

## DISCOVER OUR NATURAL HERITAGE

**Let's explore the natural world!**

**Create your own Nature Journal!**

### **Materials**

White paper sheets

Cardboard box (ideally a cereal box) or thin cardboard

Yarn or cotton twine

Scissors

Hole puncher

Markers, crayons (optional)



### **Instructions**

1. Fold the sheets of paper in half, open them and stack them on top of each other.



2. Cut the cardboard box and open up its sides.



3. Fold the cardboard in half and cut it to about the size of the folded paper.



4. Put the paper sheets inside the cardboard.



5. Use the hole puncher to make two holes through the cardboard and the sheets (If the sheets do not fit along with the cardboard at the hole puncher, you can drill them separately but make sure that the holes are in the same place).



6. Tie a piece of twine through each hole.



7. Decorate the cover with markers, crayons, stickers, stamps and whatever else you want. Let your imagination free and be creative!

