



PageBREAKERS

4 Quick Ways to
Break the Ice
on a
blank journal page

Speaker



Kate Rutter

 @katerutter

Facilitator



Lee Kellogg

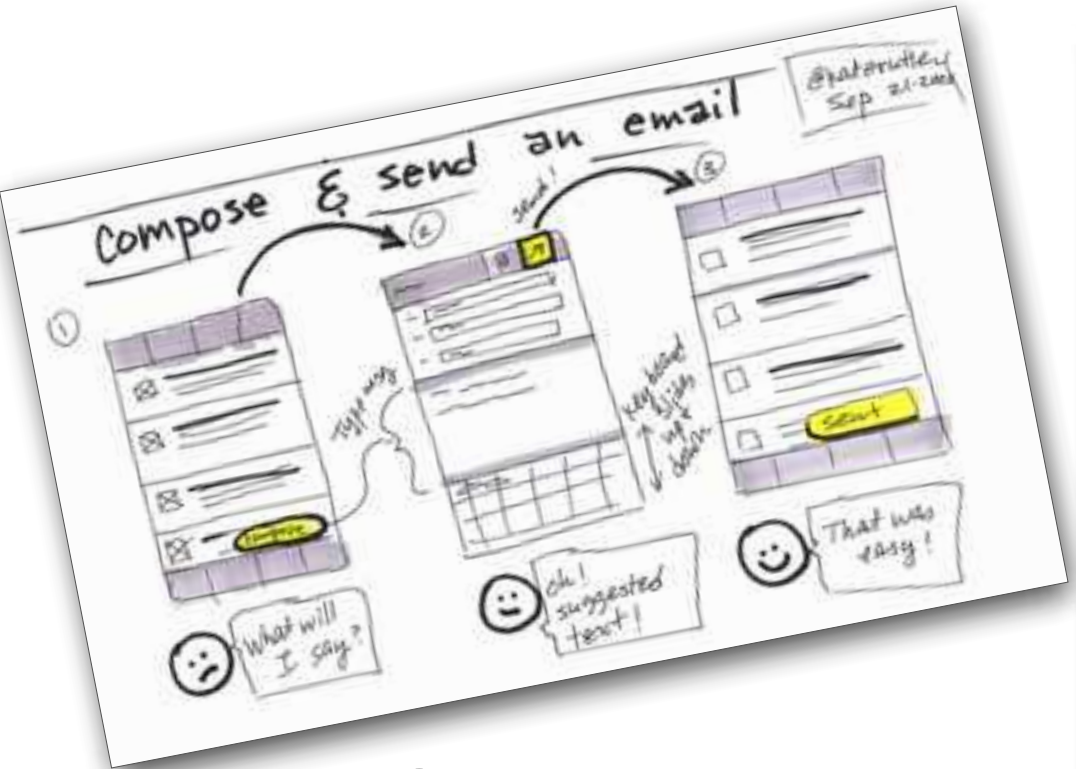
 @leeekellogg

Q&A

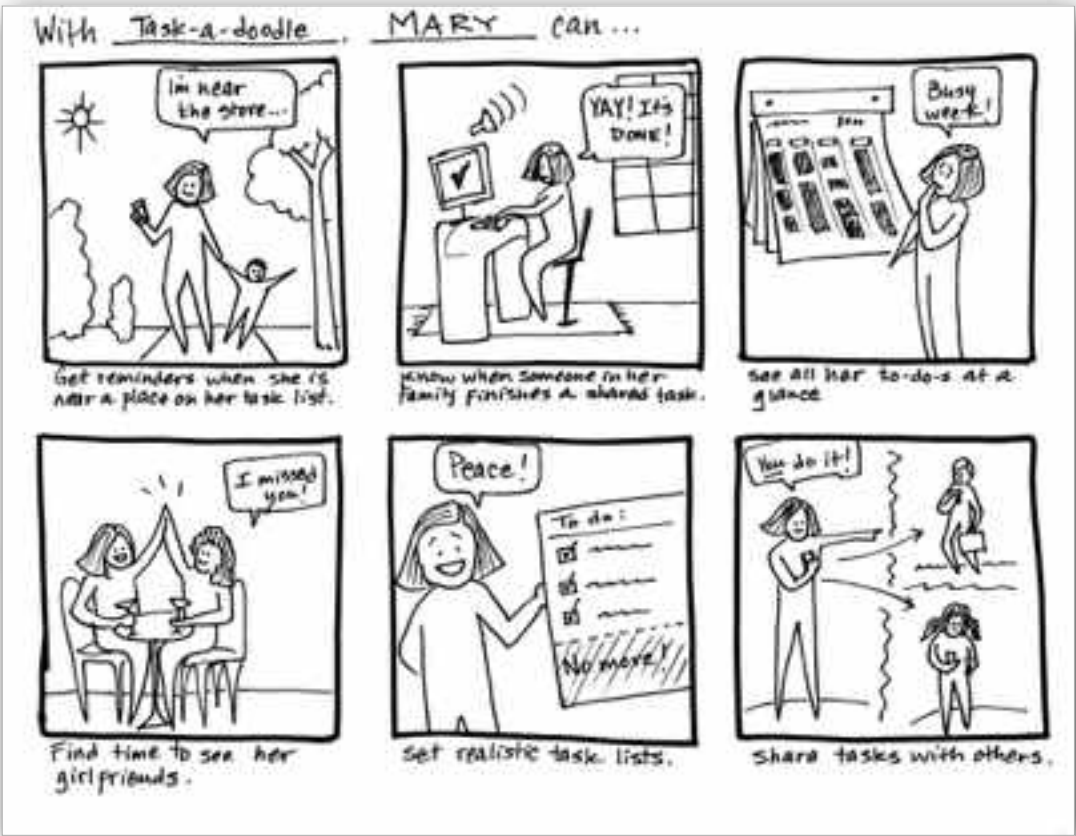


Natalie Downe

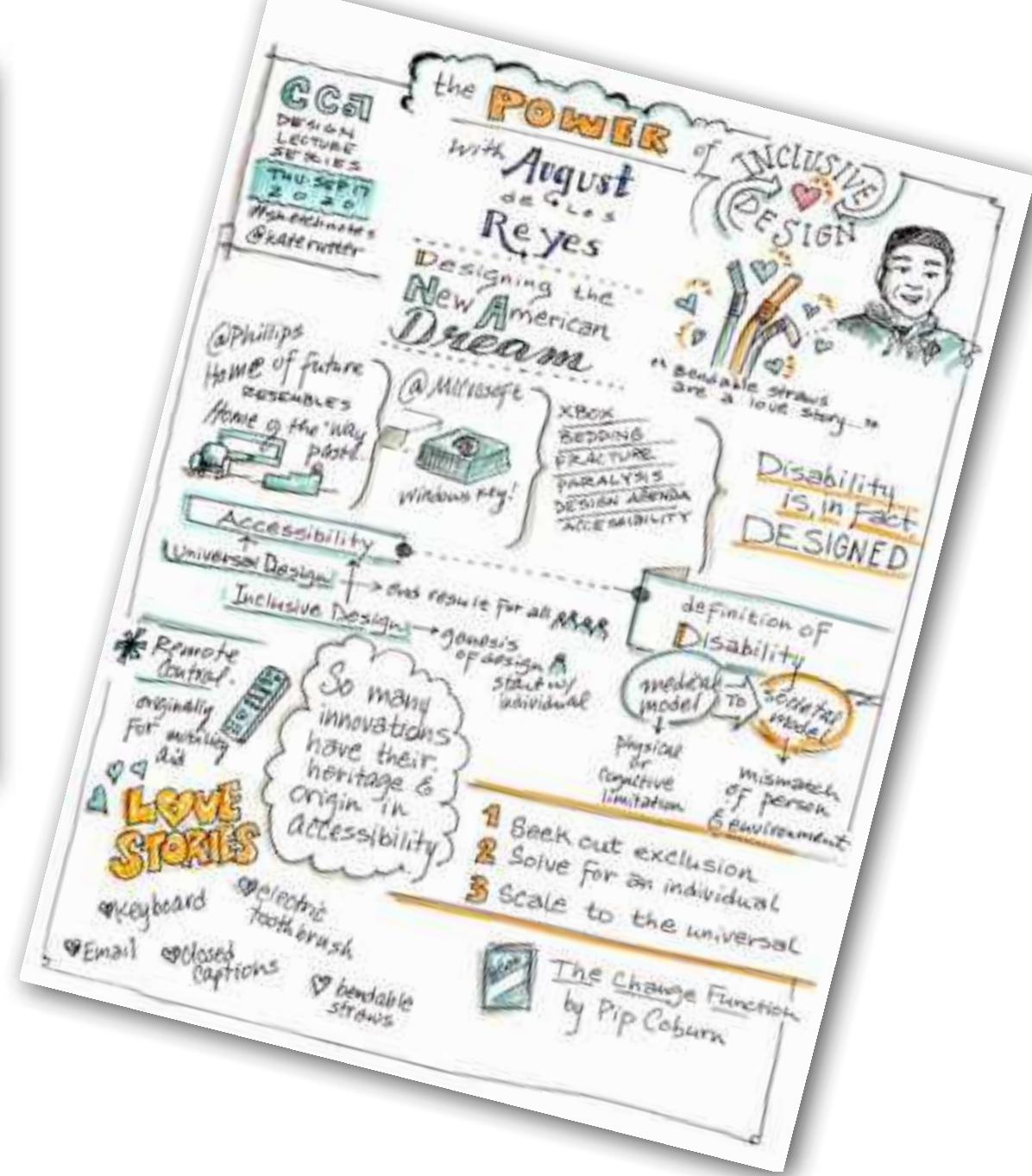
 @natbat_nature_journal



Screens



Scenarios



Sketchnotes

Digital product design

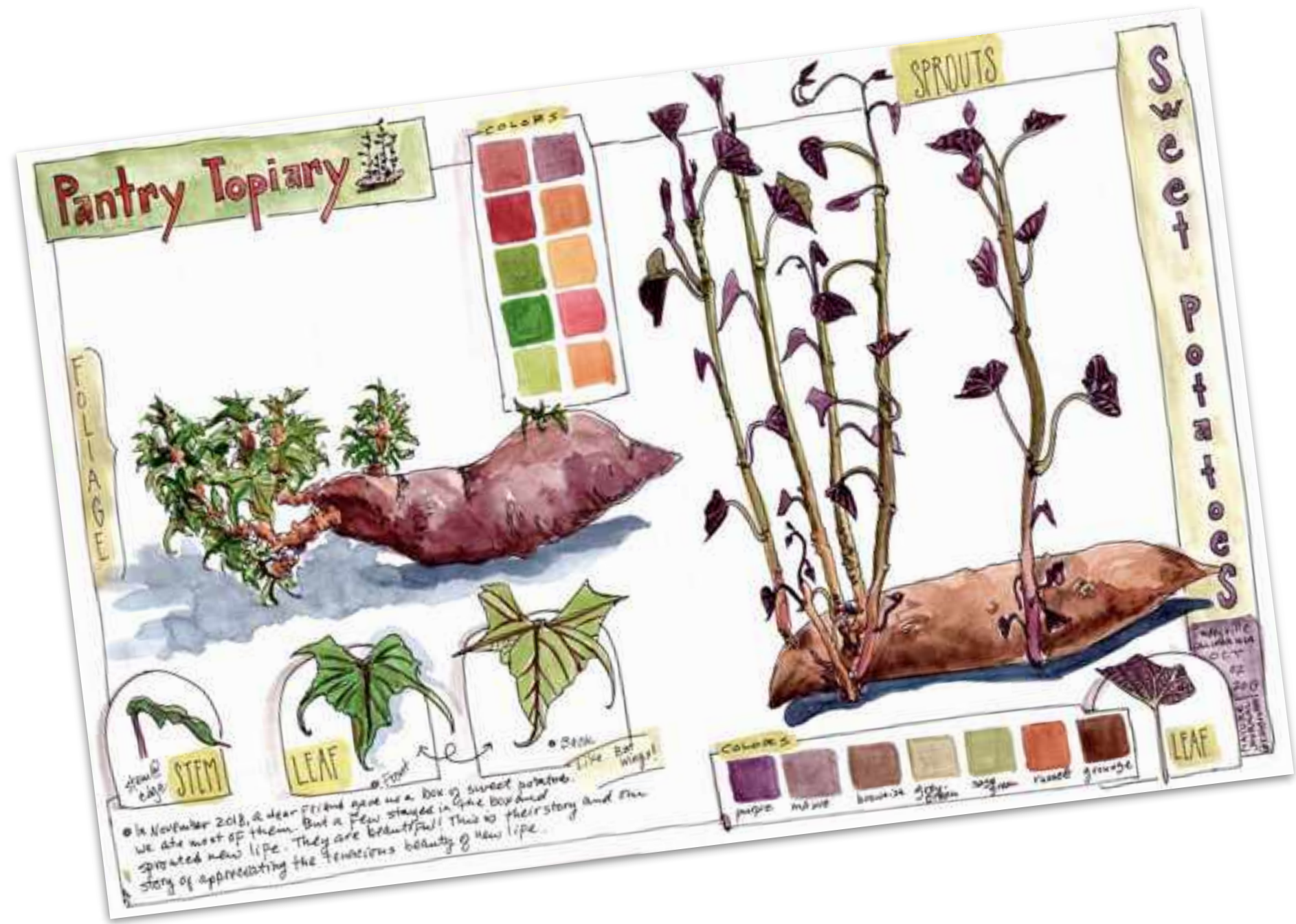
General visual practice

Community projects

Urban Sketching

Personal Journal





Huckleberry REGIONAL PRESERVE

Sep 24 2020 @katerutter

light breeze 79° 3:32 pm
humidity 50% 37.8431789
Pandemic 🦠 -122.1951100

• View up the trail



Cool breeze

• View across the canyon



sunlight



• Trail Floor

- lots here!
- eucalyptus
- pine cones
- oak twigs
- pine needles



• Looking up - Trail ceiling

- canopy open
- good leafing
- not much leaf
- "Crown shyness"

