

My Noticing Journal

A place to capture little details, tiny wonders, and things that make you curious.

Today I noticed:

Write about something small you noticed, a colour, a pattern, a sound, or something that caught your eye.

Describe it in 3-4 words:

Pick a few words that fit. (e.g. soft, bright, wobbly, tiny)

I wonder:

What question or idea comes to mind?

Draw what you noticed.

Sketch what you see. It doesn't have to be perfect, just a quick reminder of the moment.

