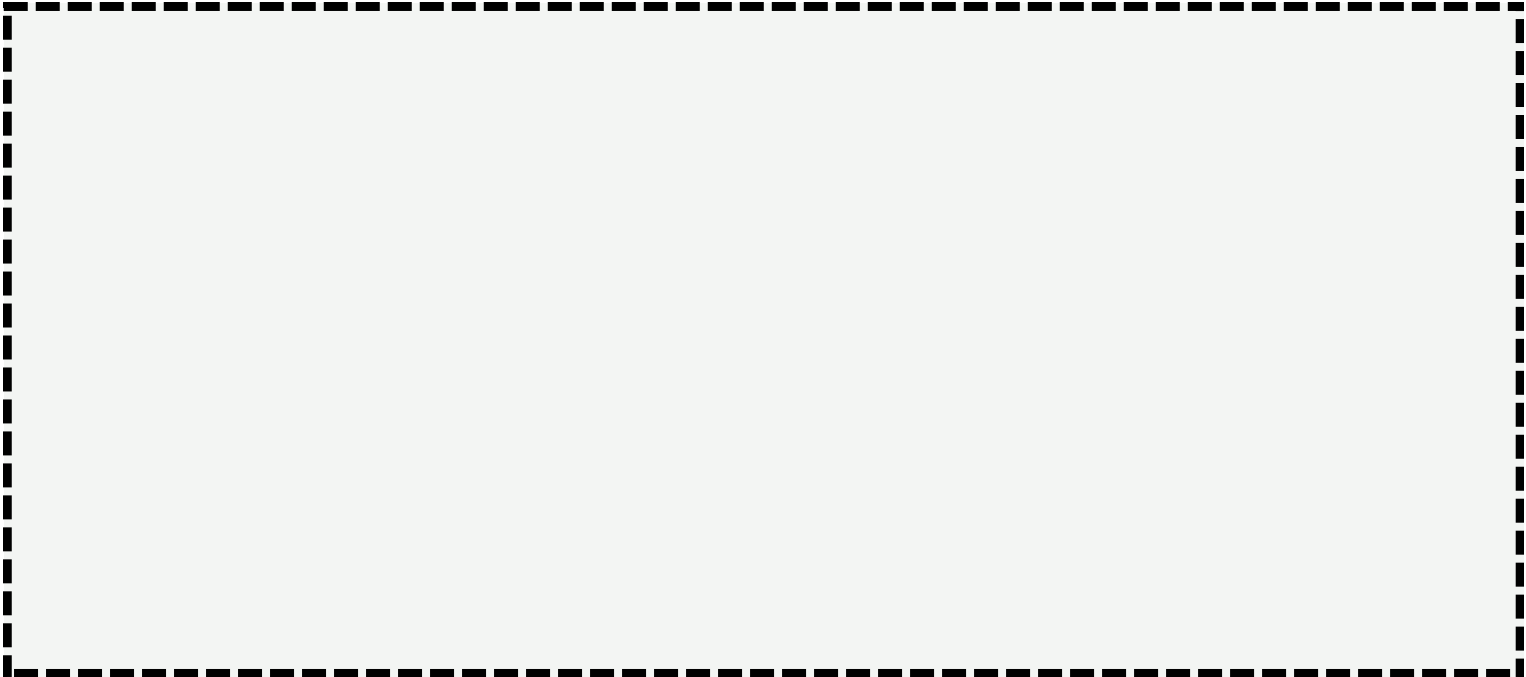
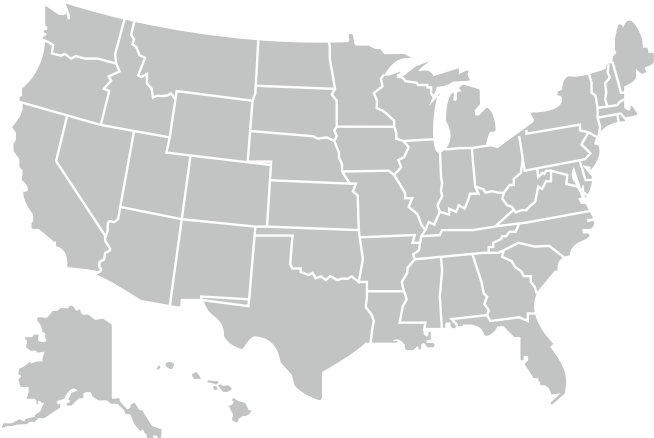
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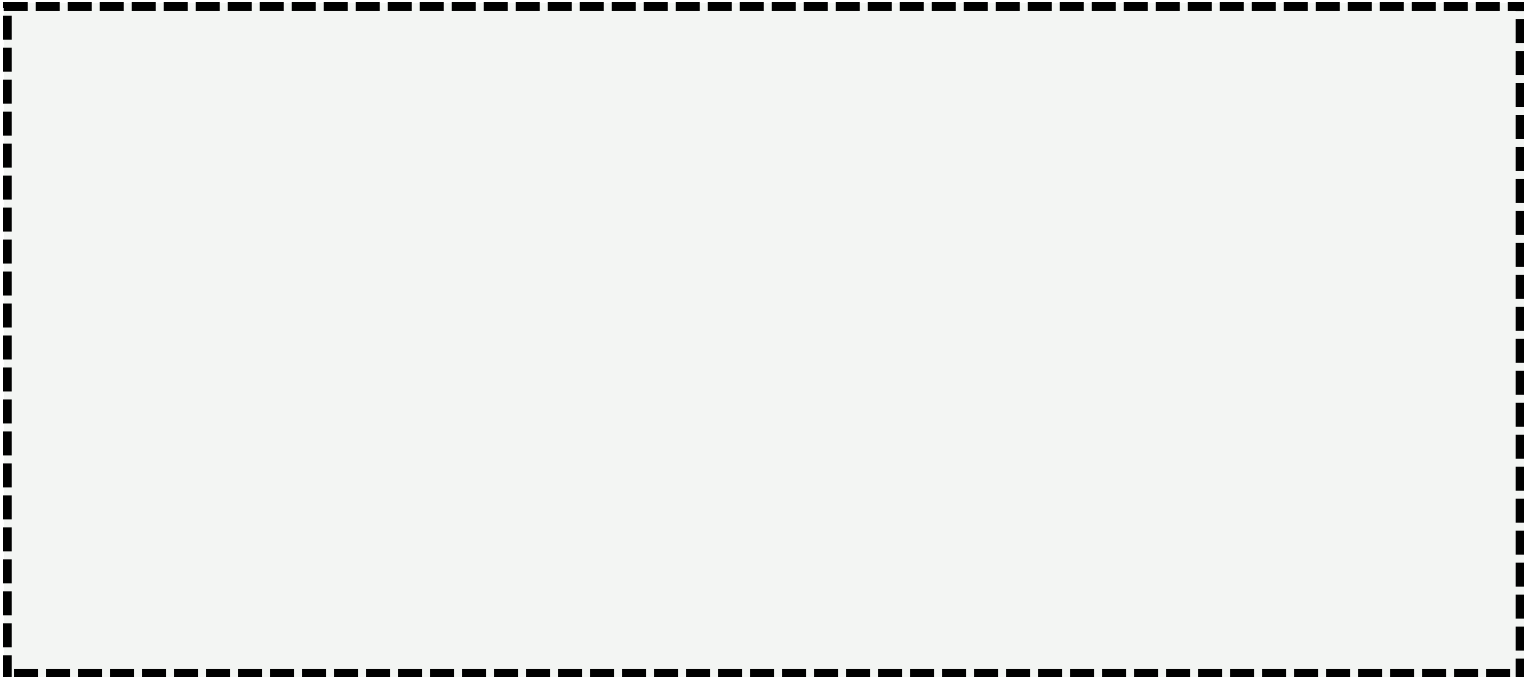
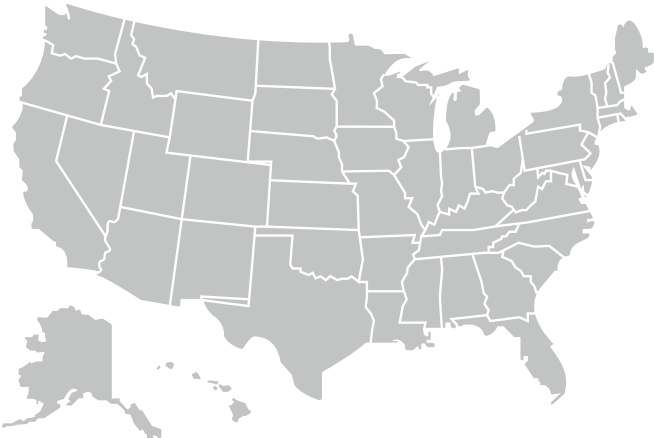