Huckleberry REGIONAL PRESERVE

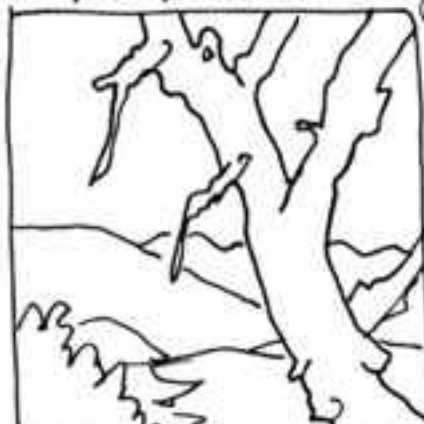
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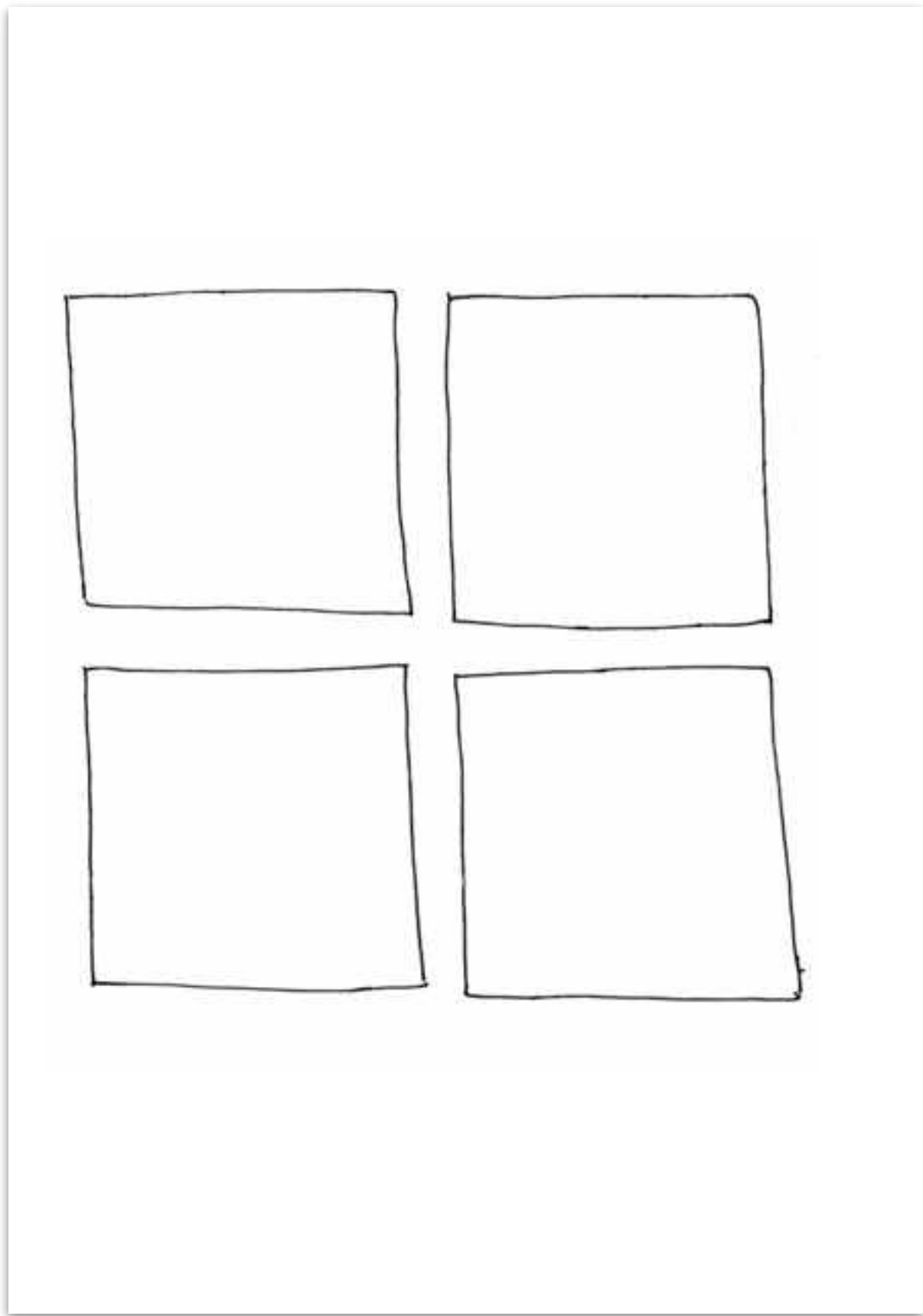
o View across the canyon

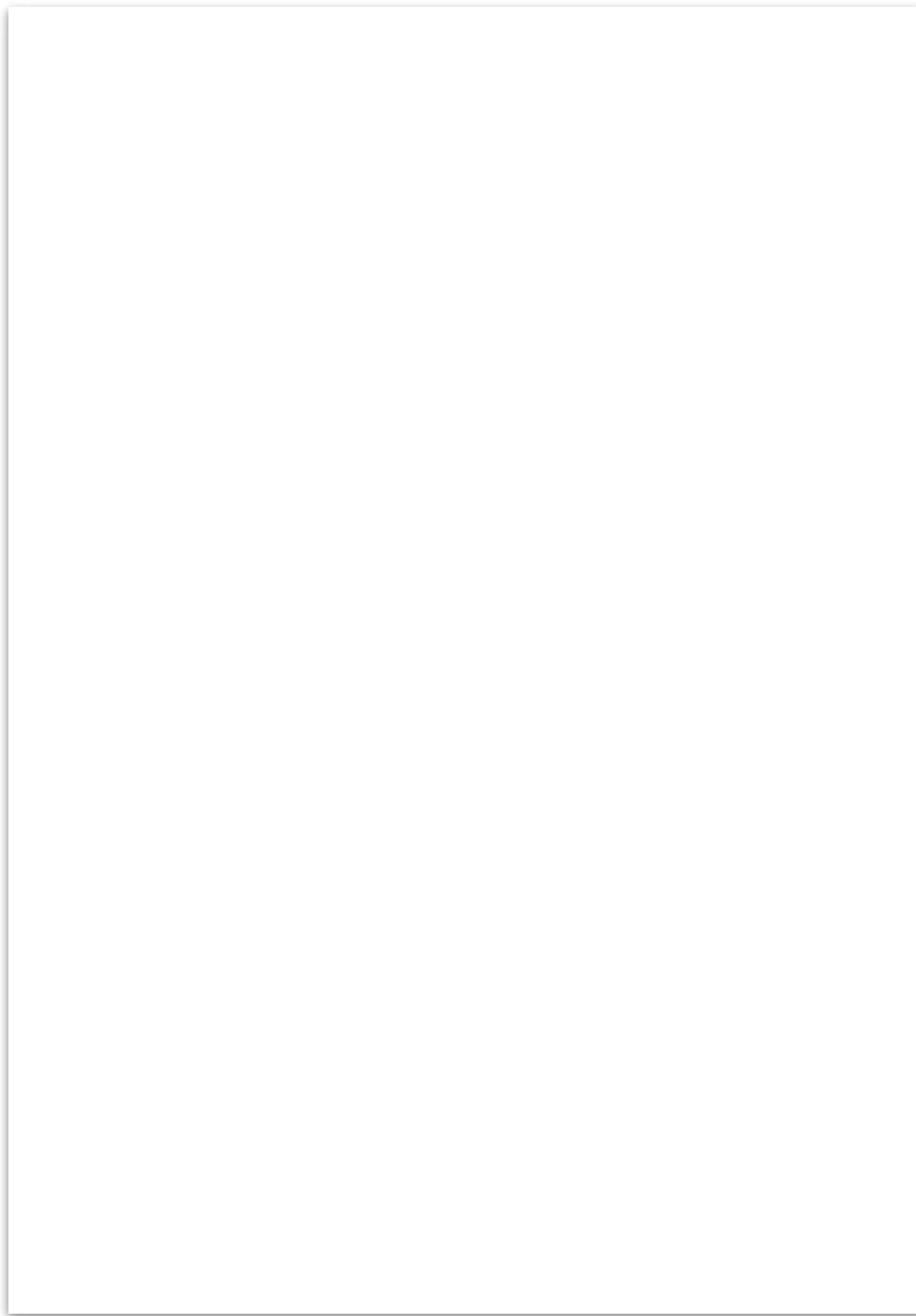


o Trail floor



o Looking up -
Trail ceiling





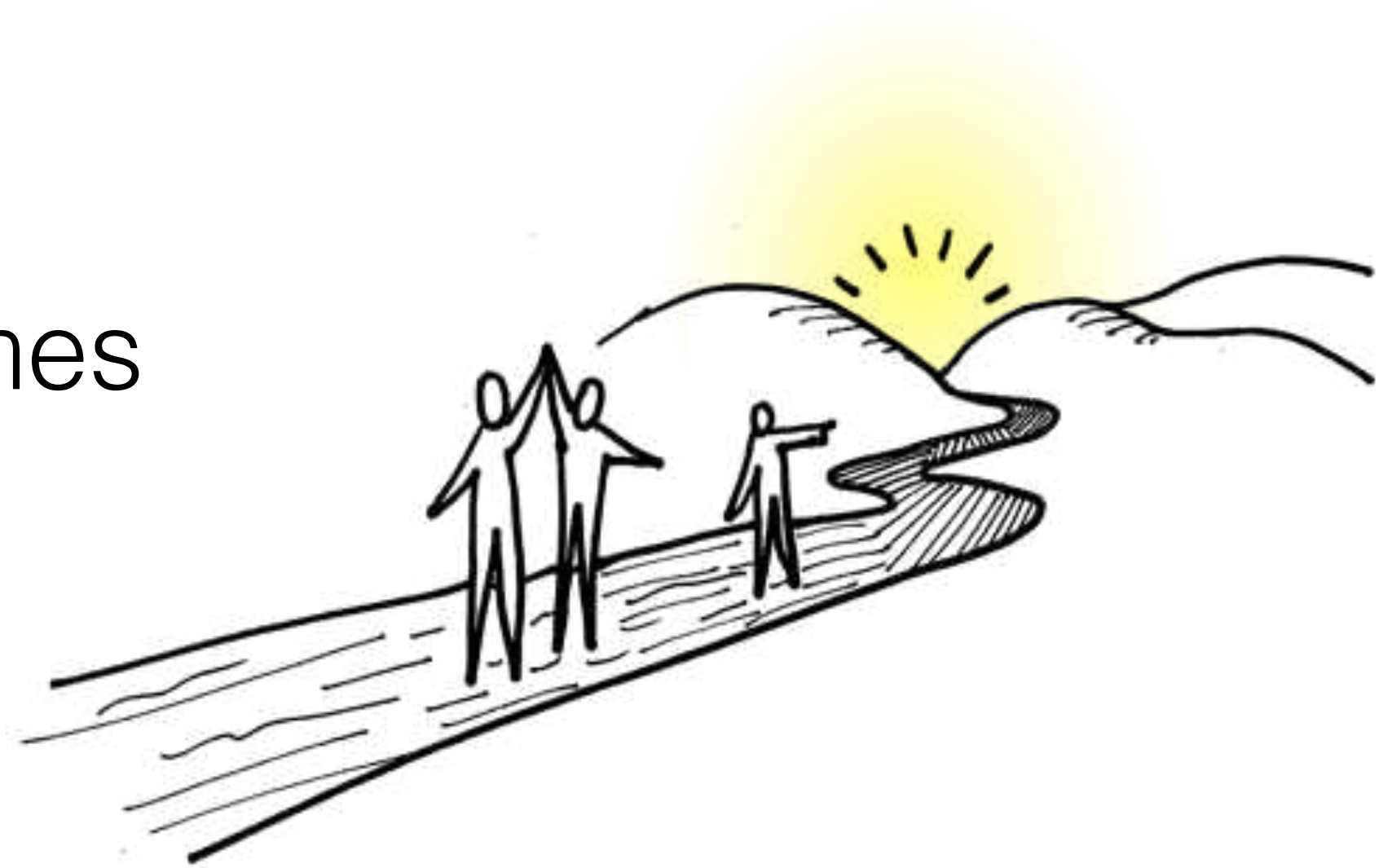
purpose

- Simple
- Immediate
- Memorable
- Forgiving
- Future potential



benefit

- Make the most of nature journaling time
- Maximize your joy in the process **and** the outcomes
- Never be daunted by a blank page again



How to nature journal

gather kit } go to nature } journal nature } return home } post on NJ Facebook } **celebrate learning** }

