

ART of NATURE

The Basics of Nature Journaling Workshop

WHEN: Saturday, April 20, 2024
9:00 am – Noon

WHERE: Lake Icaria Park
1756 Juniper Ave.
Corning, Iowa

WHO: Recommended ages 8—Adults
Anyone working with youth—parents, teachers, Scout/4-H leaders, or anyone interested in learning more about the topic

COST: **FREE !!!**









TO SIGN UP:

Register online at: www.mycountyparks.com
or contact the Adams County Conservation Board Office at (641) 322-4793.



Nature journaling is a fantastic way to get away from the hustle and bustle of everyday life — while providing an opportunity to practice patience, observational skills, and creative expression. It can be an opportunity to get out and experience the great outdoors. Keeping a nature journal is a great way to become acquainted - *or get reacquainted* - with our natural world.

Nature journaling can help:

-  Improve your mood
-  Gain mental clarity
-  Unplug from technology
-  Boost memory
-  Reduce stress levels
-  Practice presence
-  Improve critical thinking and problem solving
-  Deepen your appreciation for nature

-  **Arts & Crafts**
-  **Make-&-Takes**
-  **Resources**
-  **Door Prizes**

Join us for this free hands-on workshop to learn the basic skills of nature journaling. Participants will make their own field journal, use their senses to explore our environment, practice basic sketching techniques, and create a unique nature poem. *No art skills needed!* Materials, supplies, resources and door prizes will be provided.

Presenter:

Rob Beadel is a 1991 graduate of Lenox High School and has been the Director of Forestry Education for the Arkansas Forestry Association since 2008. Rob is a Certified Interpretive Guide and a recognized Nature Journaling Instructor by John Muir Laws.

Please direct questions to: Travis Paul or Marti Sutton at (641) 322-4793

Sponsored by:

