

7 DAYS OF NATURE

A new way to sense the world



WITH SIAN CORNISH



LANCASTER
& CORNISH



“Use these prompts with a simple notebook, sketchpad, or handmade journal, to encourage nature connection and observation..”



I am a textile artist based in Cornwall connecting people with nature, colour and textiles through my art. Working from my studio and dye garden I teach the art of botanical dyeing at craft centres and locations around Cornwall and the UK. Sustainability is at the heart of my work, whether reducing resource use, minimising waste or enhancing wellbeing through a deeper connection between ourselves and nature.

I invite you to join me on this soulful journey of nature connection through engaging your senses, making notes on nature and carving out ten minutes of calm every day.

Sian x



An Introduction to Nature Journalling

In a world that moves fast, nature journalling is a way of slowing down. It's a quiet rebellion against urgency—a return to noticing, recording, and honouring the subtle shifts in the land around us. Whether you live in the wild countryside or a city street with a single tree, this practice invites you to connect deeply with the natural world through art, words, and sensory awareness.

Nature journalling is not about being an artist or a writer. It's about attention. It's a celebration of the everyday—a fallen leaf, a tangled hedgerow, the flight of a crow. It gives you permission to see, and in doing so, to belong.

As a botanical dyer, I have spent years observing plants—seasonal changes in colour, texture, form, and story. This journal practice, for me, is an extension of the dye pot. Both begin with presence.

You might draw a leaf, note the wind direction, press a flower, or write a few words to describe the scent of a morning. Your journal becomes a record of place and self—a personal herbarium of wonder.

This ebook offers a gentle starting point. You'll find a selection of prompts to inspire regular journalling, whatever your background. Think of them as invitations rather than instructions. Let your journal be your companion, your curiosity guide the way.

HEALTH & SAFETY

Health and safety is a very important part of your nature journaling, natural dye and natural ink set up.

Always forage responsibly, and in line with guidance for your country or region.

Not all plants are safe to handle, and may cause irritation.

Always know what you are touching, and use appropriate protective clothing.

Keep separate utensils and pans used for dyeing / natural ink making only.



- Store all dyes and inks in clearly marked storage containers, in a dry place out of reach from children and animals.
- Work in a well ventilated area and avoid inhaling vapour from the dye pot. Do not eat, drink or smoke whilst working with your natural ink or dyestuff. Protect your skin, clothes and the dyeing area.
- Do not consume the dye or ink liquids and keep them separate from food. Handle all chemicals (e.g. baking soda, bleach) with care, and use gloves and aprons as necessary. Avoid skin contact and accidental ingestion and inhalation.
- Use appropriate gloves when handling hot saucepans. Large saucepans full of liquid are heavy and it is safer to let the liquid cool down before handling them.
- Dispose of used dyes and inks responsibly.

Contents

01 ——— DAY 1- COLOUR

02 ——— DAY 2 - SOUND

03 ——— DAY 3 - SCENT

04 ——— DAY 4 - TEXTURE

05 ——— DAY 5 - MOOD

06 ——— DAY 6 - REFLECTION

07 ——— DAY 7- NEXT STEPS



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How am I going to do this?

Don't overthink it

Start with a simple notebook or journal pages. You can use recycled paper or card, it doesn't have to be anything fancy.

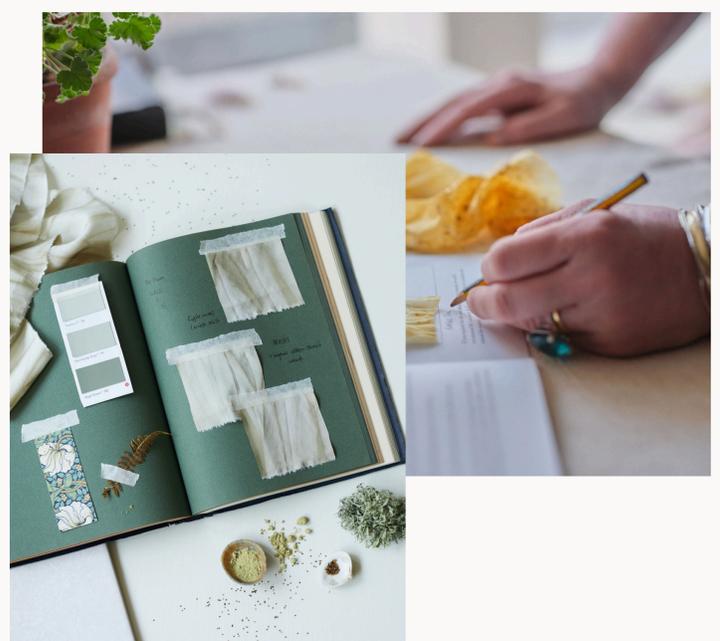
Maybe you might choose to construct a nature 'wheel' or phenology wheel, giving yourself a structure to mark in seasonal rhythms, the lunar calendar, or meteorological patterns, as well as your own observations.