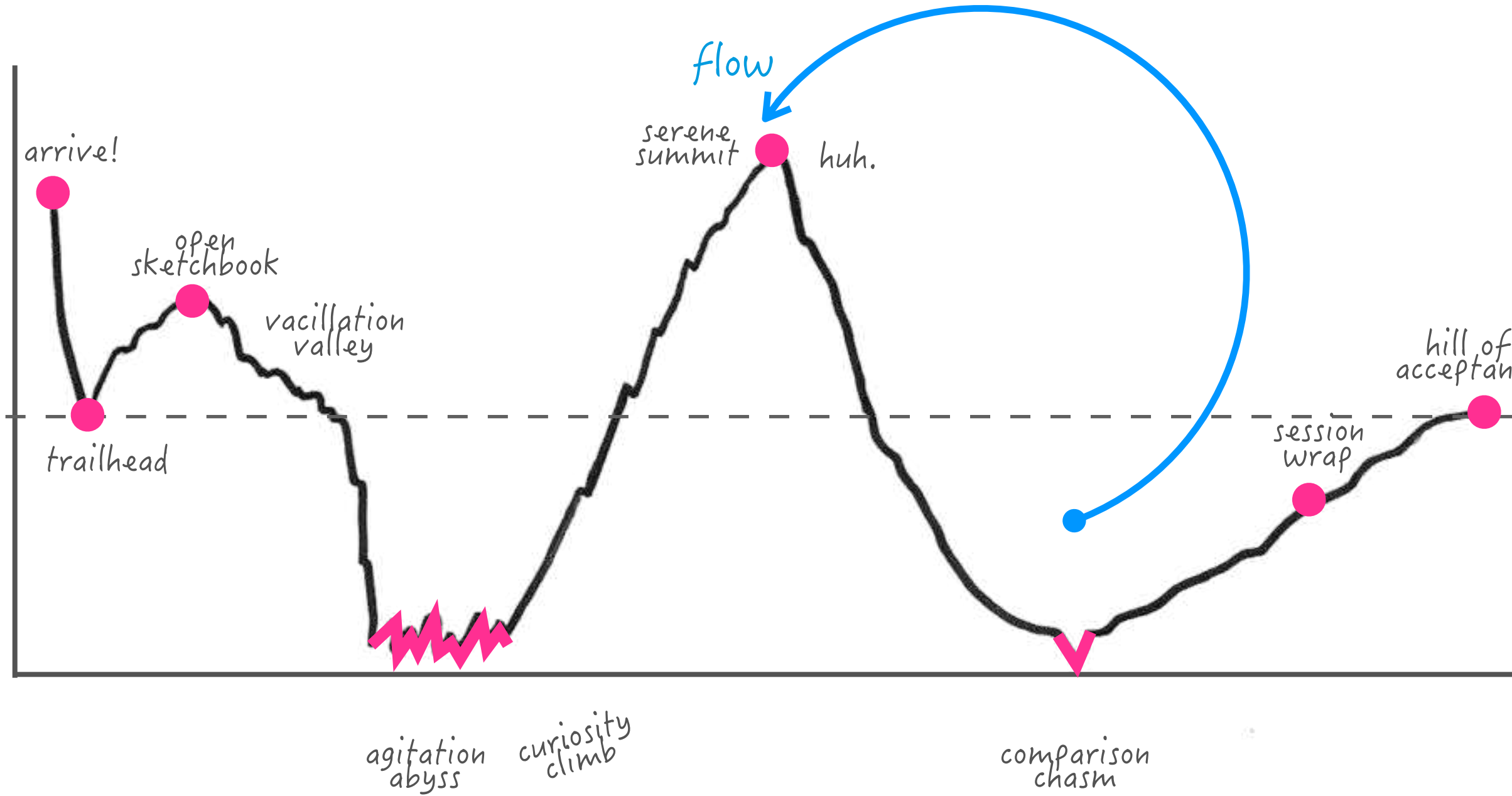


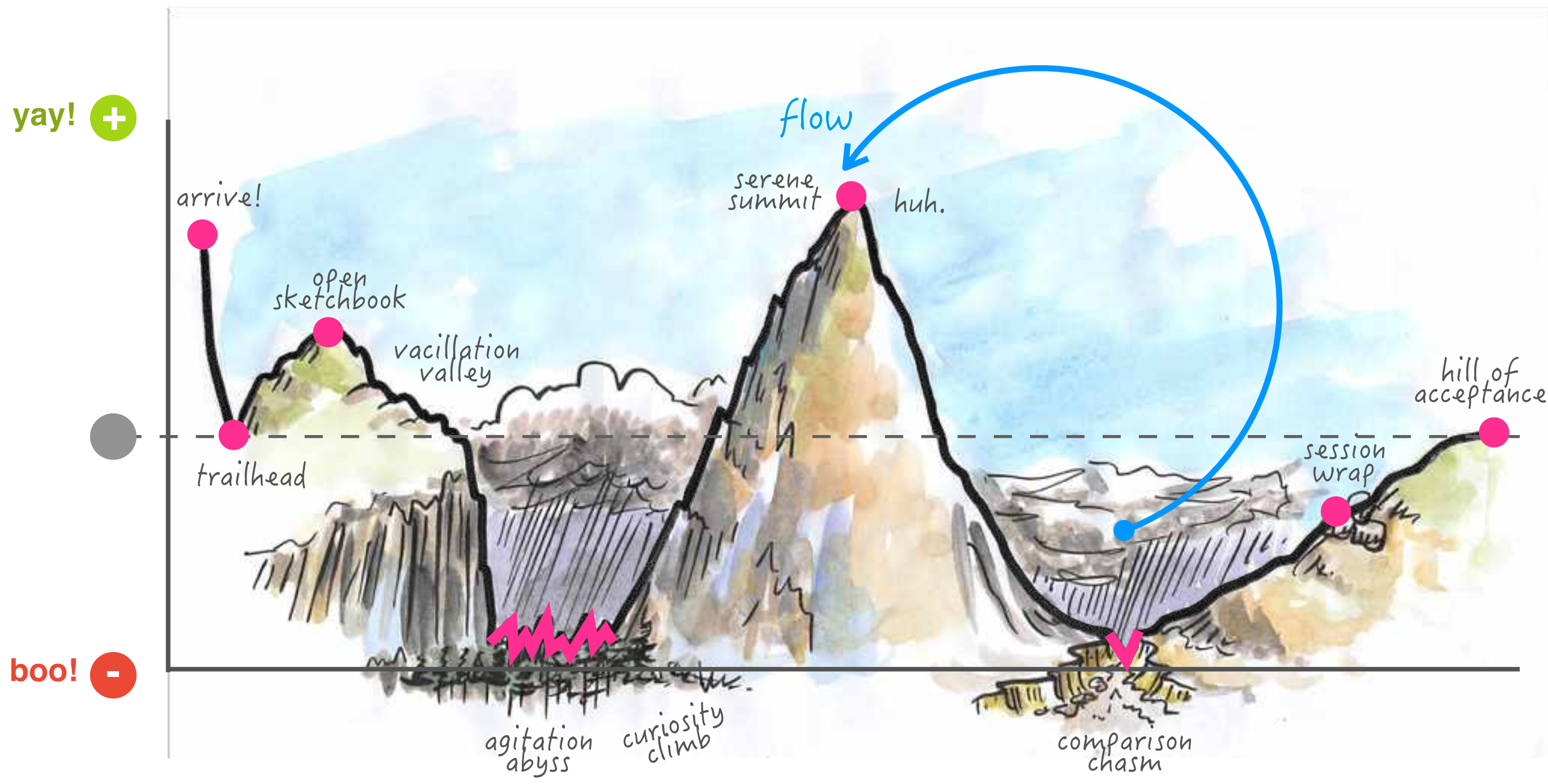
How to nature journal



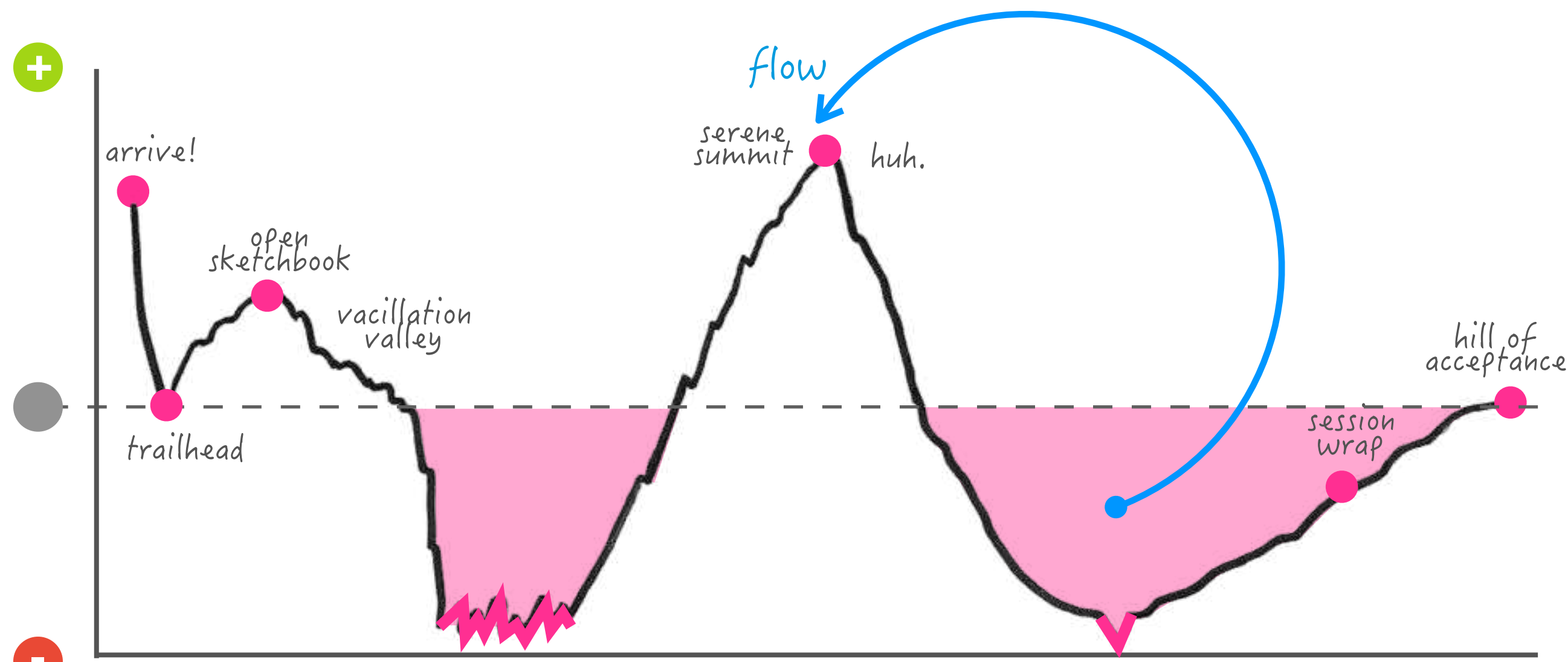
yay! +

boo! -





yay! +



boo! -

pressure questions
 dread doubt
 fear choices
 uncertainty expectation
 distractions

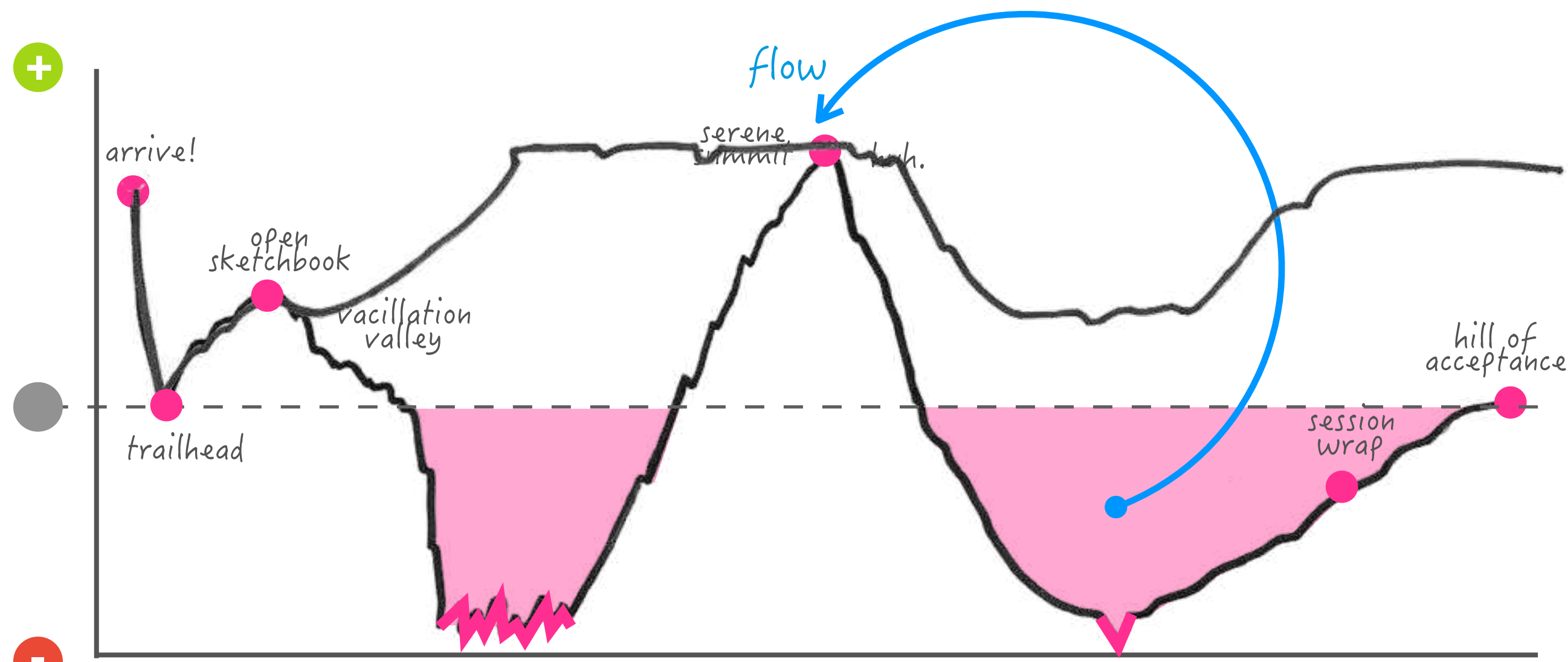
concern
 agitation abyss
 decisions nerves

