

Nature Journalling with Dr Tanya Scharaschkin

Term 1 2025

Wednesday mornings from 12 February - 5 March

Time: 9:30am – 12:30pm

Spend a few hours with Dr Tanya Scharaschkin to get you started on your nature journaling adventure. Nature journaling is the practice of drawing or writing in response to observations of nature. It helps you notice details in nature while slowing down and giving yourself time to relax and reflect. No drawing experience or skills required.

Please Note: We will spend most of our time outdoors so a reasonable level of mobility and suitable outdoor clothing are required.

To find out more about Nature Journaling, please visit The Australian Nature Journaling Association (ANJA) [Website](#) and [Facebook Page](#). Tanya has recently become the Acting-President of ANJA.

<https://australiannaturejournaling.org/>

<https://www.facebook.com/australiannaturejournaling>

Materials list for participants

Basic drawing materials: Pens, pencils, ruler, eraser, sharpener, clipboard or drawing board
Sketch book of your choice (I prefer A4 or A5 in size, with thick paper e.g., Elements of Art)

Pencils: graphite, 2H, HB and 2B

Pens: fine-point, different sizes and colours

Ruler: clear, plastic ruler with clearly marked increments

Optional: coloured pencils, watercolour supplies, markers, crayons (media of your choice)

Outdoor gear: picnic blanket or mat or fold-up chair/stool to sit on

Small carry bag for your art supplies plus a water bottle and snack

Clothing: Please dress appropriately for the weather conditions on the day and wear good walking shoes. Bring a hat, sunscreen and insect repellent.