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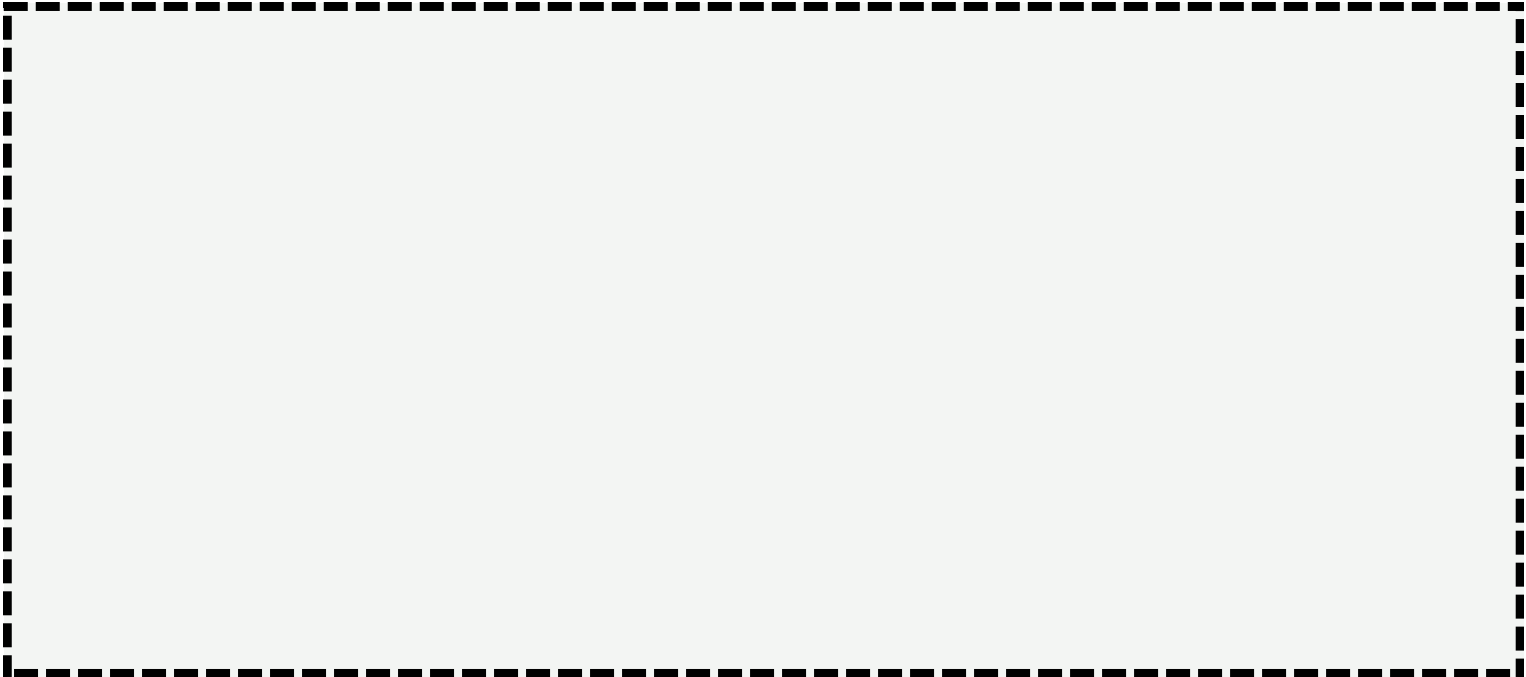
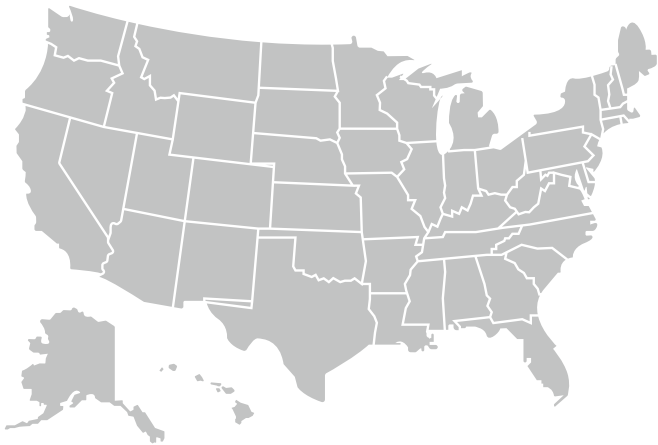
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