But the key is to find a way that works for you.

Use the prompts in these chapters to start over 7 days

No drama, no pressure if you miss a day (a week or more), because you can ALWAYS return to this practice.

Just start, experiment, and enjoy the process.



O I / 07

DAY I Colour

*“If the land had
a palette today,
what colours
would it
choose?”*



Find your quiet spot (you don't need to go far).

Settle, in whatever way you feel comfortable, sitting or standing.

Engage your senses. Allow a few moments of quiet and start to notice the colours around you.

How many greens can you see? Are there flashes of brightness? Faded, soft tones?

Choose one colour or tone and track it where it appears in your view like a thread through a tapestry.

Create a simple colour strip using watercolour, pencil, or natural pigment — moving from what you see underfoot to what you see in the sky.

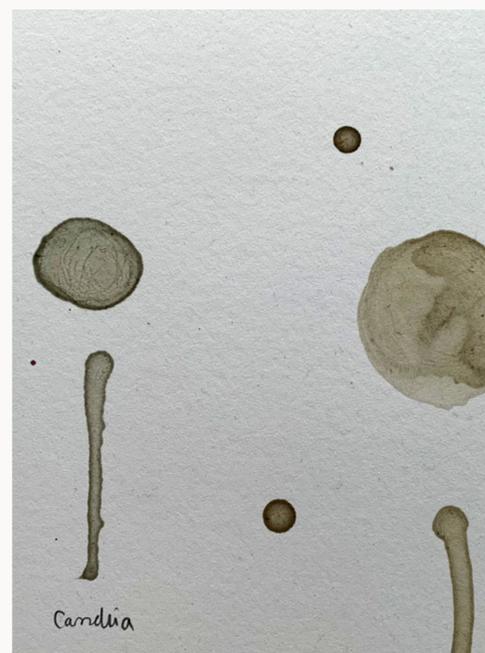
It can be done as a horizontal band, a circle, or even as fragmented marks.

Add notes - for example vibrant yellow flowers of St. Johns Wort, luminous green lichen, chalky cloud white.



COLOUR SENSE

Ideas



Make colour from plants, soil, or rust (natural dyes, inks, paints) - keep it simple boil petals, rub leaves, paint with clay or earth.

Create a seasonal wheel of colour for your locality.

NOTE: Always forage responsibly, and with due note of the laws and customs of your land. Follow health and safety precautions when handling and processing plants)

