

Are you a scientist? Yes! Without even realizing it, you're doing science all the time. Science is simply the process of making observations, recording those observations, and drawing conclusions from those recordings. Can you tell a squirrel apart from a dog? Of course! You've used observations throughout your whole life to make mental recordings of what dogs and squirrels (and other animals) look like. You use the patterns in that data to draw a conclusion to determine what animal you are looking at.

Scientists use science journals to record their observations, so they don't have to remember everything in their head. Science journals help you stay organized, remember what you observed, and record data. Each scientist's journal looks different! Some might be filled with photographs or drawings, some might have graphs or tables, some might have lots of writing. Most science journals have a little bit of everything. This activity will help you create your own science journal; organize yours to suit your style!

**These activities are designed for families with children in grades 3-5.** Educators can see an overview of all activities and classroom recommendations at [sheddaquarium.org/files/penguin-teachers-guide](https://sheddaquarium.org/files/penguin-teachers-guide).



# Create a Science Journal

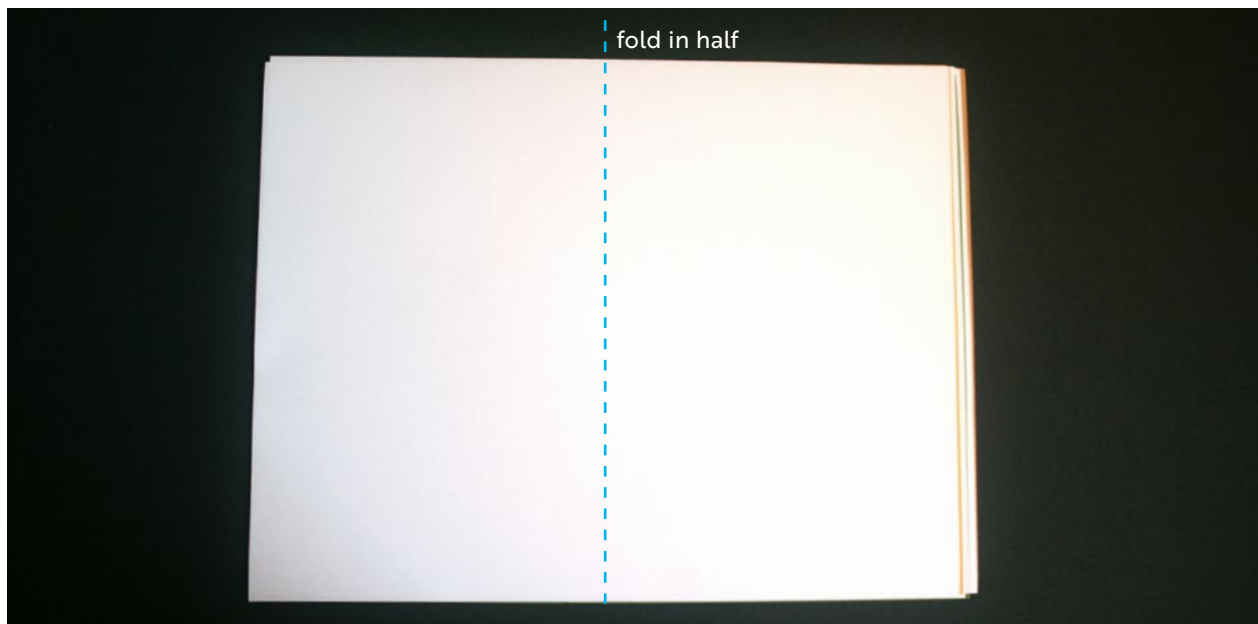
## MATERIALS

- **Paper** (copier paper, notebook paper, etc. or a combination)
- **Cover options (choose one):**
  - Colored construction paper
  - Cereal box (or similar thin cardboard)
  - Print out a cover from page 4 or 5.
- **Stapler**
- **Colored pencils, markers, crayons**
- **Pencils and pens**



## INSTRUCTIONS PART 1/5

**Step 1:** Collect at least seven pieces of paper, stack them on top of each other, and fold them in half "hamburger style".