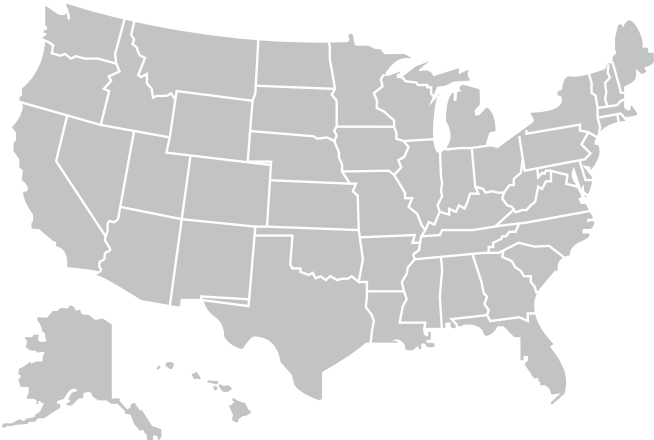
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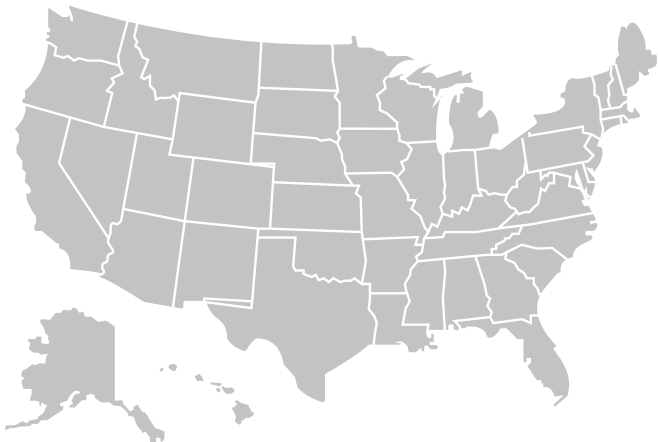
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