curiosity climb

comparison chasm

comparison insufficiency
 limitations pressure
 judgement

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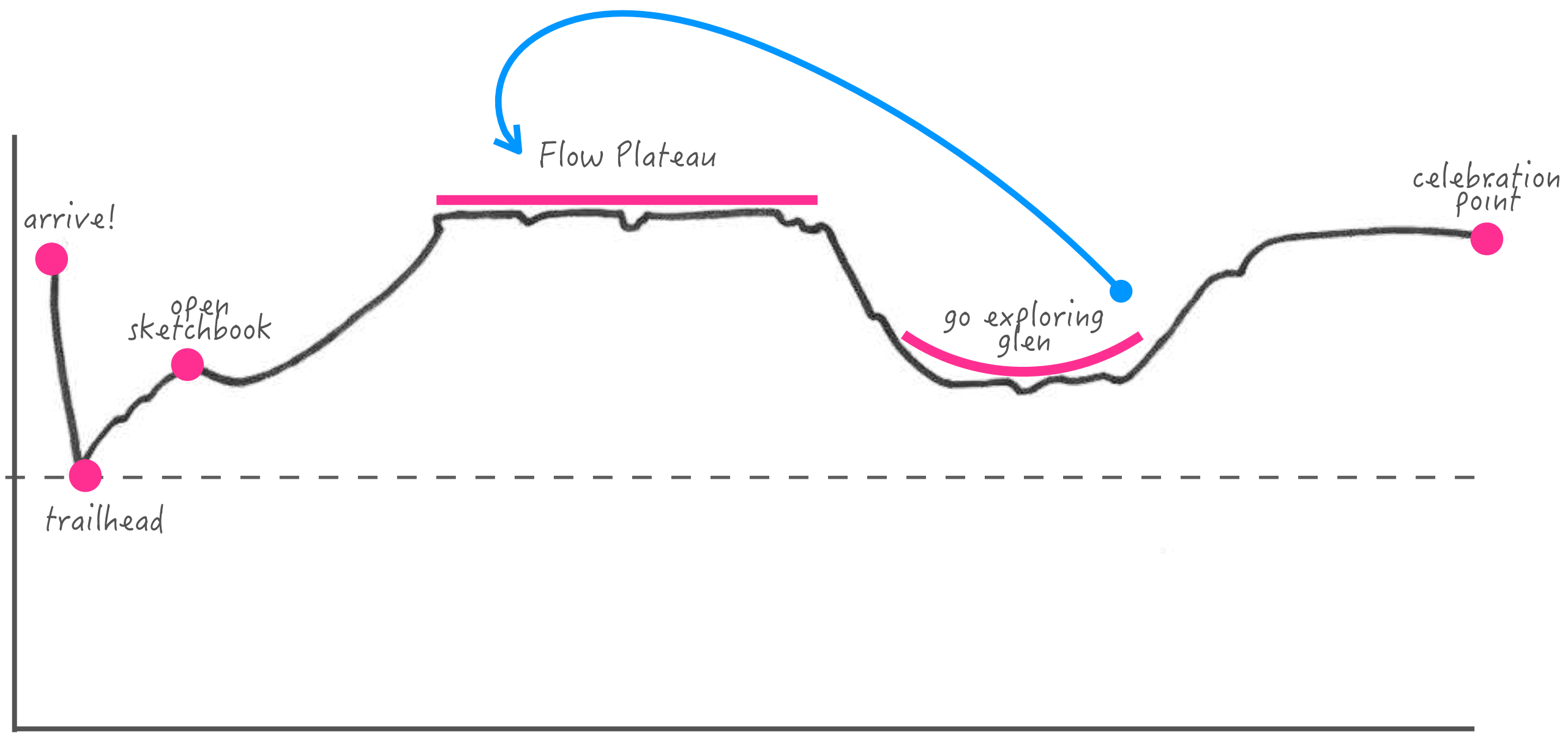
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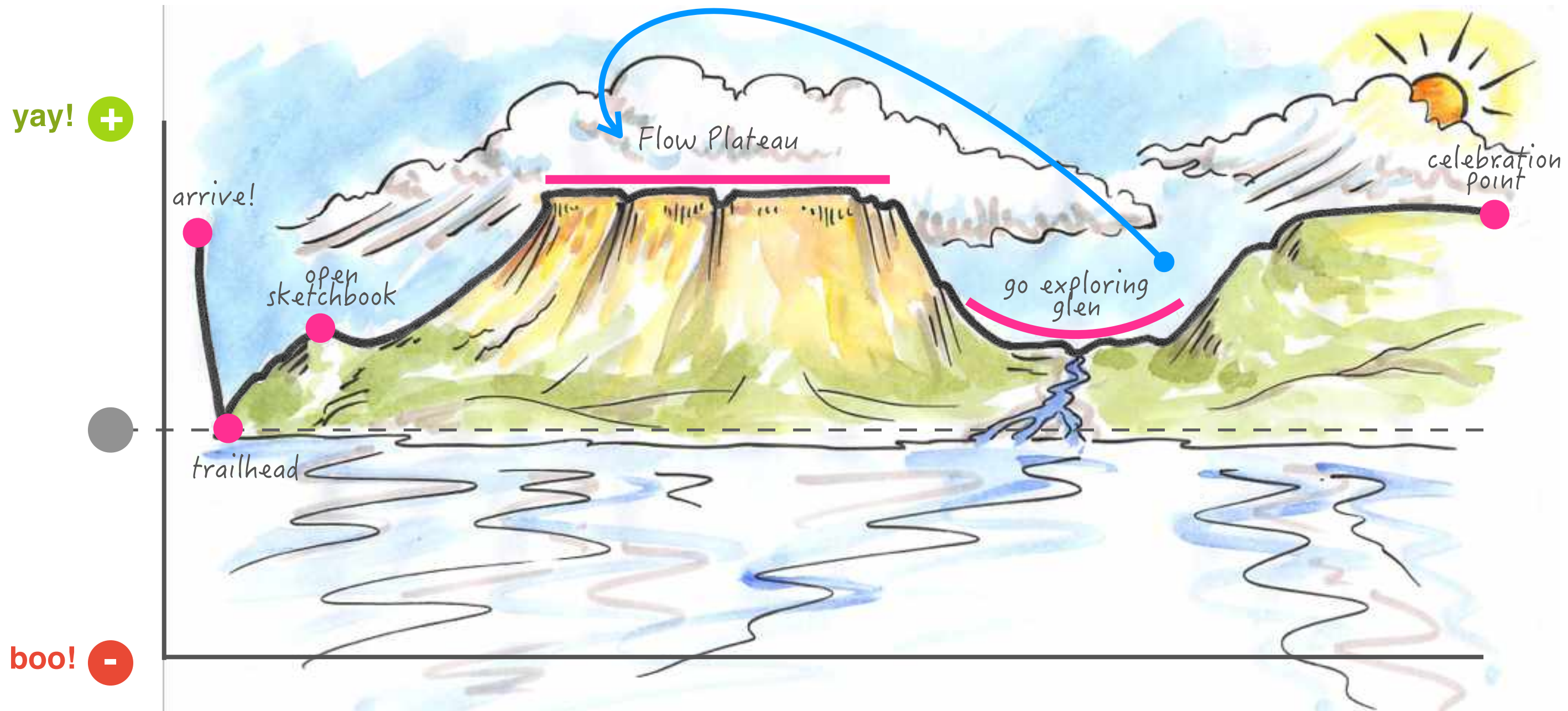
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readiness
 confidence ritual curiosity
 well-being
 potential wonder focus
 acceptance share
 revisit reflect participate inspire
 learn reconnect celebrate
 belief



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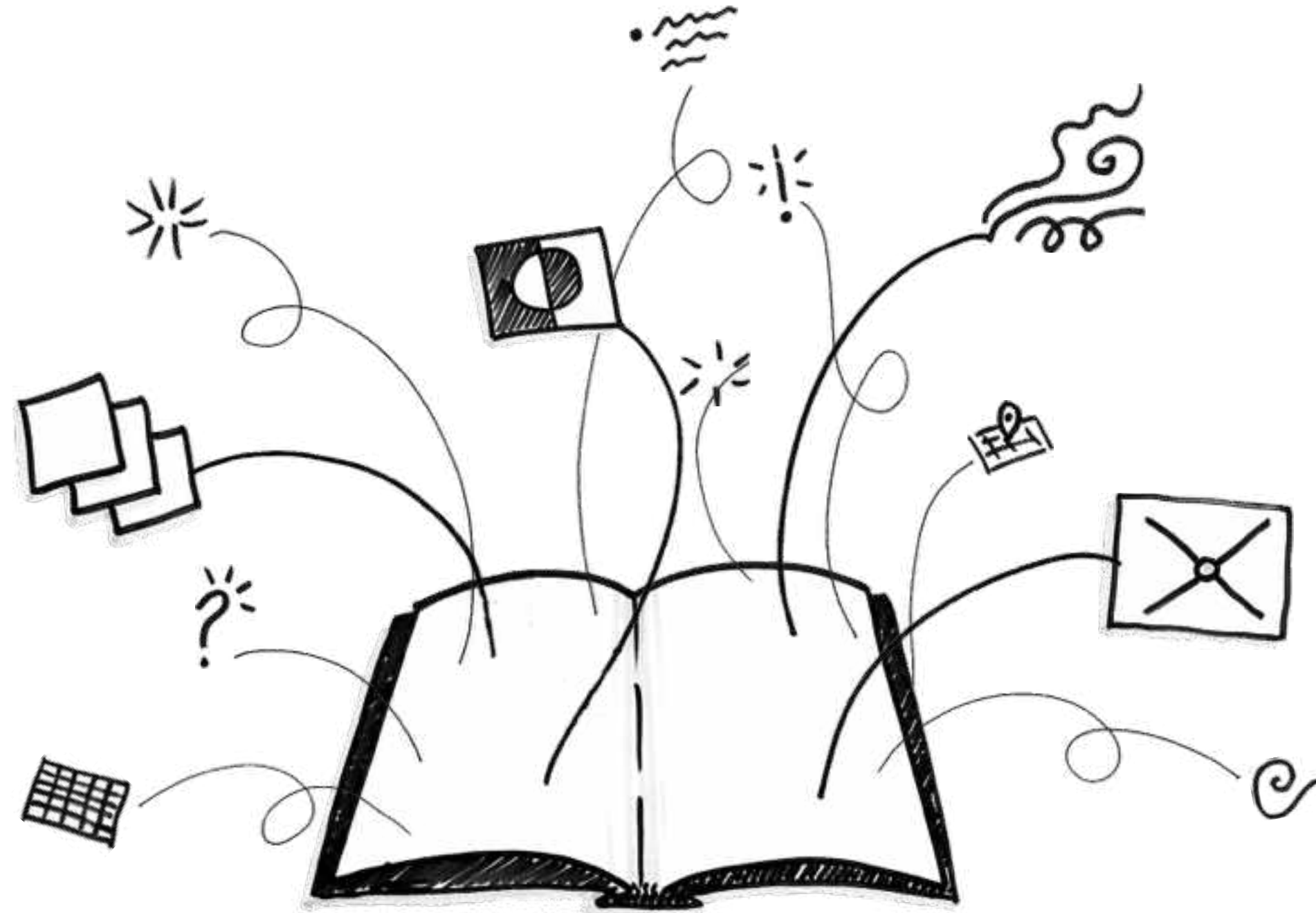
breaking the spell