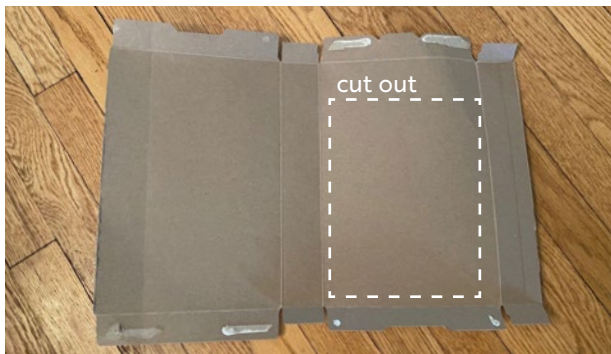


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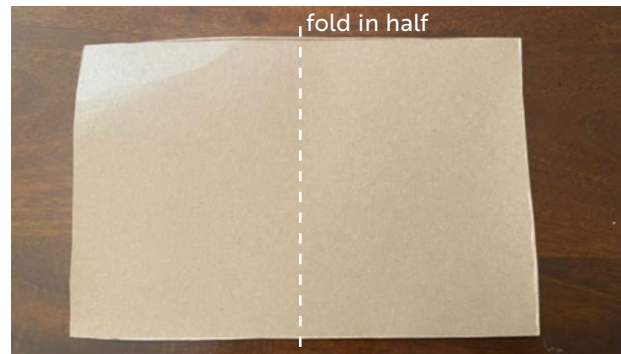
## INSTRUCTIONS PART 2/5

**Step 2:** Make your cover! There are several different options; get creative!

- **Make a soft cover:** Fold a piece of colored construction paper in half “hamburger style”. Draw your own creative cover on the front of the folded construction paper. Make sure to include your name!
- **Make a hard cover:** See photo instructions below. Cut out the front of an empty cereal box. Optionally, use glue or tape to cover the cereal box with brown paper, colored paper, tin foil, or even fabric from an old t-shirt! Fold it in half “hamburger style” and press down on the crease with something heavy. Draw your own creative cover on the front. Make sure to include your name!
- **Print one of the color-in cover options** on page 4 or 5 and fold in half “hamburger style”.



**Cut out a hard cover.** Trace and cut an 8.5”x11” sheet from the front of an empty cereal box.



**Fold in half “hamburger style”.**



**Decoration option:** Use glue or tape to cover the cereal box with a more decorative material.



**STAY HOME**  
with  **SHEDD AQUARIUM**

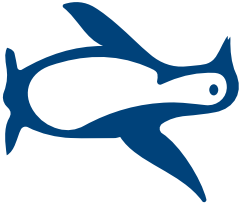


**Science Journal**  
THIS SCIENCE JOURNAL BELONGS TO:  
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**STAY HOME**  
 with  **SHEDD AQUARIUM**