O2/07

DAY 2 Sound

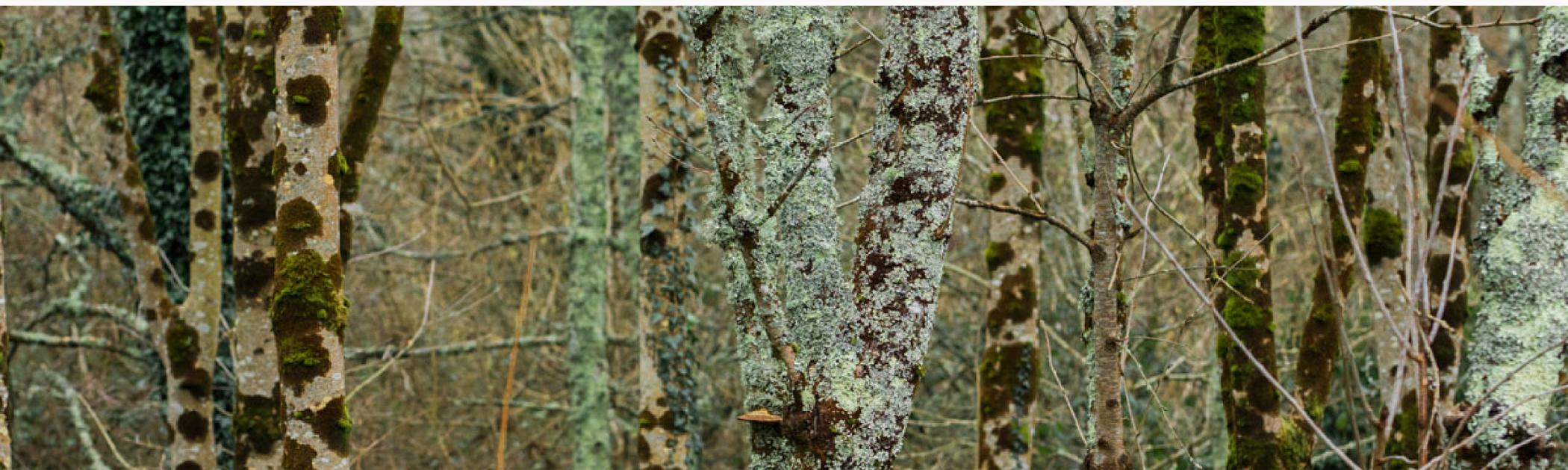
“Listen *in layers*”

Find your spot - maybe just outside your front door, perhaps on a garden or park bench, in the woods, by the sea or just in your street.

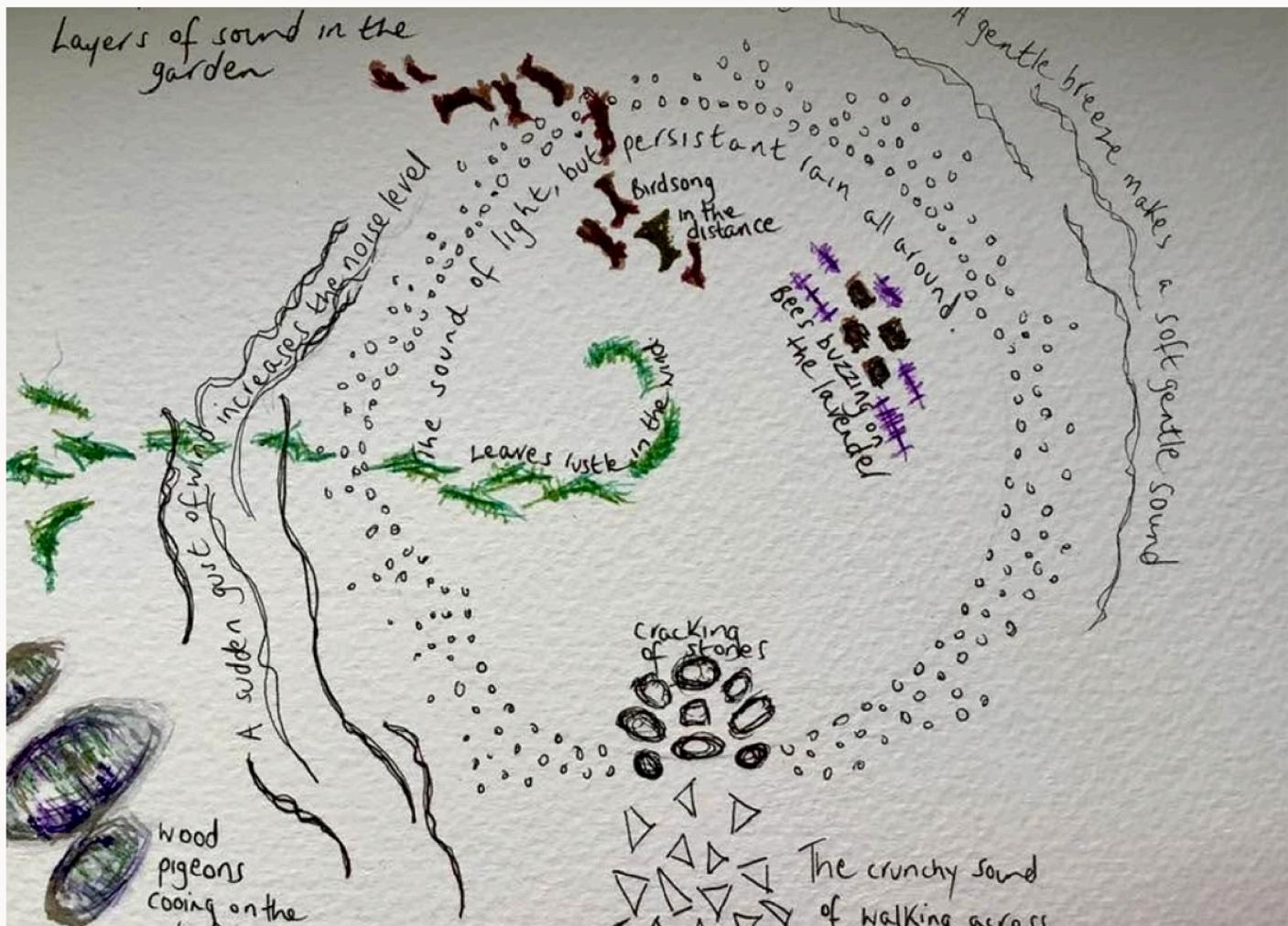
Settle and engage your senses. Allow a few moments and (if it is safe to do so), close your eyes.

