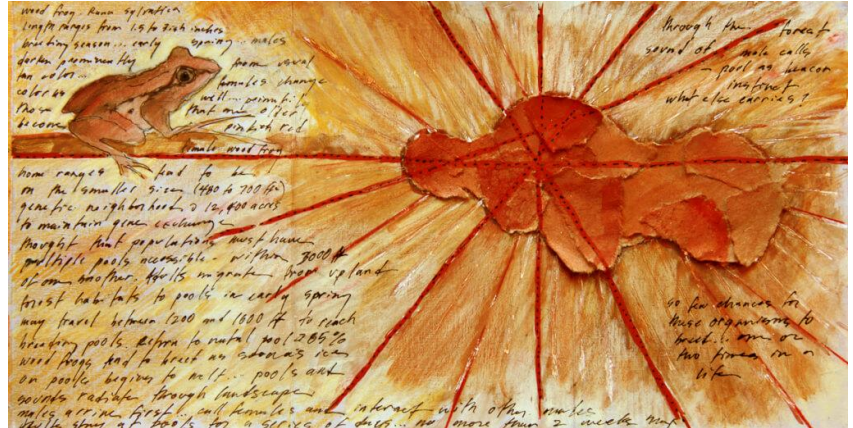


ART + SCIENCE AT HOME

Hara Woltz

WHY KEEP A FIELD NOTEBOOK?

With *Art + Science at Home*, we will weave science and art together through a variety of investigations that we will record in designated field notebooks. Throughout history, both scientists and artists have used field journals to note their observations of the ecological world and develop their ideas. Keeping a field notebook is a great way to connect to the world around you. Sometimes people wonder, what will I record in this journal? Why would I do this? You may be surprised by what you notice when you take the time to record drawings, ideas, and questions in a notebook.



(Hara Woltz. *Wood frogs*, Fieldbook 19, New York, 2010)

Some of the many reasons I like to keep a field notebook include:

- Drawing and writing about what I observe makes my brain feel curious, uninhibited, and creative.
- Recording observations makes me feel connected to nature and the world and the experience that I'm having right that second.
- Reading my notes afterwards helps me to remember my experience in greater detail.
- The process of writing and drawing generates questions about what I'm hearing or seeing and inspires me to try to answer those questions later through research.

Sometimes it's hard not to get caught up in what a drawing looks like, but try not to be too concerned about creating something "pretty". Recording through pictures, words, and numbers is a process of learning. Anyone can learn to draw, and you learn to draw by DRAWING A LOT! Make messes, create drawings that you might not like, and don't worry, keep going. Experiment and have fun.

For this class, you will need a designated sketchbook to record your observations. There are many options for your journal. It can be large or small, homemade or bought. I use all different types of books depending on what I'm doing and how I'm feeling. The most important thing is to have plain paper that you can draw on. Find a book with a paper that is heavy enough to accept a variety of media. I recommend Moleskine Art Collection notebooks, either their large size [Japanese Album](#) or [Sketchbook](#). I also like the hardbound Stillman & Birn [sketchbooks](#).

Other materials you might want to have on hand include: pencils, a sharpener, eraser, colored pencils, watercolor pencils, or markers, double sided tape, gluestick, black Sakura micron pens in size 005 or 01.

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