Simple
Immediate
Memorable
Forgiving
Future potential



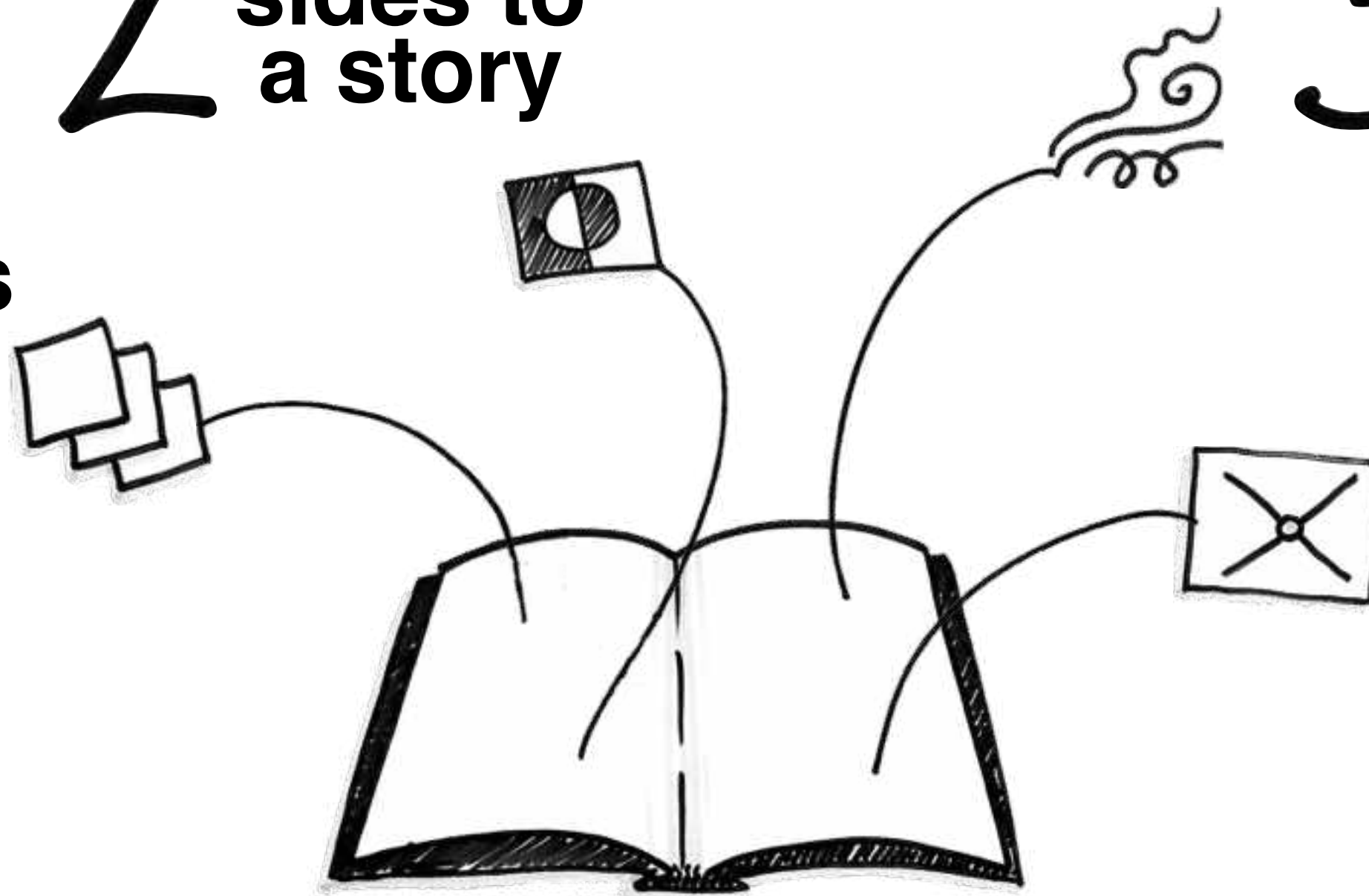
PageBREAKERS



1 minute sketches

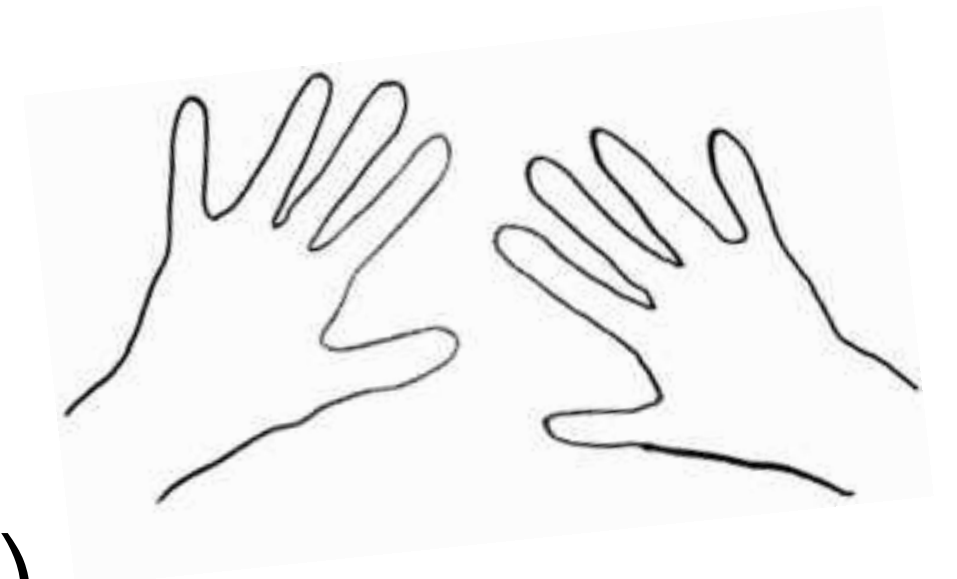
2 sides to a story

3 lines a charm



4 directions

Your kit

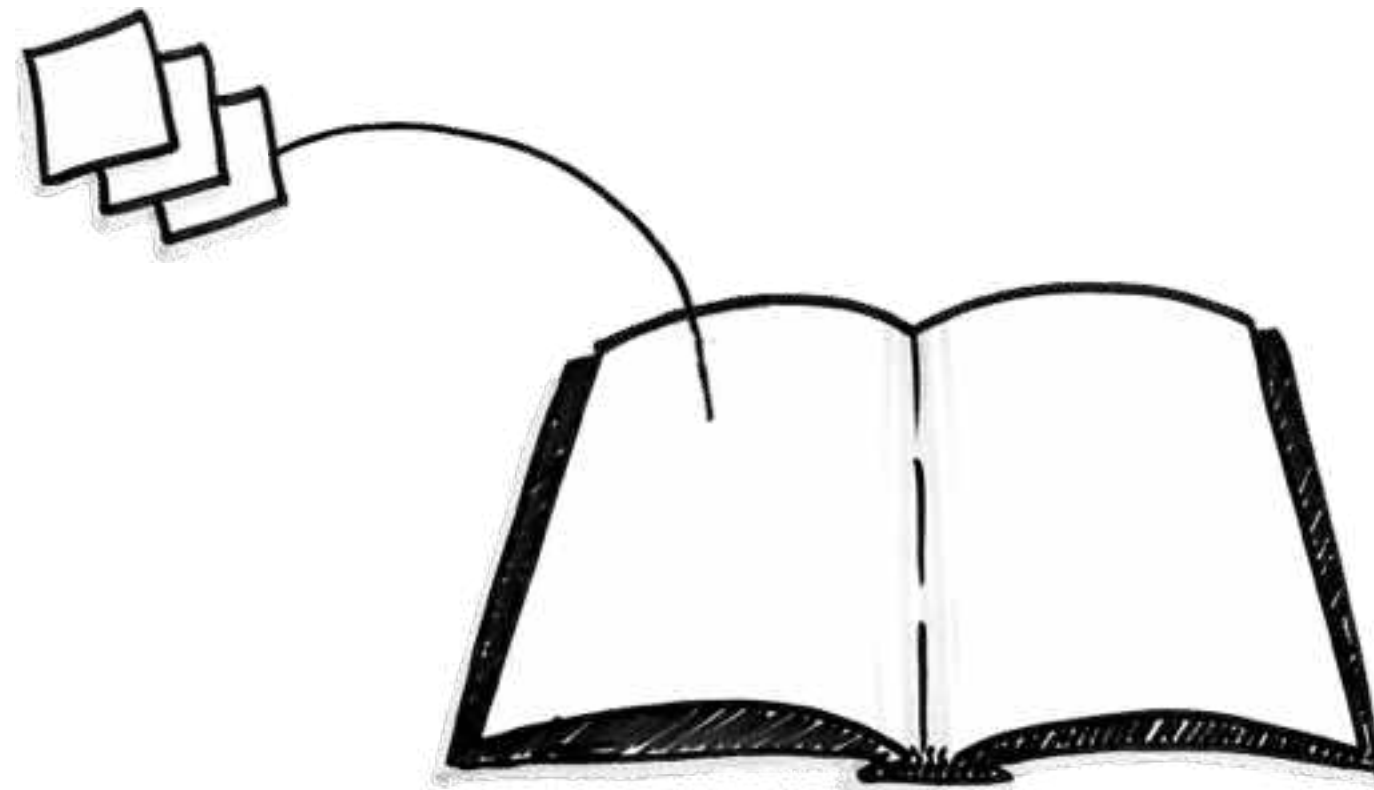


1. **Pen** of choice (better than pencil)
2. **Paper** of choice: sketchbook, letter/A4 or printed template
3. Optional: Colored pen/pencil of choice

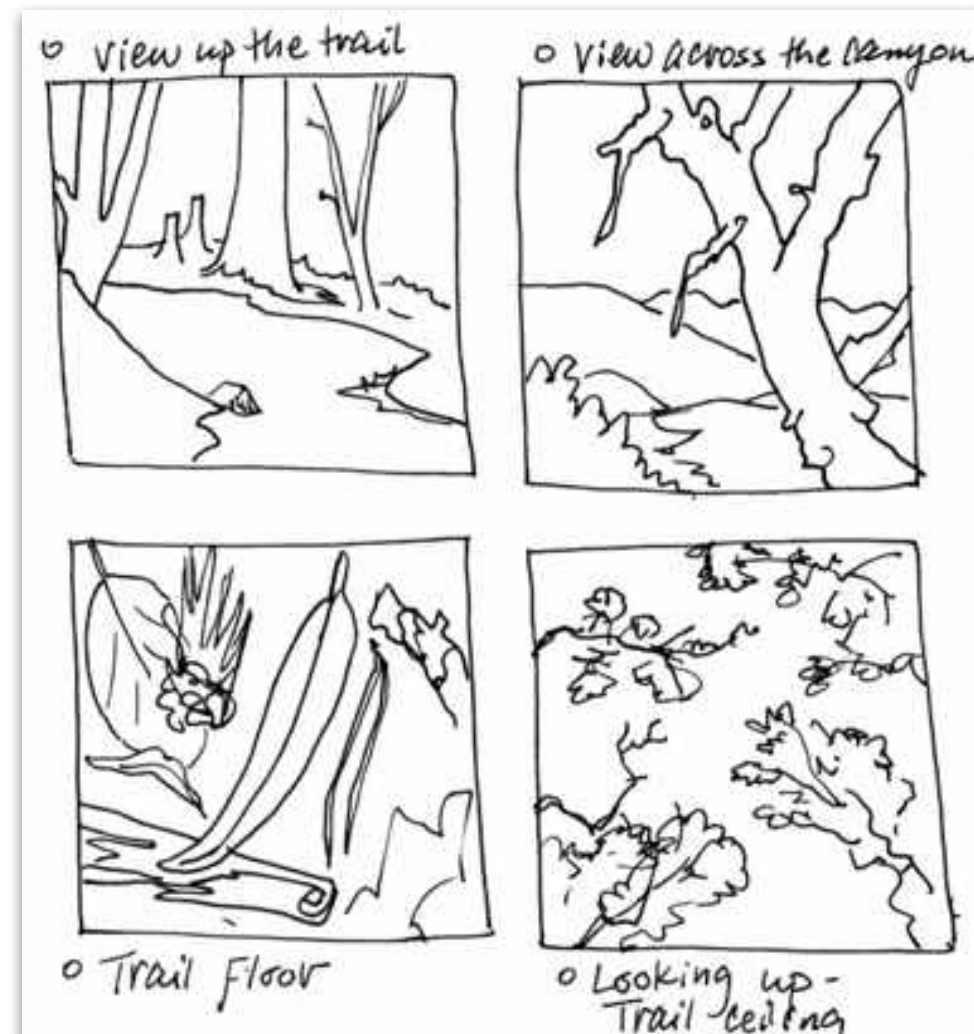
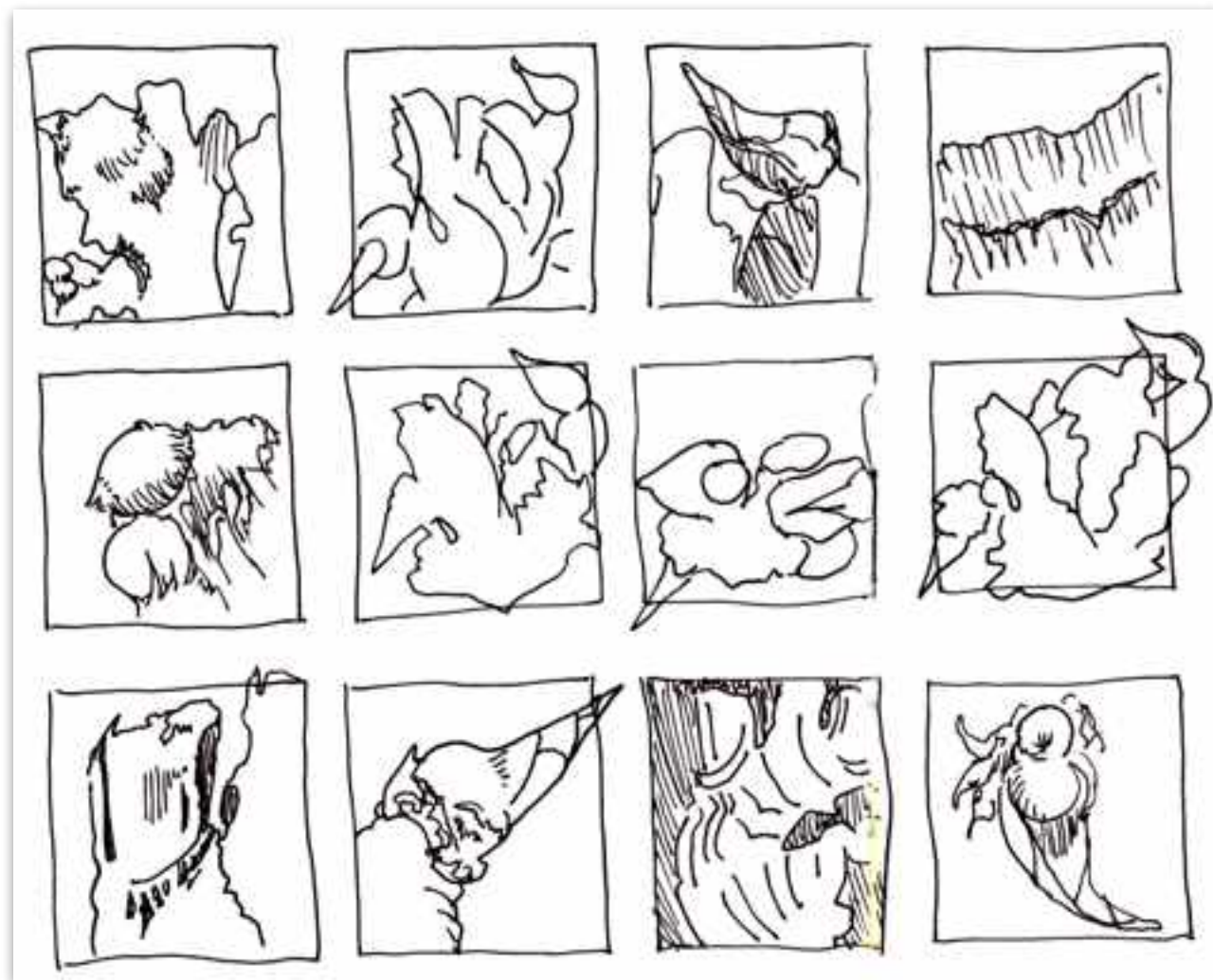
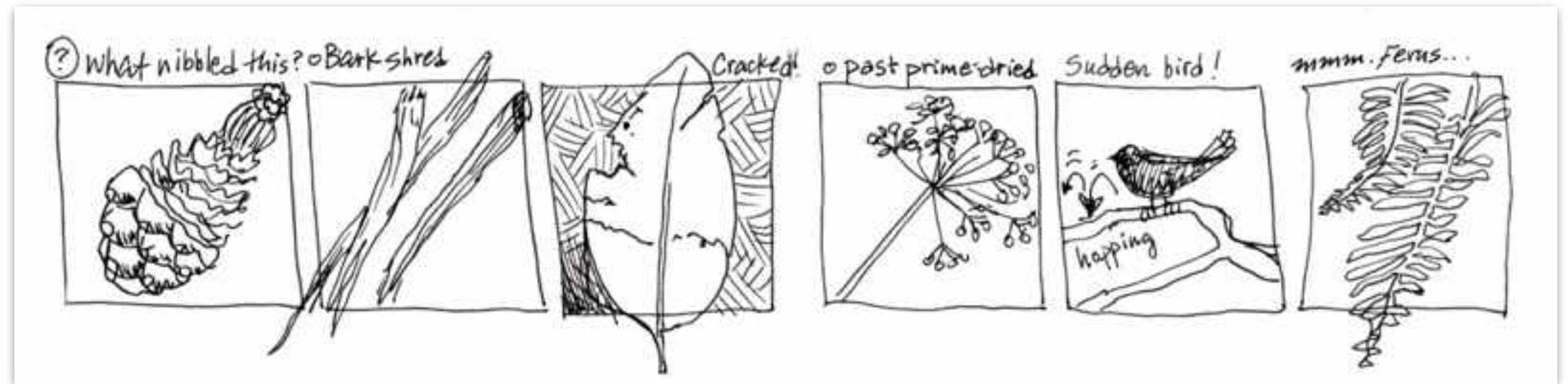
1-2 natural objects to draw.