Today you are going to 'listen in layers'.

What is the closest sound you can hear? The furthest away? Are there natural rhythms - birdsong, leaves moving, insects buzzing? Let your journal capture the quiet cacophony around you.



SOUND SENSE *Ideas*



Work of Nature Journal Student - Joni

Listen in silence for 60 seconds. Then draw or write a sound “map” around a dot representing yourself.

Try pairing each sound with a shape or colour.

03/07

DAY 3
Scent

*“If this place
had a perfume,
what would be
in it?”*

Scent often evokes the deepest memory.

Journaling scent means slowing down to inhale.

Rub herbs or leaves into the page, or press fragrant petals.

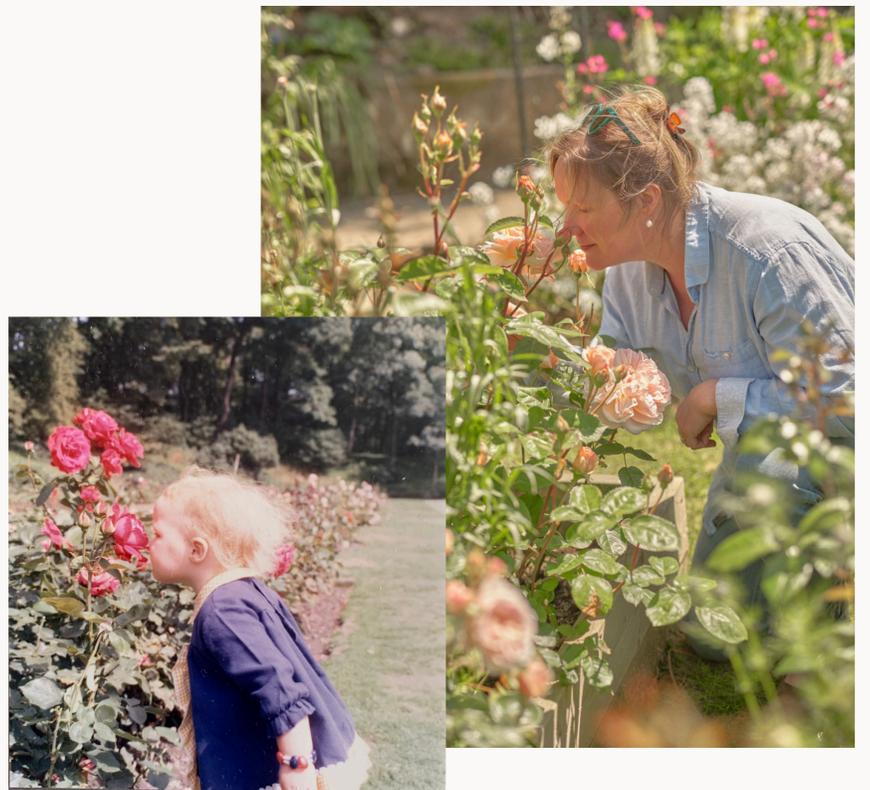
Tip: make a scent strip, for example from earthy to floral, dry to damp.

