Henry David Thoreau was a writer, philosopher, and activist. He wanted a place to notice, wonder, and reflect. Thoreau built a small cabin at Walden Pond, near Concord Massachusetts in the mid-1800s. While at Walden, Thoreau's time in nature inspired his thinking and writing.

pbs.org/Thoreau

How to Make Your Journal

To create your journal, fold this sheet in half, then add in some blank pages inside.

It is wise to write on many subjects, to try many themes, that so you may find the right and inspiring one.

-Henry David Thoreau

I Noticed... A Journal for Exploring and Reflecting was developed by WUCF in partnership with The Walden Woods Project and WETA to accompany HENRY DAVID THOREAU, a three-part PBS series directed by Erik Ewers and Christopher Loren Ewers and executive produced by Ken Burns and Don Henley.

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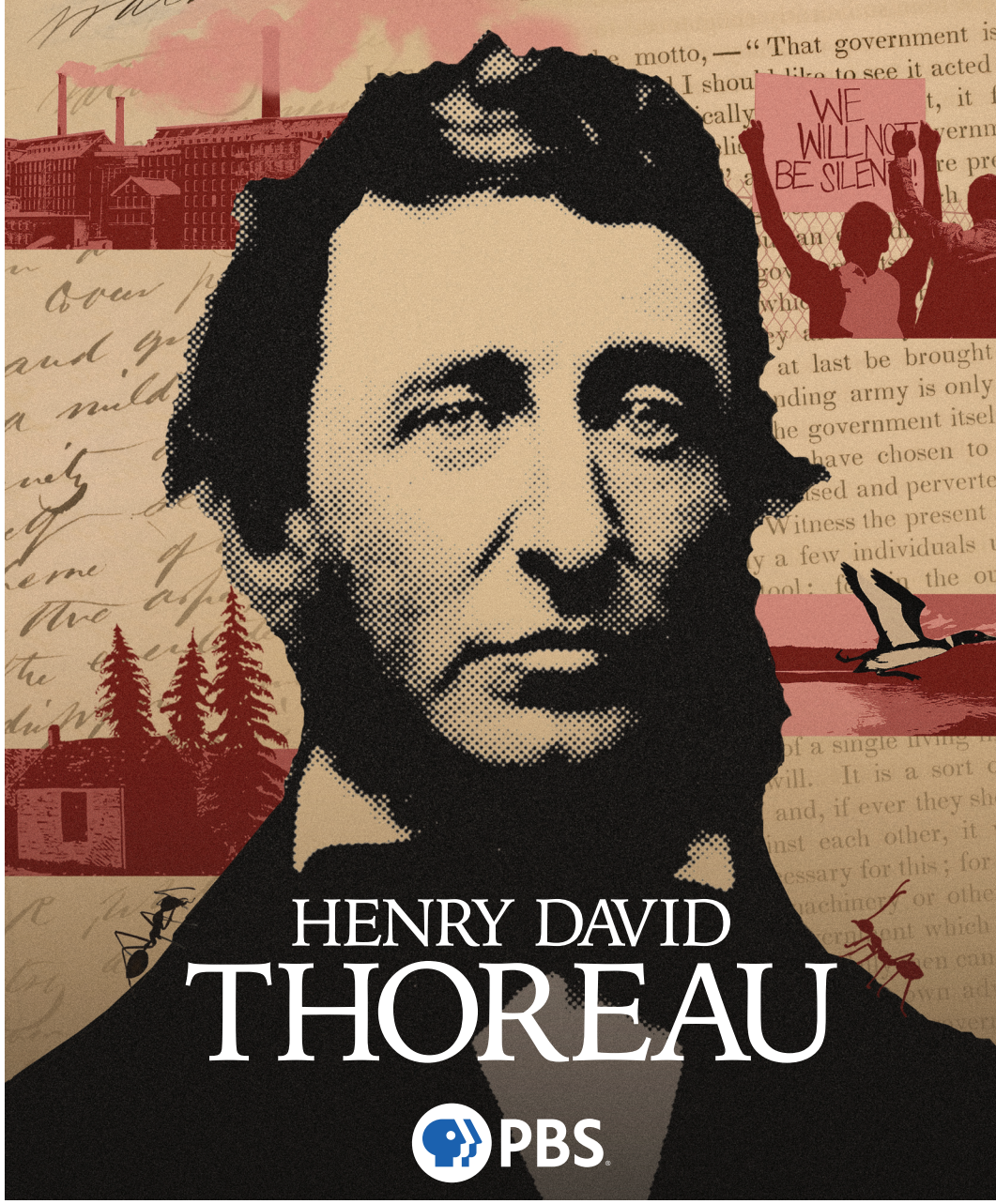

I Noticed...

A Journal for Exploring and Reflecting

October 22, 1837
So I make my first entry today.

With these words, Henry David Thoreau began writing in his journal.

Over time, Thoreau recorded millions of words and hundreds of drawings across 47 journals.



Henry D. Thoreau,
1855 December 30

He used his journal to notice, wonder, and reflect.

You can use this journal in the same way.

Sketch what you see. Record your thoughts and what you notice. Even what you're feeling and wondering. Try this on your own or with someone you care about.

This journal is meant to record **your** everyday experiences.

A written word is the choicest of relics...
It is the work of art nearest to life.

-Henry David Thoreau,
Walden