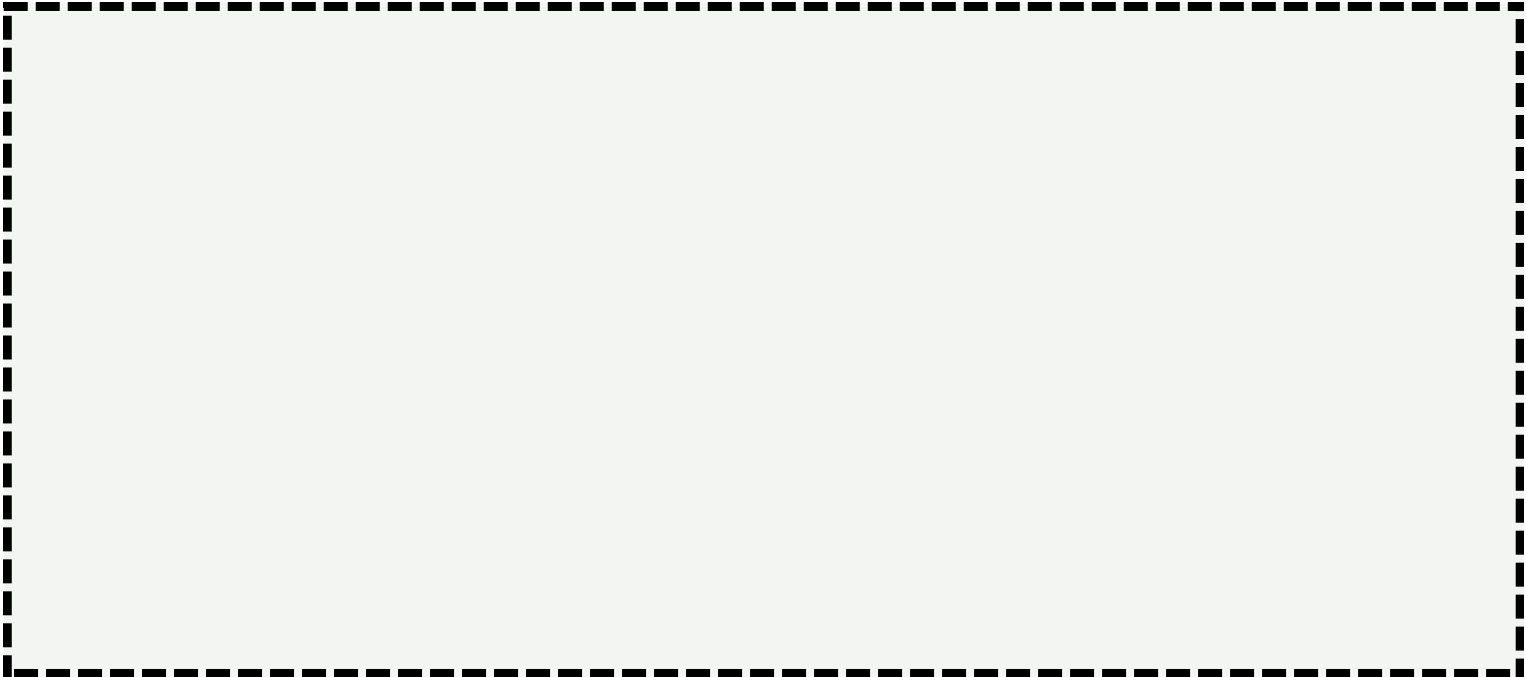
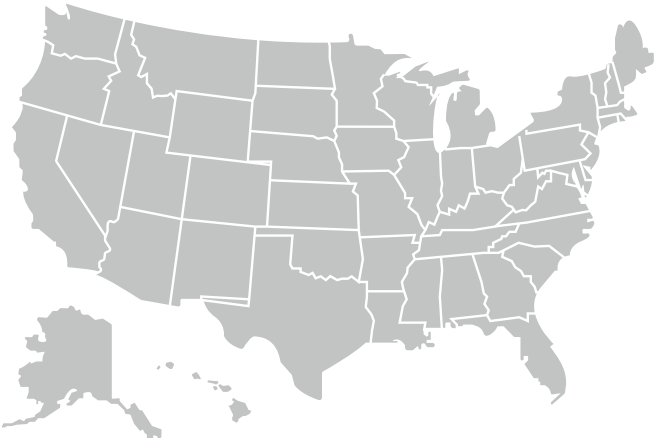
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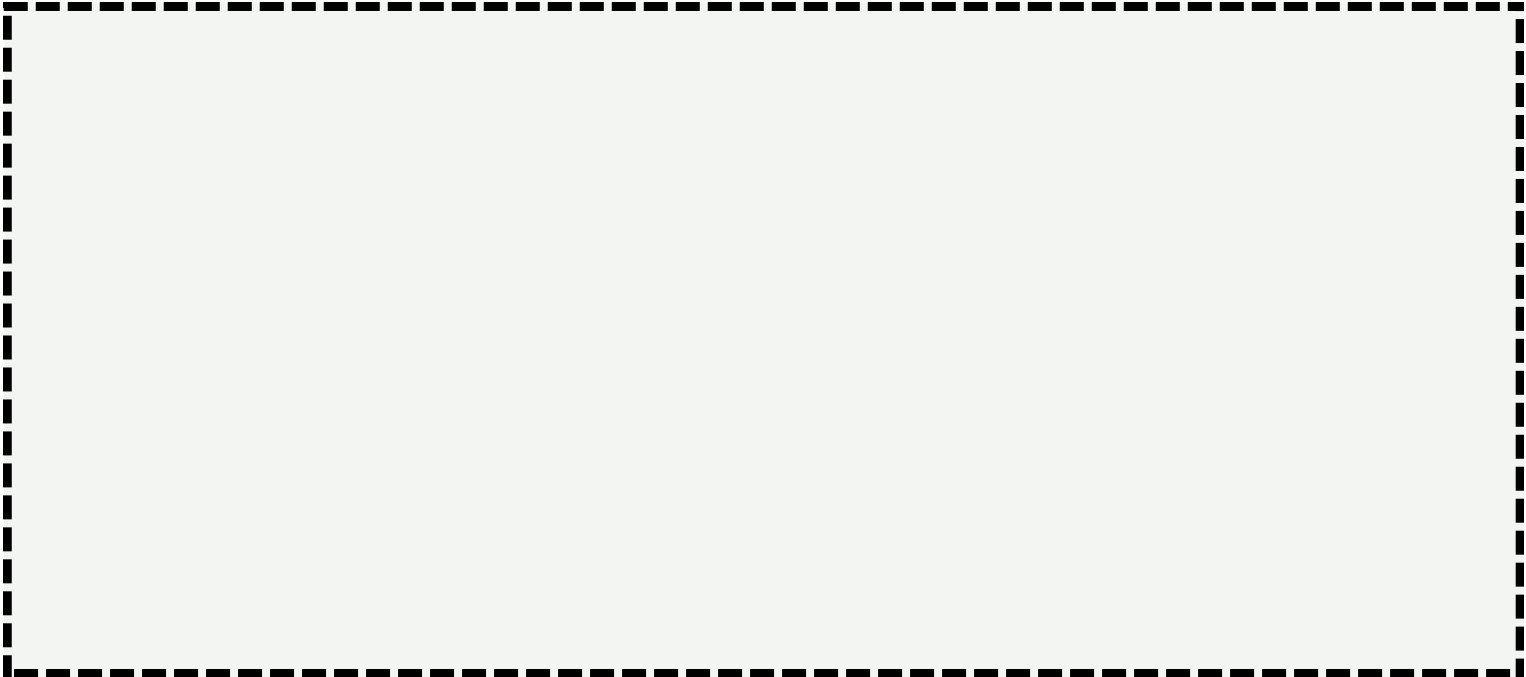
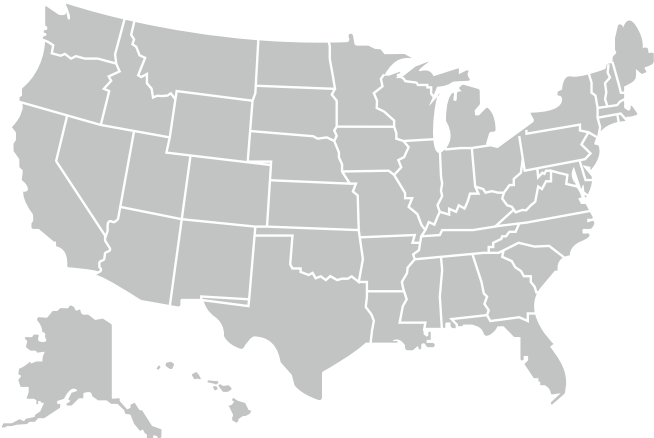