1 minute sketches

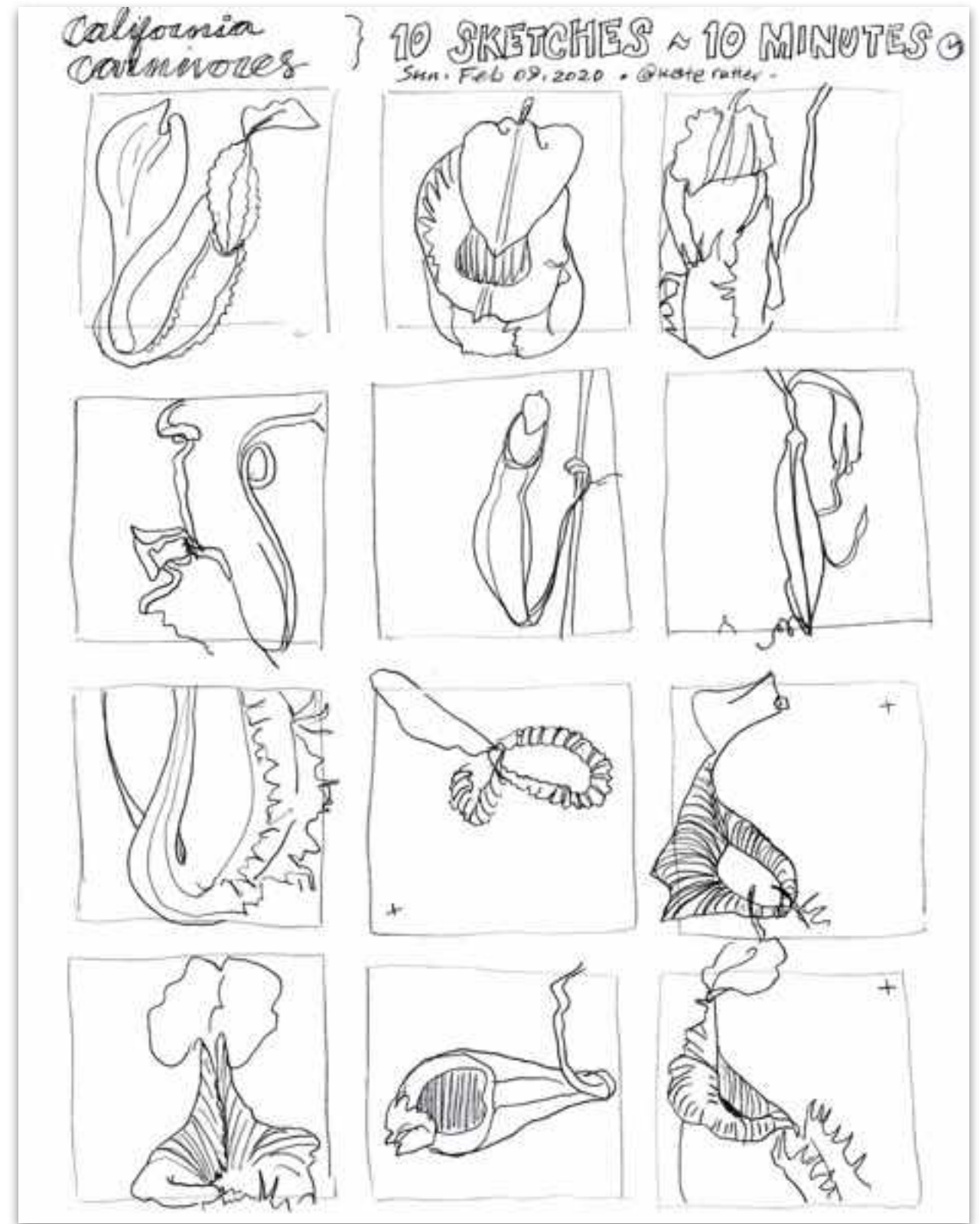
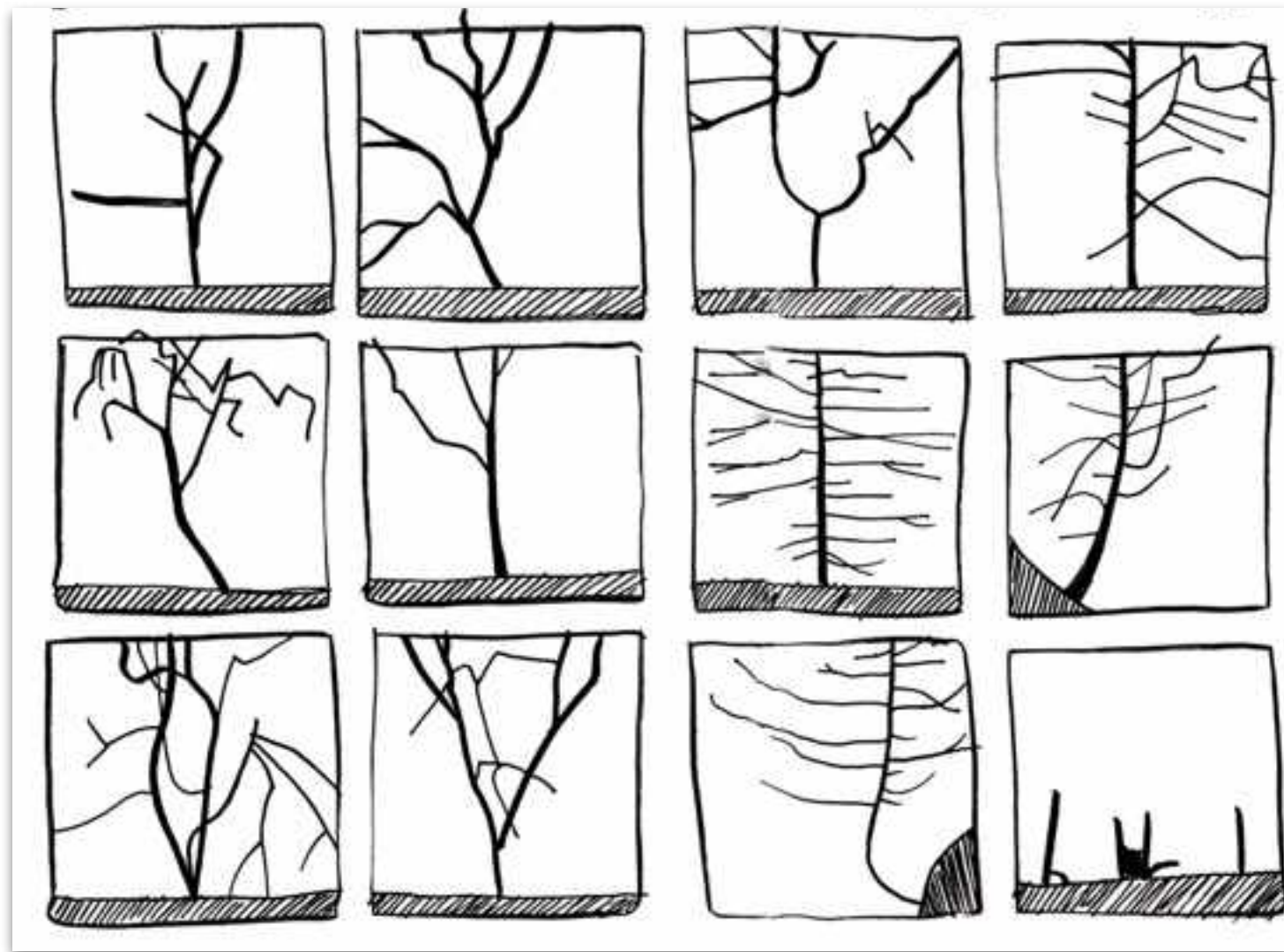
- say hello to an object!
- warm up
- low stakes, high yield
- build an index for more focus
- lots of variation opportunity



1 minute sketches



1 minute sketches

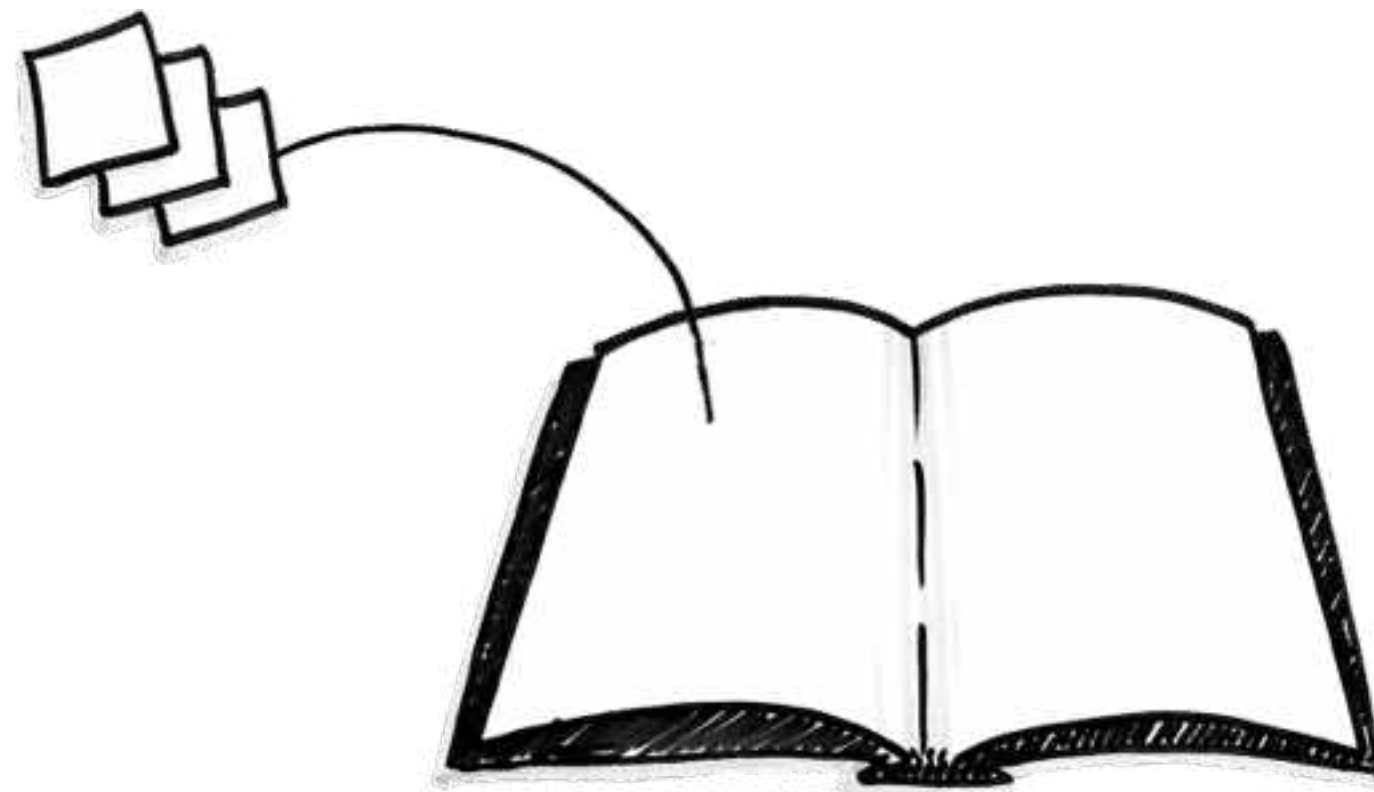


1 minute sketches

1. Draw **6** squares, about 2" x 2" / 5cm x 5cm
2. Observe the object, and make a 1-minute sketch in each square.

Pick an object to sketch.

you can turn the object, make a diagram, focus on a detail...let your hand decide.



1 min x 6

to the sketch-o-matic!



