

The Daily Natural Philosophy Journal

Ages

All ages. For younger children, the parent should ask questions and fill out the daily log.

Timeframe

Year-round. This exercise should take no more than five minutes twice a day. Results will be best if performed daily for at least two years.

Objectives

- To instill wonder at God's good world.
- To cultivate observational skills and daily discipline.
- To familiarize the student with local, seasonal patterns of life.
- To provide a platform for future activities.

Materials

- An outdoor thermometer
- A notebook (or a stack of observation logs printed, three-hole punched, and kept in a three-ring binder)

Scriptures

- Job 12:7–10
- Matthew 6:25–34
- Mark 13:28–29

Procedure

Mount the thermometer in a sheltered place, away from doors and windows, where the sun won't hit it.

Every morning...

As soon as possible after sunrise:

- Start a new, dated entry.
- Say, "this is the day that the Lord has made; let us rejoice, and be glad it in it!" (*Psalm 118:24*)
- Record the A.M. temperature, wind direction, and weather conditions. (Check the wind direction by wetting your finger and holding it up in the air. The side the wind is coming from will feel colder.)
- Note any interesting observations; e.g. frost on the grass or thick morning fog.

Every afternoon...

In the mid-to-late afternoon, roughly an hour before sunset:

- Record the P.M. temperature, wind direction, and weather conditions.
- Note any interesting observations made during the day: new flowers blooming; new animals that appear; new animal behaviors observed (e.g. squirrels chasing each other or burying nuts).
- Record one thing that you are thankful for.

Keep your notes neat and readable.

Daily as convenient...

With an adult, take a walk around the yard and look for interesting things. Talk about what you see, and afterward note anything new.

Every month...

At the beginning of each month, look back on the past month's observations.

- Note the highest and lowest temperatures observed in the A.M.
- Note the highest and lowest temperatures observed in the P.M.
- Note the number of days with rain, snow, or frost.
- Note the first or last dates of any significant flower blooms, animal arrivals, or animal behaviors.

Once you have completed a year of observations, when you are filling out the monthly log, compare the month to previous years. Is it the same? Is it different? Do you notice any patterns?