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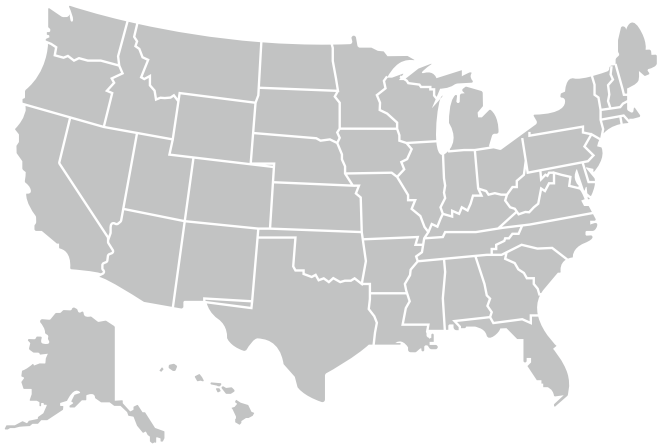
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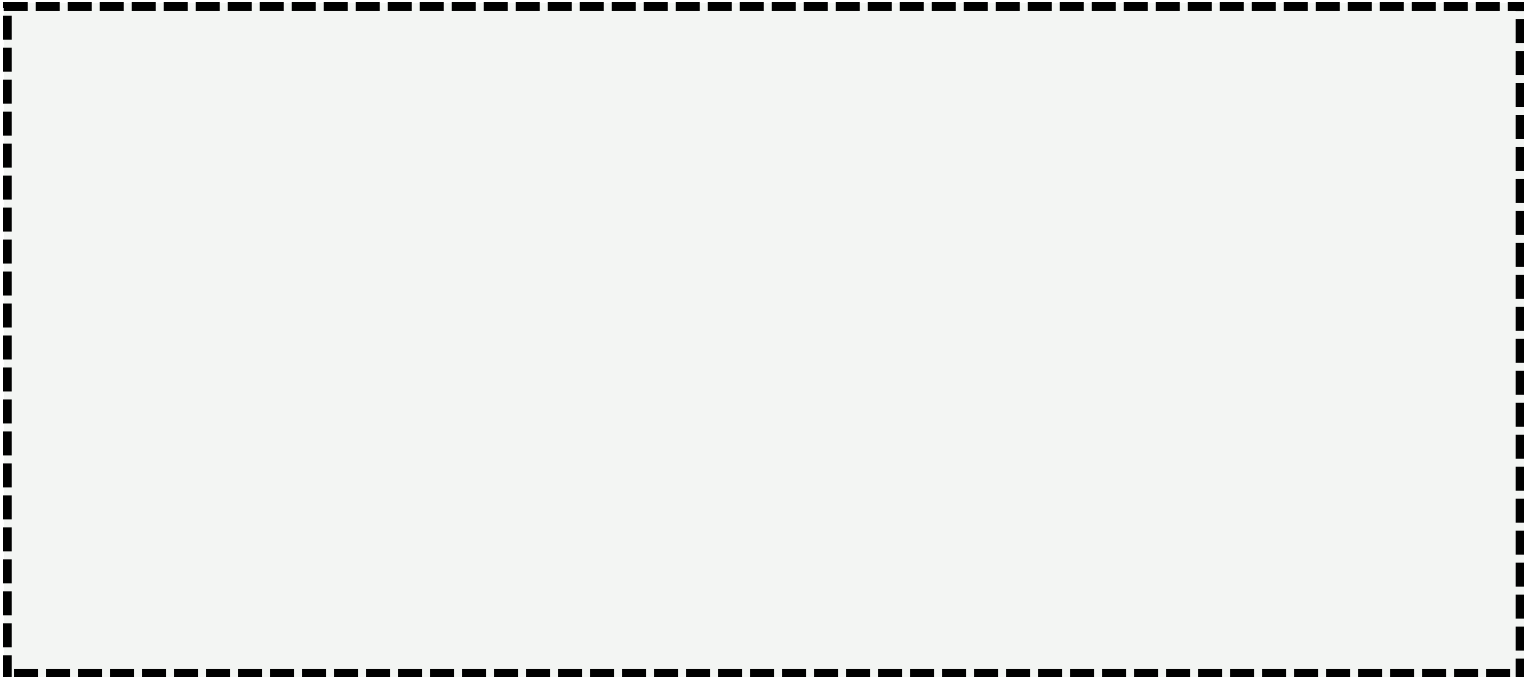