In the way that you may have made a sound map, try the same idea, using markings and colours to pair with your ideas.



SCENT SENSE

Ideas



What does this moment smell like?

Tune in to the smell of the soil, flowers, or even the air. Is it damp? Sweet, sharp, earthy, salty even? Is there rain in the distance?

Take your time, even if the scent is faint, notice how it changes between earth and sky, plants and wild.

In your journal you could:

- Smudge and smell: Rub a fragrant herb or petal directly onto the page to release its smell. Let it leave a trace.
- Scent map: Draw a small map of your space, and mark areas where the scent is strong. You could use colours, lines, icons...
- Pressed fragrances: Press a beautifully fragrant plant and include it in your page, with notes on the plant and scent to remind you.
- Scent words spiral: In the shape of a flower or spiral, write a series of words or phrases that describe what you smell. Feel free in letting your writing drift across the page.

O4/07

DAY 4 Texture

“Gently
explore texture”

Today you are going to reach out and gently explore texture. Explore a tree bark, some leaves, note whether they feel waxy or papery, smooth or rough. Explore multiple textures, try and describe them in your journal in very simple terms, or relate it to how we might describe a textile.

(A little note: make sure that you know what you are touching - not all plants are safe to touch, and some people experience a reaction to certain plants - so if you are not comfortable with this prompt, repeat one from a previous day).



TEXTURE SENSE

Ideas



Rubbings & Impressions

Use soft pencils, charcoal, or crayons to create texture rubbings from tree bark, leaves, stones, or wooden benches. Label each rubbing with the date, location, and name of the object (if known). You could even layer different rubbings on one page to show the variety of textures in a single location.

Texture Walk Observations

Take a short walk and focus only on texture—what can you feel, see, or imagine the texture of? Jot down a list or create small thumbnail sketches with texture marks: prickly gorse, feathery moss, silky petals, gritty sand. Try using different mark-making techniques (dots, dashes, stippling, crosshatching) to represent each texture visually.

Collaged Texture Page

Create a mixed-media collage page using collected natural materials (ethically gathered, e.g., fallen petals, feathers, lichen fragments) and combine them with scraps of fabric, handmade paper, or thread that mirror textures found in nature.

05/07

DAY 5
Mood

“How does the landscape feel today?”

How does the landscape feel today? Don't overthink it - just notice.

Perhaps it feels brooding, joyful, buzzing or calm?

How do you feel standing here in this moment? Let your body be the barometer.

Here are some ideas for your journal:

- Weather as an emotion map. Draw a simple abstract shape or soft colour wash to represent and capture the mood. Write a few words describing the atmosphere around you and your inner feeling (e.g. silver-still, wind - turmoil, sun - calm).
- Mood colour swatches. Capture the feelings through colour - use blocks or circles and label each with an intuitive word, such as ease, tension, open, quiet hum.
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06/07

DAY 6 Reflection

*“Follow a
pattern of
reflection?”*

In every regular practice, it is important to build in time to reflect - on what is working (and what is not). What you are enjoying, how you are getting on and of course making adjustments to make sure that you continue to the practice in an enjoyable and soulful way for you.

I use the following to help me:

E - Engage your senses

R - Record your results

R - Repeat daily

R - Reflect



07/07

DAY 7 Moving forward

*“What has
changed in your
way of ‘seeing’?”*

Find your spot - maybe just outside your front door, perhaps on a garden or park bench, in the woods, by the sea or just in your street.

Settle and engage your senses.

In order to move forward, you have reflected back, and now you will find some ways to move forward.

Think about what has changed in your way of 'seeing' - Is there a word, colour, object or feeling that you want to carry forward?

In or on your journal, make a closing mark, a circle, a talisman.

Which of the senses opened out most for you this week?



WANT
TO
CHAT
OR
LEARN
MORE?

I really hope that you have enjoyed the 7 Days of Nature - a New Way to Sense the World!

My aim is to help individuals connect with nature, cultivate mindfulness, and explore the art of botanical dyeing.

And it must be enjoyable, above all else.

Thank you for sharing this space with me, and seeking to deepen your connection with nature, the landscape around you, and your own creative practice.

Stay in touch via my [Facebook group](#), [Instagram](#) or [Nature Journal membership](#).

Until soon,

Sian xx