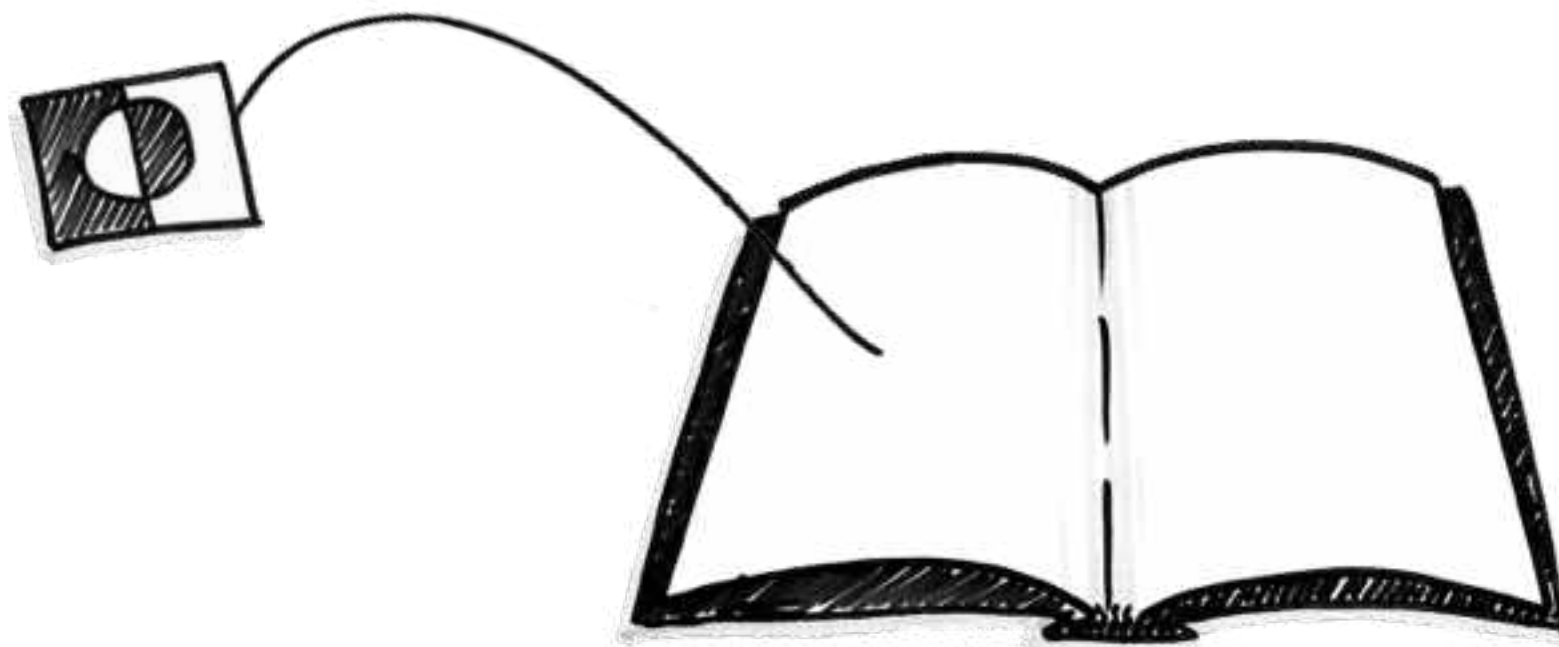
2 sides to a story



2 sides to a story

Pick an object to sketch.

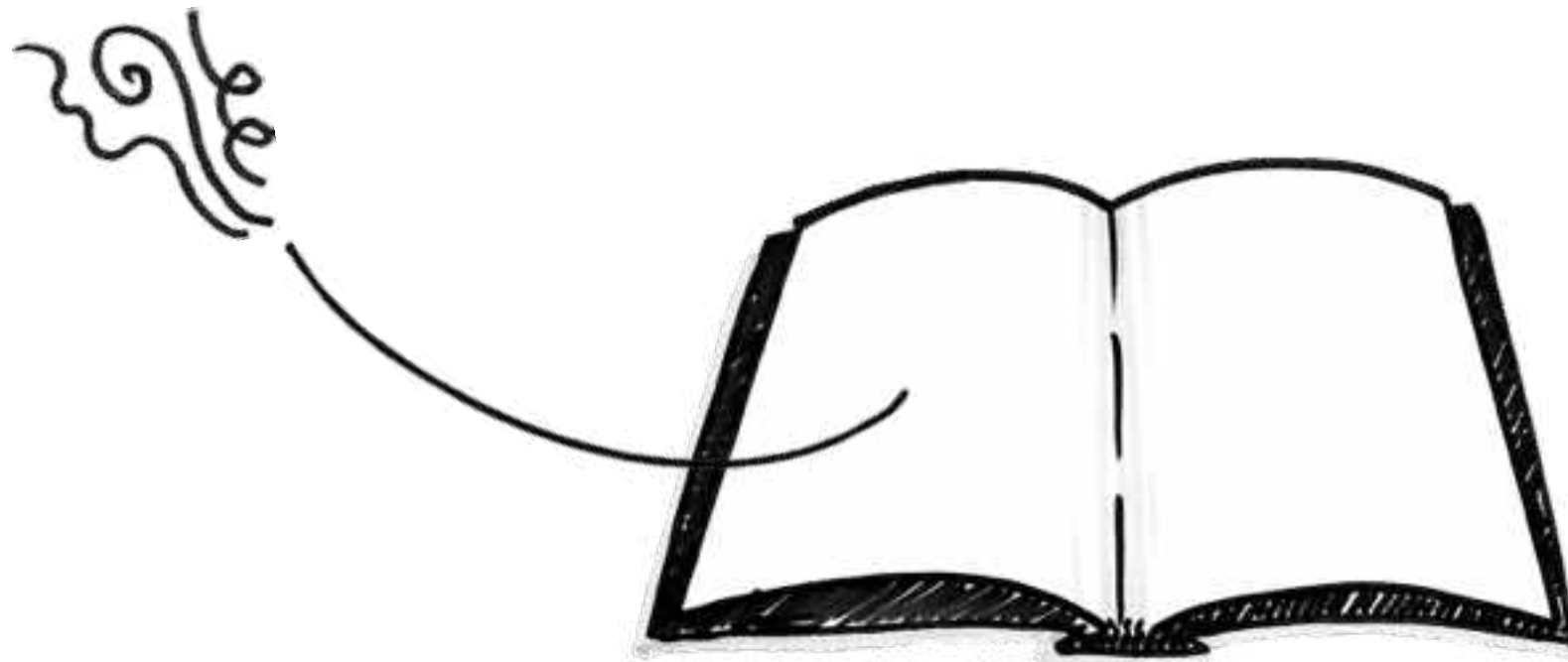
1. Draw a rectangle & divide it down the middle
2. In the left side, make a 1-minute sketch outline of the space **around** the object (negative space)
3. In the right side, make a 1-minute sketch outline of the **object**. (*don't look at the left panel!*)



1 min
x 2

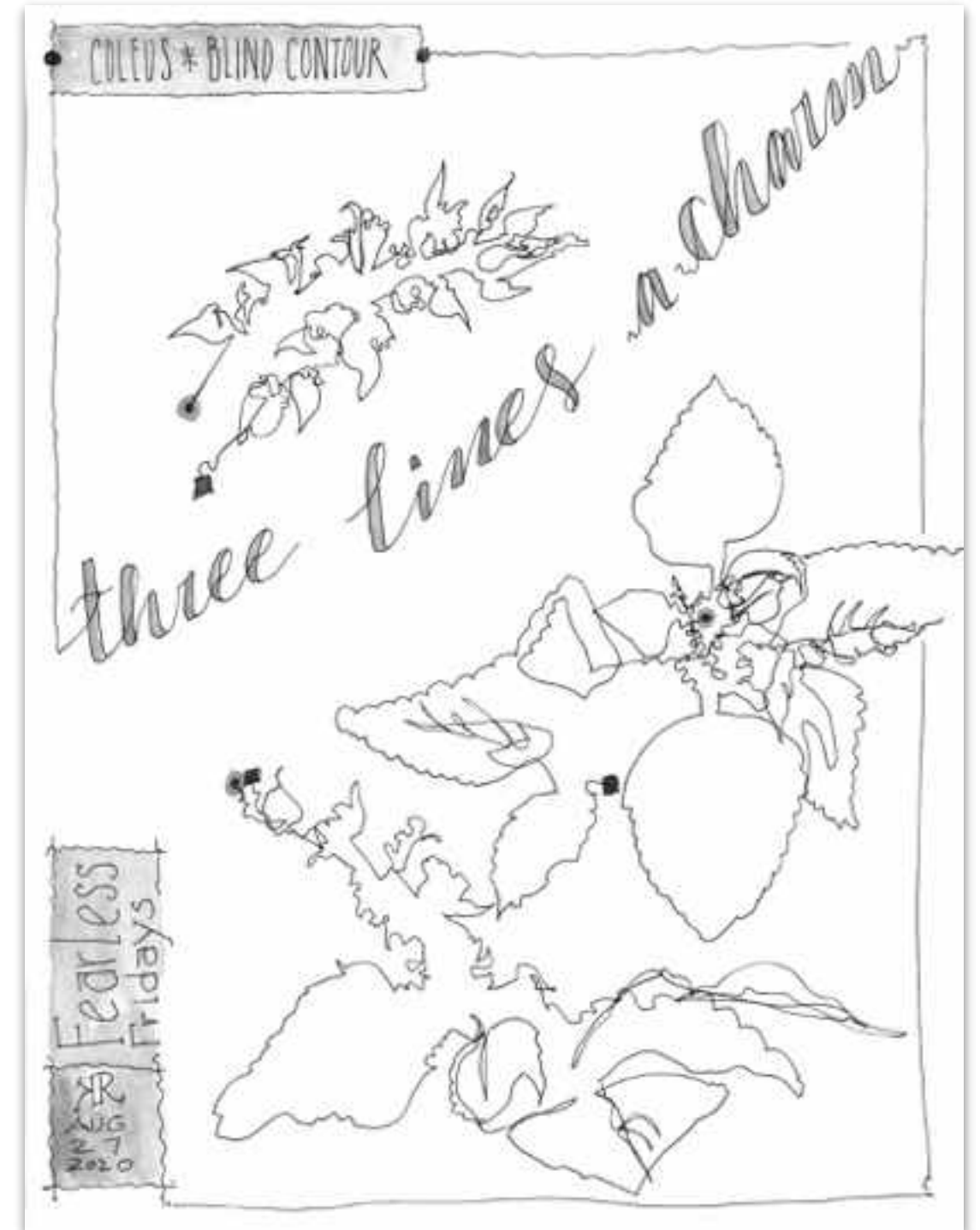
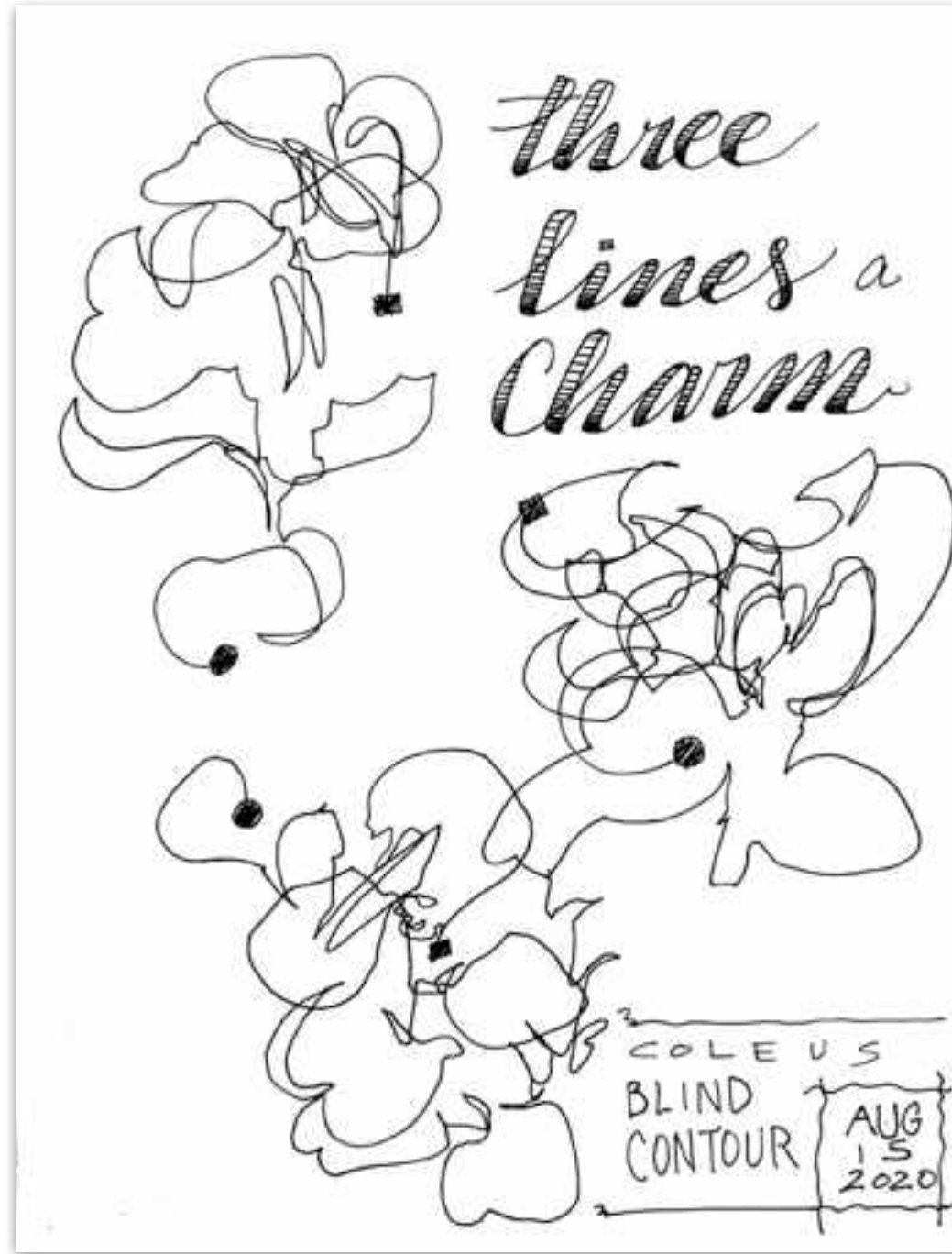
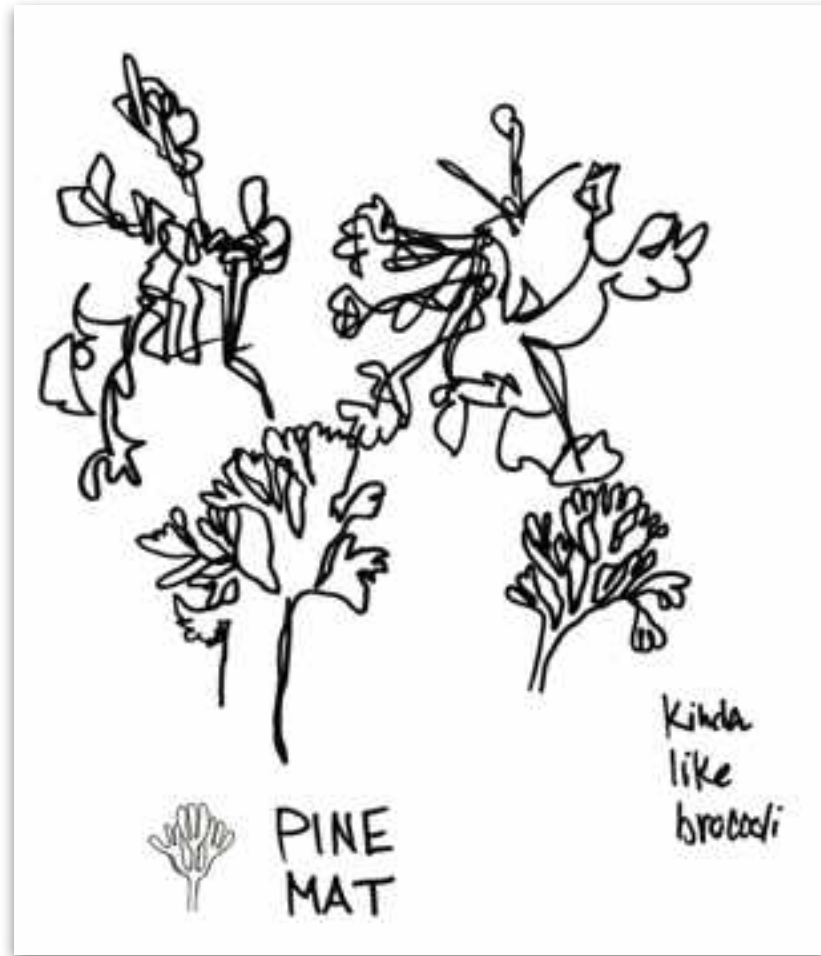
3 lines a charm