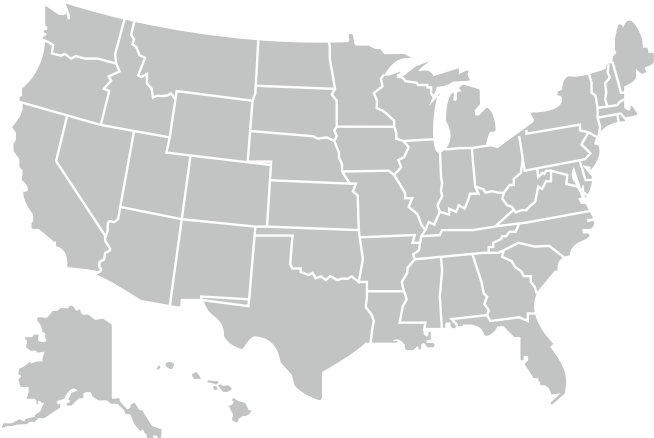
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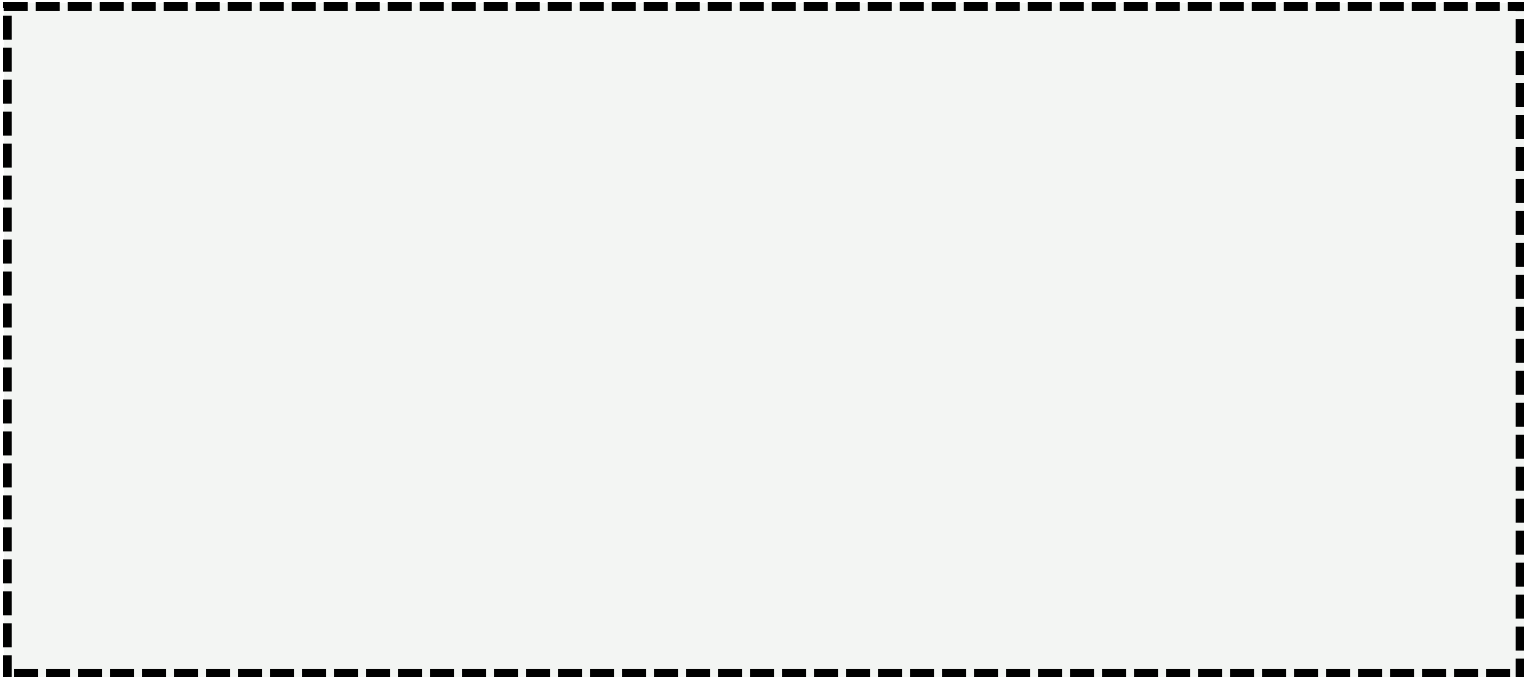
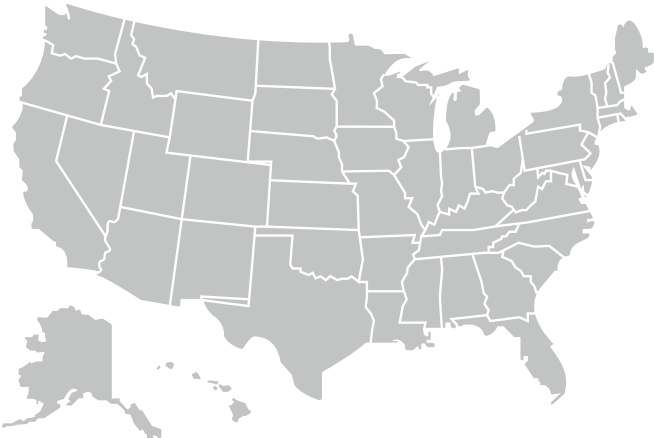
