

5 Day Flower Journal

Journaling is a fun and creative way for you to observe the world around you. This journal focuses on the world of flowers and we encourage you to continue to sketch and record future observations to explore and express yourself.

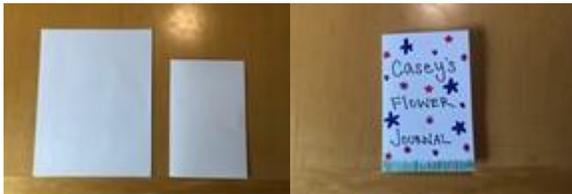
Day 1: Create your journal

To create the journal you will need the following supplies:

- 10 pieces of paper
- Stapler
- Rubber band
- Colored markers, crayons or pens



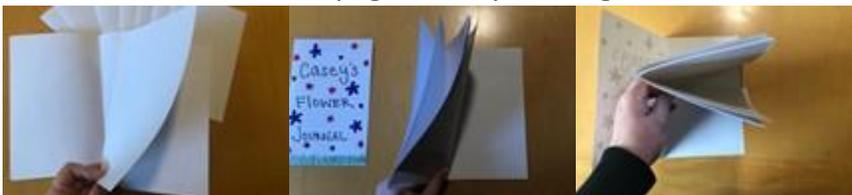
1. Create your cover page. Take one piece of paper and fold it hamburger style. If you have it, a different colored piece of paper or a thicker piece of paper works well as a cover page. Write your name and 'flower journal' on the front, and decorate it using markers, crayons or pens.



2. Now make the inside pages of the journal. Fold the remaining sheets of paper like you did the front cover. Once all nine pages are folded, you will assemble them like a book.



3. Open one sheet of the folded paper and place another folder piece of paper inside of it. Continue this until all the pages are layered together and can be opened like a book.



4. Then place your book pages inside the cover page.



5. Use a rubber band or a stapler to bind your book, stapling along the spine of the journal to keep the pages together. Or take a rubber band and place it over the journal, resting it in the center crease to hold your pages together.



6. Now you are ready to begin journaling!

Day 2: Find a flower

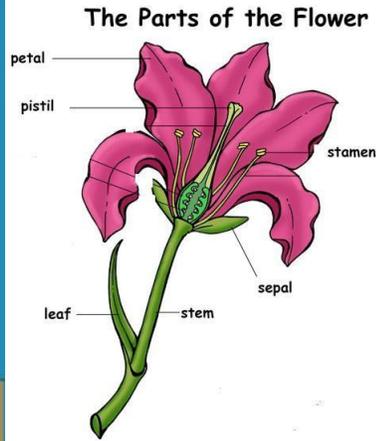
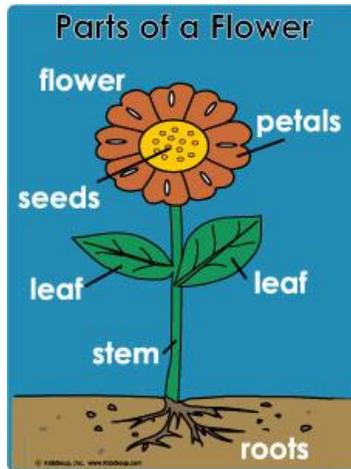
Flowers can be found on many plants - on trees, shrubs, and on ground plants. You might be able to find flowers on plants outside or inside your home. If not, you can find lots of pictures of flowers online or in books or magazines.

Open your journal and at the top of the first blank page write the date and the following instructions: *Find a flower you really like and draw a picture of it. What do you like most about this flower?*

Day 3: Flower Parts

Flowers come in different shapes, sizes, and colors but most of them have a similar structure. Many have a stem, roots, leaves, petals and seeds that you can see. Flowers have male parts called stamens that produce a fine dust called pollen. They also have female parts called the pistil which produces seeds. The flower petals' job is to attract insects and other pollinators to move the pollen from the stamen to the pistil so the flower can make seeds. This is called pollination and it's how many plants reproduce.

Open your journal to the next blank page. At the top of the page, write the date and the following instructions: *Find your favorite flower, either outside or online and draw it in your journal. Label each part of the flower such as in the pictures below.*



Day 4: Pollination and pollinators

Pollination happens when pollen moves from the stamen to the pistil in a process called 'fertilization'. This allows plants to make seeds and fruit. Some pollination is done when wind or rain carries pollen to another plant, but other plants rely on animals to move their pollen. Animals that help plants make fruit or seeds by moving pollen are called pollinators. Bees, hummingbirds, butterflies, flies and bats are all excellent pollinators. They play a critical role in helping create the food we eat. Without them we wouldn't have fruits, vegetables, nuts, or chocolate!

1. Watch this video on pollination: <https://www.youtube.com/watch?v=CUPzbTuJlgc>
2. Open your journal to the next blank page. At the top of the page write the date and the following instructions: *Write in your journal one thing you learned from the video that you didn't already know.*
3. Now watch this video: <https://video.disney.com/watch/the-beauty-of-pollination-wings-of-life-4da84833e06fd54fff590f49>
4. Draw your favorite pollinator shown in this Disney video!

Day 5: Seed Dispersal

Flowers have different ways of spreading their seeds. Some seeds are transported by wind and are shaped to float, spin or glide through the air. One flower that transports seeds like this is a dandelion. Have you ever picked up a dandelion and blown the seeds off the stem? Often making a wish?



Some seed pods explode, scattering their seeds away from the parent plant. Animals can also transport seeds when they get stuck on their fur, or when they eat seeds that are disguised as a tasty fruit that passes through their digestive system.

Open your journal to the next blank page. At the top of the page write the date and the following instructions (if you can't find a dandelion outside, sketch one from the pictures above or online): *Find a dandelion that is ready to disperse its seeds and sketch it. Now pull it apart and draw an individual seed as well. Describe how the seed uses its parts to travel.*

Future Observations:

Now that you have completed your 5 day flower journal you probably will have some extra pages left. We encourage you to use these to continue observing the flowers around you!



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