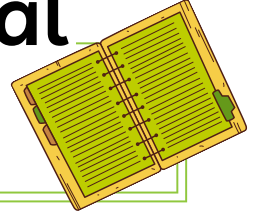




DIY Birdwatching Journal

Create your own personalized nature journal using recycling materials and a few craft items.



Materials: thin cardboard box (cracker or cereal box), plain, lined or graph paper (approx. 10 pages), decorative paper (to cover the spine or cover), scissors, ruler, pen, glue stick or double-sided tape, needle, yarn or embroidery floss, large button, washi tape or markers, stapler

Directions:



1 Cut out the box to create the cover of your nature journal.



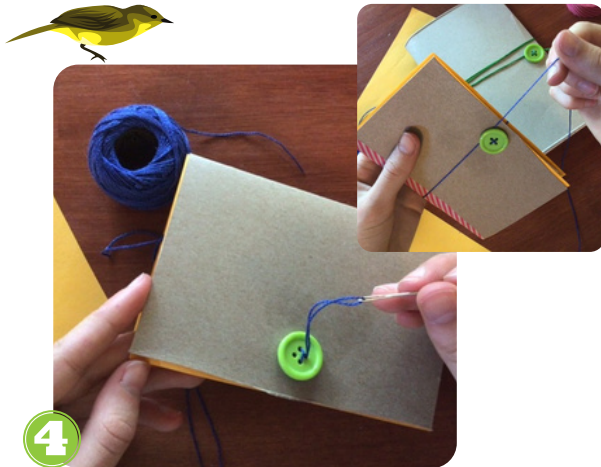
2 Glue or tape the decorative paper to cover up the images on the box. You can also use plain paper and decorate it in your own style.



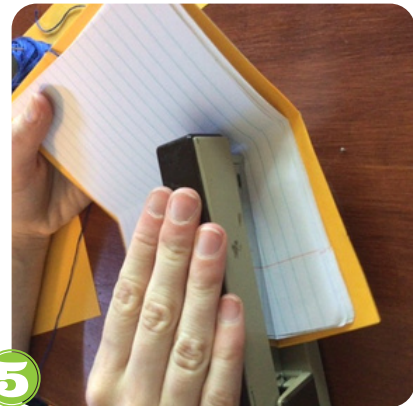
3 Fold the cardboard in half with the blank side facing out.



To create a custom checklist of birds to look for, visit [Explore - eBird Canada](#). Enter your region, and the website will generate a list of birds in your own area! Look at the menu on the left side and click "Printable Checklist." Print off and cut up the checklist to glue into your journal for reference.



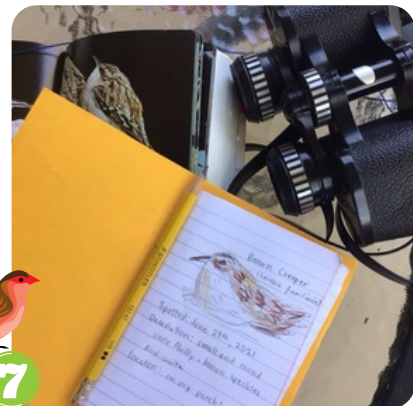
Using embroidery floss or yarn and a needle, sew the button to the edge of the front cover. Leave enough thread hanging to wrap around the notebook a couple of times to hold it closed.



Line up the paper for your journal on the inside cover. Fold the book with the pages inside and make a sharp crease. This is where you will stitch or staple. Open it back up and lay flat. Stitch or staple the paper to the cover.



Apply glue or tape to your decorative paper and attach it to the outside spine of the notebook. You can also use washi tape if you have some.



Make different books for recording different wildlife, like one for birds, one for plants or butterflies, or whatever interests you.

Parent note:

If your amateur naturalist is more into insects or mammals or sea life, you can also create a custom checklist to insert into their book. Check out [A Community for Naturalists \(inaturalist.ca\)](http://inaturalist.ca) for more information on your local ecosystem, and get involved in citizen science!

The very best thing you can do for animals in the wild is to observe from a safe distance AND make sure to keep your pets either inside or on leash, to protect birds and other wild creatures.