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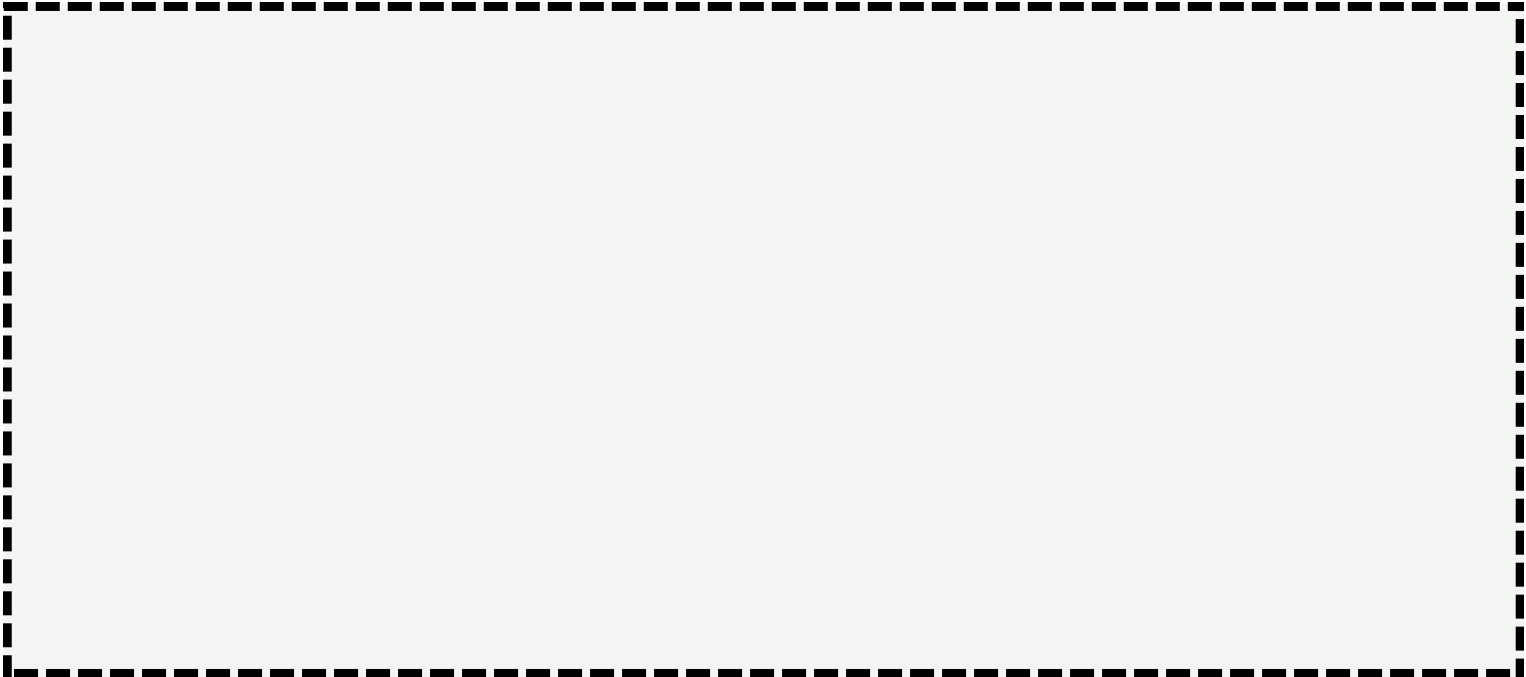
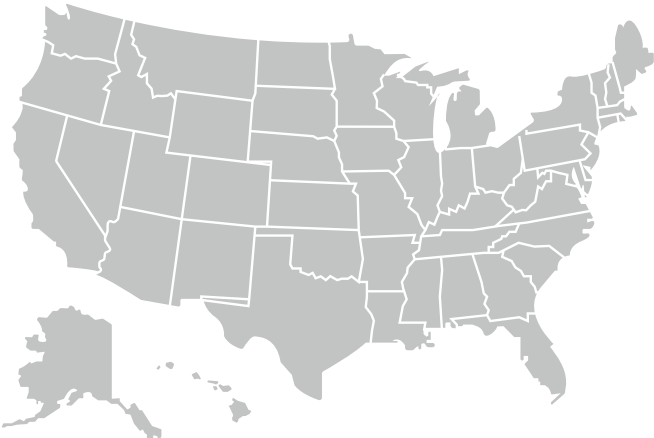
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Journaling Prompts