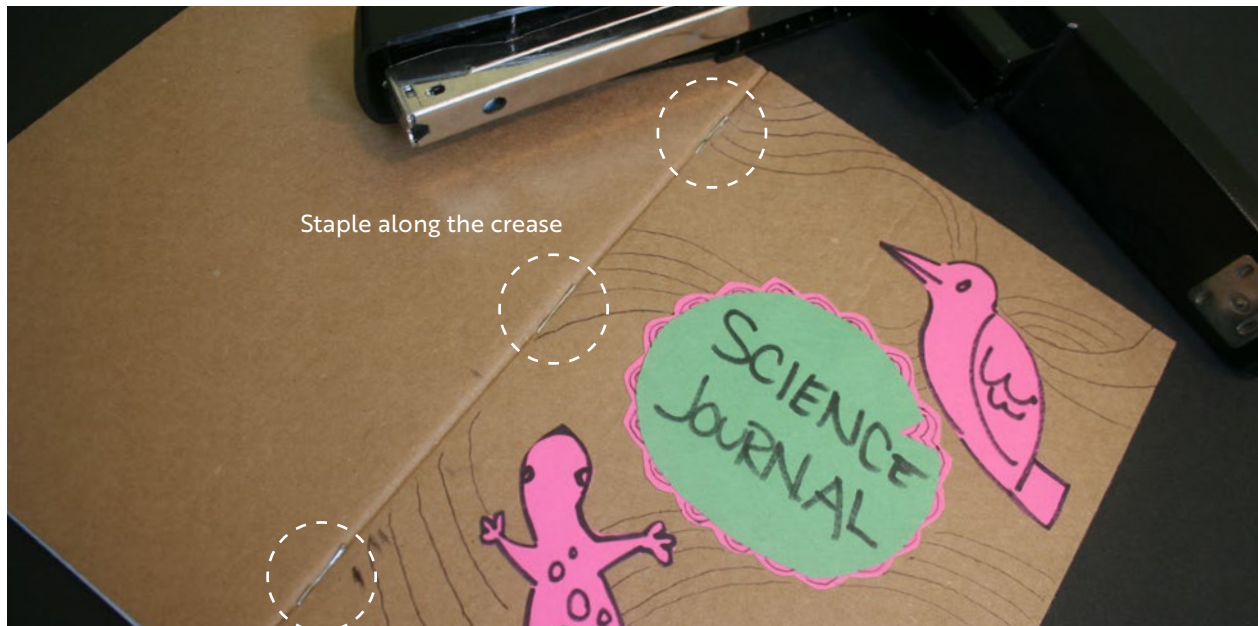
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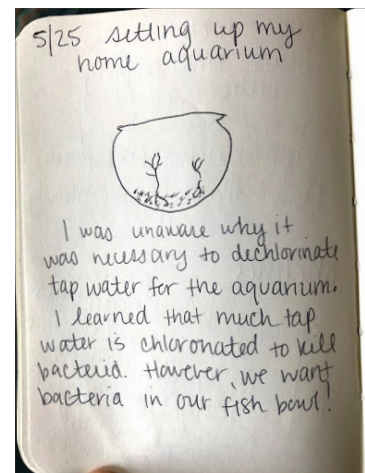
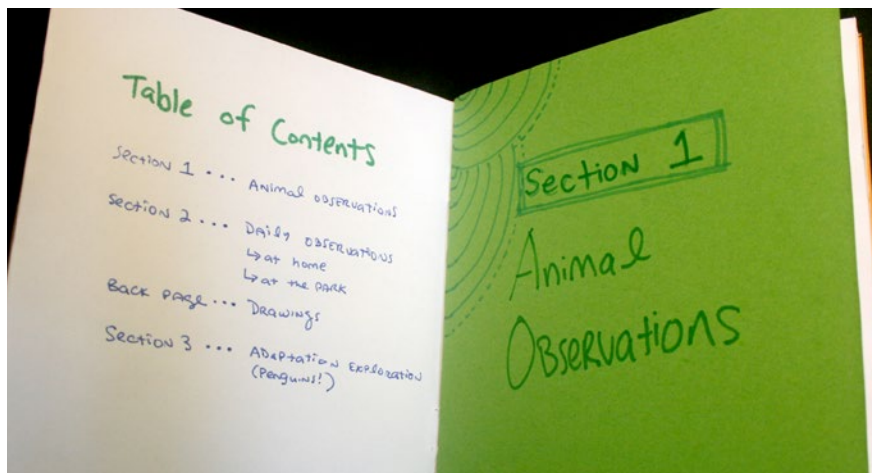
# Create a Science Journal

## INSTRUCTIONS PART 3/5

**Step 3:** Slip your folded stack of paper inside your cover (trim the edges of the paper if you need to). Staple the cover and paper together with three staples along the crease.



**Step 4:** Consider how you will organize your journal. Do you want to number your pages? Have a table of contents in the front? A glossary in the back? Maybe you put a date on each page and commit to writing in your science journal at least once a day. The choice is yours!

