



GETTING STARTED NATURE JOURNALING

January 28, 2023, 1:00-2:30pm

Led by Michael Smith & Jessica Smith

Location:

Sheri Capehart Nature Preserve

5201 N. Bowman Springs Rd., Arlington, TX 76017

We will meet at the preserve. In the parking lot, facing the woods, follow the sidewalk to the right until you reach the fishing pond. We will talk about writing and drawing to enrich your time in nature, and then everyone will then have about 45 minutes to walk within the preserve and write and draw. We will then reconvene by the fishing pond to discuss how it went.

Friends of Sheri Capehart Nature Preserve is sponsoring this event. There is no charge for participating. Register for the event through their Facebook page:

<https://www.facebook.com/events/701399301482237/?ref=newsfeed>.

Nature journaling is not only a way to preserve thoughts and images from a day in nature. It also is likely to make your memory of the day richer, it's an opportunity for self-reflection while writing and drawing, and promotes mindful awareness of the present moment.

Please bring a notebook or paper and a pen and pencil (colored pencils if you would like). We recommend keeping it simple; the session should help with guidance about anything else you might want to get later. If you have one, you could bring a small camp stool (not required).

Michael Smith is a Psychological Associate, author and writer (www.livesinnature.com).

Jessica Smith is an artist

(www.facebook.com/Goodearthart).