Seasonal Changes: Record the signs of the current season, such as the colors of leaves, temperature, and animal behavior. Compare it to previous entries in your journal.

Creature Feature: Choose a plant or animal that interests you and observe it closely. Draw or describe its appearance, behavior, and any interactions with its environment.

Weather Watch: Document the weather conditions each day for a week. How does the weather affect the natural world around you?

Hidden Treasures: Find a small, hidden spot in nature (e.g., under a rock, in a tree hollow) and document what you discover there.

Sounds of Nature: Listen to the sounds of nature around you. Record what you hear and try to identify the sources of the sounds.

Color Palette: Create a color palette inspired by the natural world. Collect or draw samples of colors you find in plants, animals, or landscapes.

Life Cycle: Choose a plant or animal and research its life cycle. Create a visual representation of the stages and describe each one.

Nature's Patterns: Explore patterns in nature, such as the symmetry of a flower or the rings in a tree trunk. Document and sketch these patterns.

Habitat Exploration: Visit a specific habitat (e.g., a pond, forest, or meadow) and document the different species you find there. Describe their adaptations to the environment.

Sunrise or Sunset: Wake up early or stay out late to witness a sunrise or sunset. Describe the colors, changes in light, and your feelings during this experience.

Leaf Collection: Collect leaves from different trees or plants. Document their unique features, such as shape, size, color, and texture. Create leaf rubbings or drawings.

Inspirational Quotes: Find a nature-related quote that resonates with you and reflect on its meaning in your journal. How does it connect to your own experiences in nature?

Nature Art



1. **Leaf Printing:** Collect various leaves, apply paint to one side, and press them onto paper to create leaf prints. Experiment with different colors and arrangements.
2. **Rock Painting:** Gather smooth rocks and paint them with vibrant designs inspired by nature. These painted rocks can be used as garden decorations or paperweights.
3. **Nature Collage:** Collect a variety of natural materials like leaves, twigs, flowers, and feathers. Use them to create a collage that represents a particular theme or scene.
4. **Pressed Flower Art:** Collect and press flowers and leaves between sheets of heavy books. Once they're dried, arrange them on paper to create beautiful floral compositions.
5. **Bark Rubbings:** Place paper over tree bark and use crayons or charcoal to create bark rubbings. Compare the textures and patterns of different trees.
6. **Seed Mosaics:** Use seeds, like sunflower or pumpkin seeds, to create intricate mosaic designs. Glue the seeds onto cardboard or canvas to make colorful artwork.
7. **Nature Mandalas:** Create mandalas using natural objects like stones, petals, and leaves. Arrange them in a circular pattern to create visually pleasing designs.
8. **Shadow Art:** Set up objects from nature, such as leaves or branches, in front of a blank wall or paper. Use a flashlight to cast interesting shadows and trace them.
9. **Birdhouse Painting:** Decorate wooden birdhouses with nature-themed designs. Hang them in your schoolyard or garden to attract feathered friends.
10. **Nature Sculptures:** Collect twigs, pinecones, and other natural materials to build sculptures. Use twine or glue to hold them together.
11. **Watercolor Landscapes:** Experiment with watercolors to paint landscapes inspired by nature. Try to capture the beauty of mountains, lakes, or forests.
12. **Nature Doodles:** Take a nature walk and create doodles inspired by what you observe. Incorporate elements like animals, plants, and insects into your drawings.

Initiatives to Save the World: Be the Change!



1. **Reduce, Reuse, Recycle:** Commit to reducing waste by recycling and reusing items. Educate others about proper recycling practices.
2. **Conserve Energy:** Reduce your energy consumption by turning off lights, electronics, and appliances when not in use. Advocate for energy-efficient practices at home and school.
3. **Use Sustainable Transportation:** Walk, bike, carpool, or use public transportation to reduce your carbon footprint. Encourage your school and community to promote eco-friendly transportation options.
4. **Support Renewable Energy:** Advocate for the adoption of renewable energy sources like solar and wind power in your community. Learn about the benefits of clean energy.
5. **Plant Trees:** Participate in tree planting events and support local reforestation projects. Trees absorb carbon dioxide and help combat climate change.
6. **Reduce Water Usage:** Practice water conservation at home and school. Fix leaks, use low-flow fixtures, and raise awareness about water scarcity.
7. **Choose Sustainable Products:** Support companies that prioritize sustainability and ethical practices. Avoid single-use plastics and choose eco-friendly alternatives.
8. **Educate Yourself:** Stay informed about environmental and social issues. Read books, watch documentaries, and follow news related to the environment and global challenges.
9. **Advocate for Climate Action:** Join or start climate action clubs at school. Advocate for policies that address climate change and participate in climate strikes and rallies.
10. **Community Engagement:** Get involved in community clean-up events, habitat restoration projects, and initiatives that promote sustainability.
11. **Be Inclusive and Respectful:** Promote inclusivity, diversity, and respect for all people, regardless of their background or beliefs. Advocate for social justice and equity in your school and community.

Thank You!



Thank you for embarking on this exciting journey with Crossing America as we explore some of our nation's most breathtaking national parks. Let's always strive to be kind, inclusive, and caring. Look out for one another, uphold our shared humanity, and protect the world that surrounds us. And remember, spending more time outdoors is a wonderful way to connect with the beauty of nature.

A special thank you goes to the National Park Foundation for collaborating with us on this project. Your support is helping us make this adventure even more meaningful.

Expeditions in Education