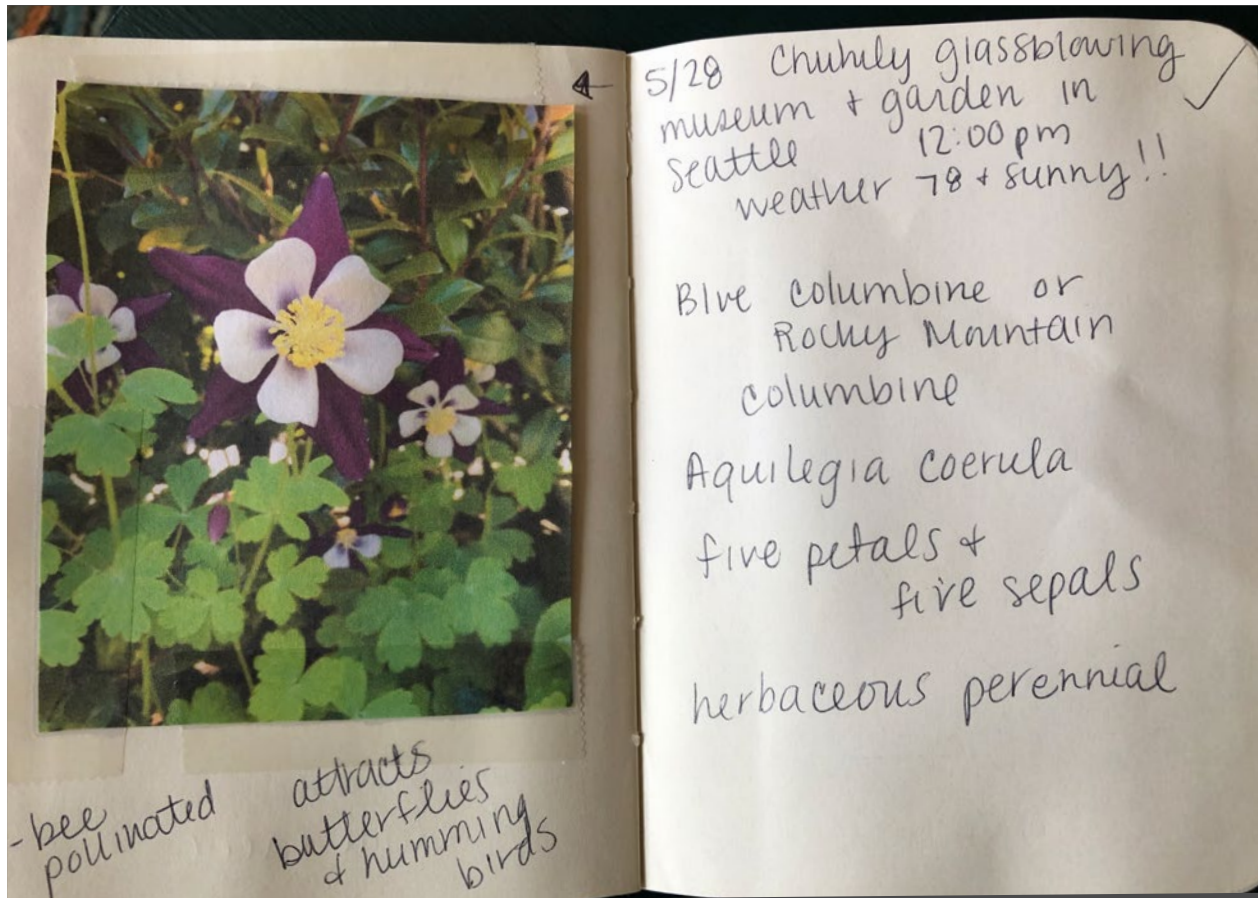




# Create a Science Journal

## INSTRUCTIONS PART 4/5

**Step 5:** Start using your journal to make observations. Take it on a walk with you and sketch different plants and animals you see or animals on Shedd’s website at [sheddaquarium.org/animals](http://sheddaquarium.org/animals), use it to record data during experiments, or even cut and paste pictures or tables from other activities into your journal. It’s your personal record of your science investigations so be creative and have fun!







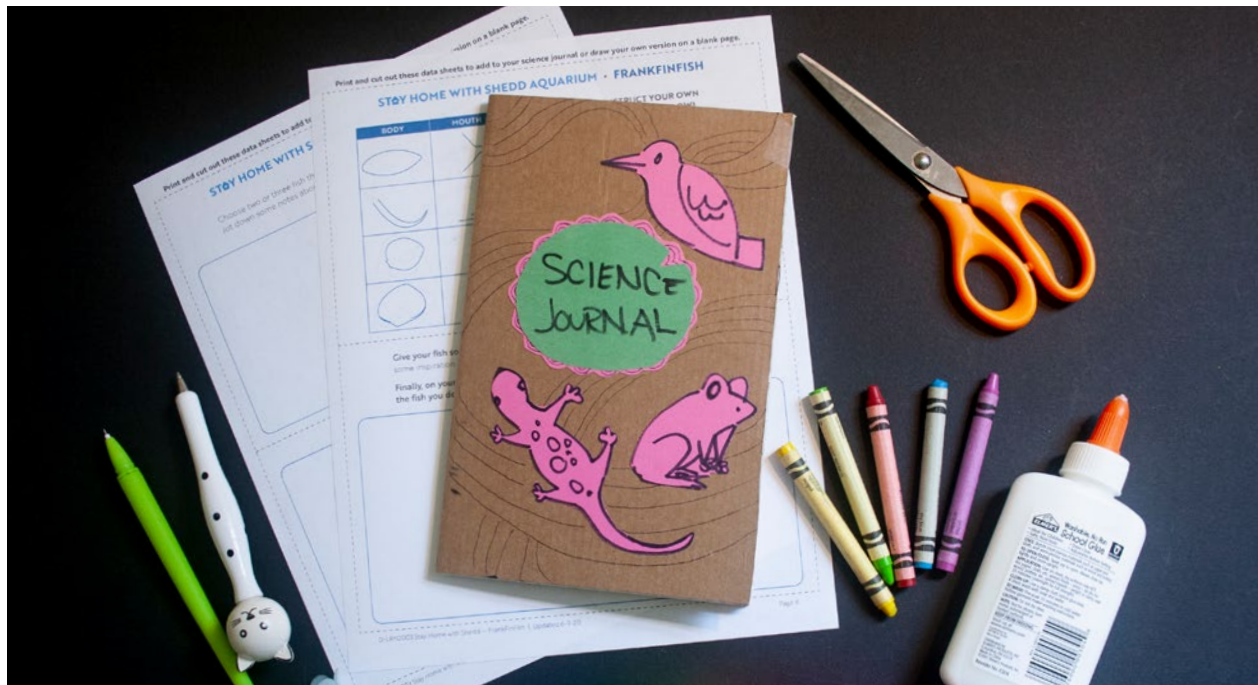
STAY HOME WITH SHEDD • PENGUIN ACTIVITY

# Create a Science Journal

## INSTRUCTIONS PART 5/5

**You're finished!** During other Stay Home with Shedd activities, we will direct you to record your thoughts, observations and add different pieces to your journal. If you run out of space, you can always add additional pages to your science journal.

**Visit [sheddaquarium.org/stayhome](http://sheddaquarium.org/stayhome) for fun activities to add to your science journal!**



### SHARE WITH US!

Let us see your science journal! Take a picture and share it with us

**@SheddLearning** using **#StayHomeWithShedd**.

### TELL US ABOUT YOUR EXPERIENCE!

Your feedback helps us create new content for you and your family to enjoy from home.

[surveymonkey.com/r/StayHomeShedd](https://surveymonkey.com/r/StayHomeShedd)