- a deeper story of the unique object
- listen lovingly with a pen
- discover and notice more fully
- explore & note



**1 min
x 3**

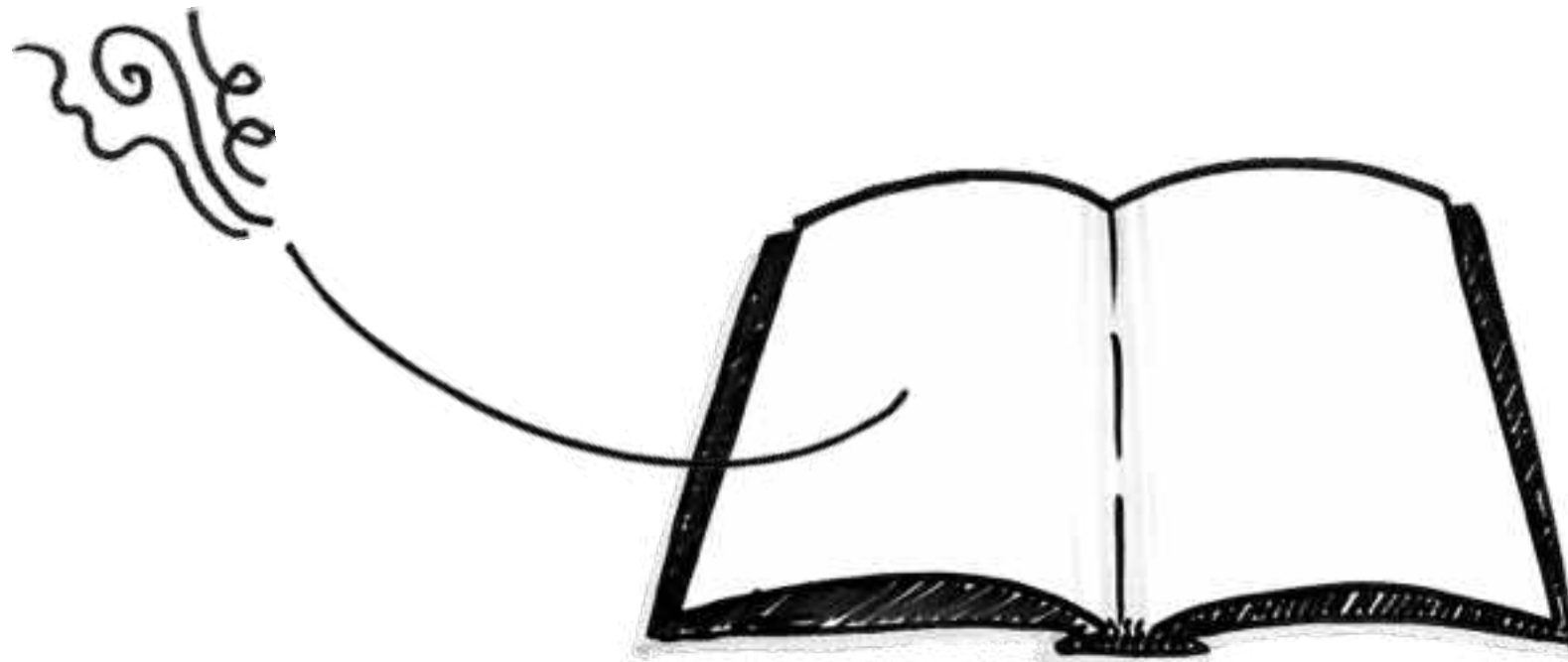
3 lines a charm



3 lines a charm

Pick an object to sketch.

1. Put your pen to paper and let your eyes draw the line...your hand just follows your eyes.
Don't look at the paper.
2. When 1 minute is done, make a few notes on what you noticed: questions, observations.
3. Do again. Then a 3rd time
4. Mark the start points and end points of the lines.



1 min
x 3

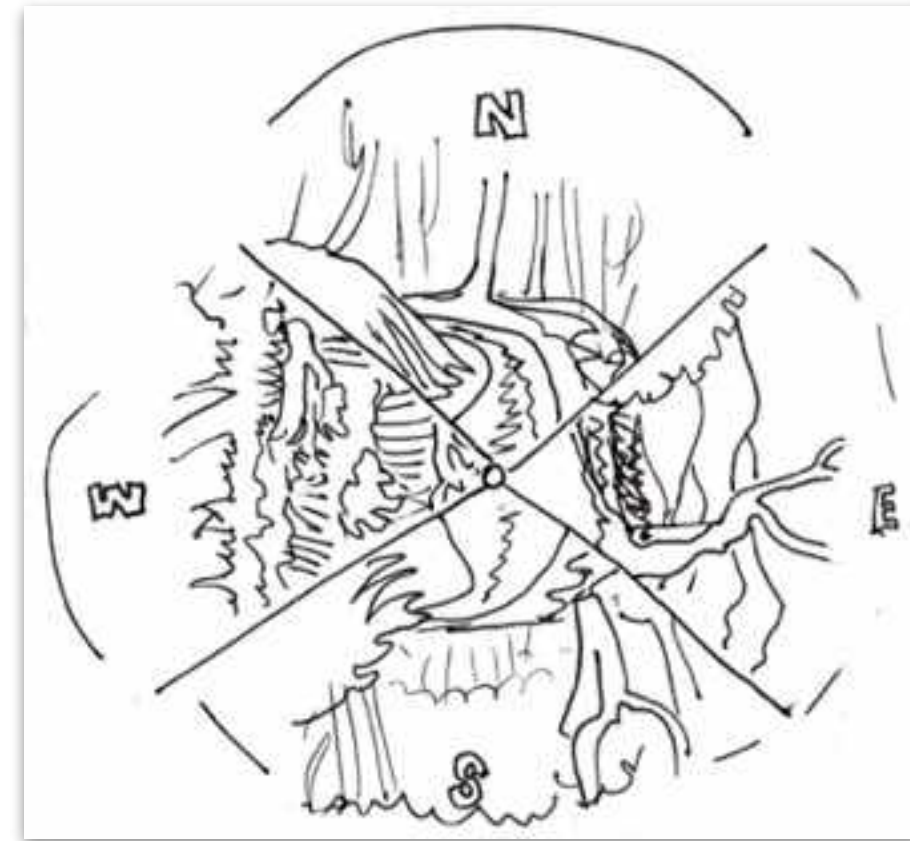
4 directions

- place yourself in the landscape
- expand your vision
- hone your spacial awareness
- amazing for memory and recall



**2 min
x 4**

4 directions



4 directions

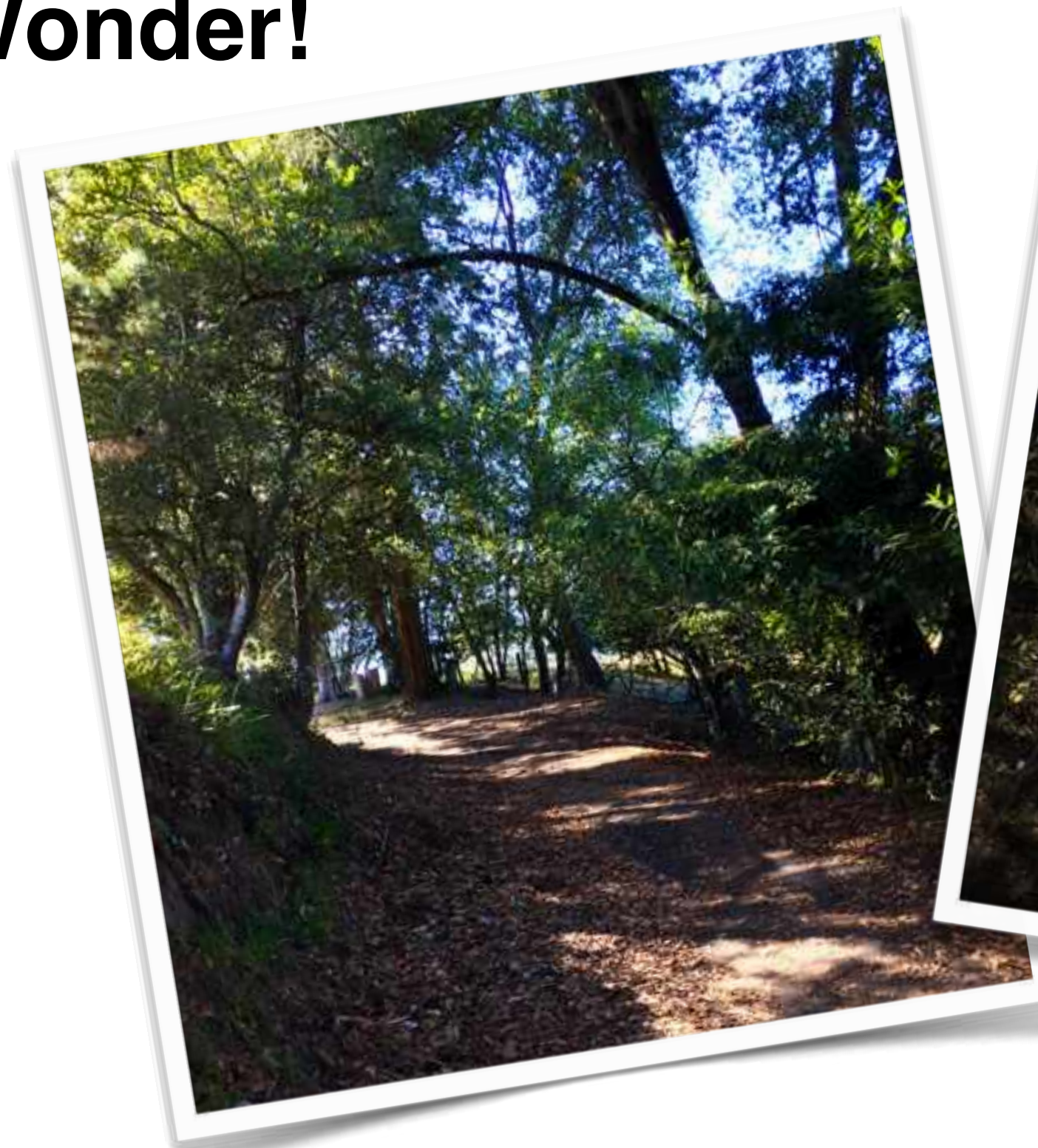
Go out in
the field

1. Draw a large X on your paper. In the center, make a small circle. (That's you.)
2. Face *North*. In the top area, make a 2-minute sketch of what you see.
3. Turn 90° to face *East*. Sketch for 2 minutes.
4. Continue to *South* and *West*.

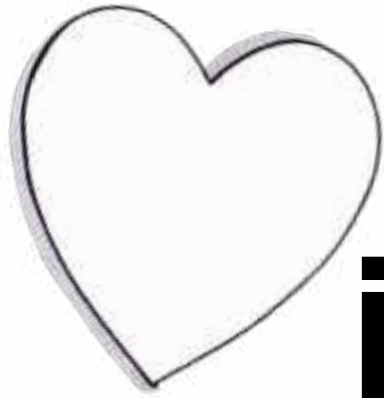


2 min
x 4

**Give it a try after
Wild Wonder!**

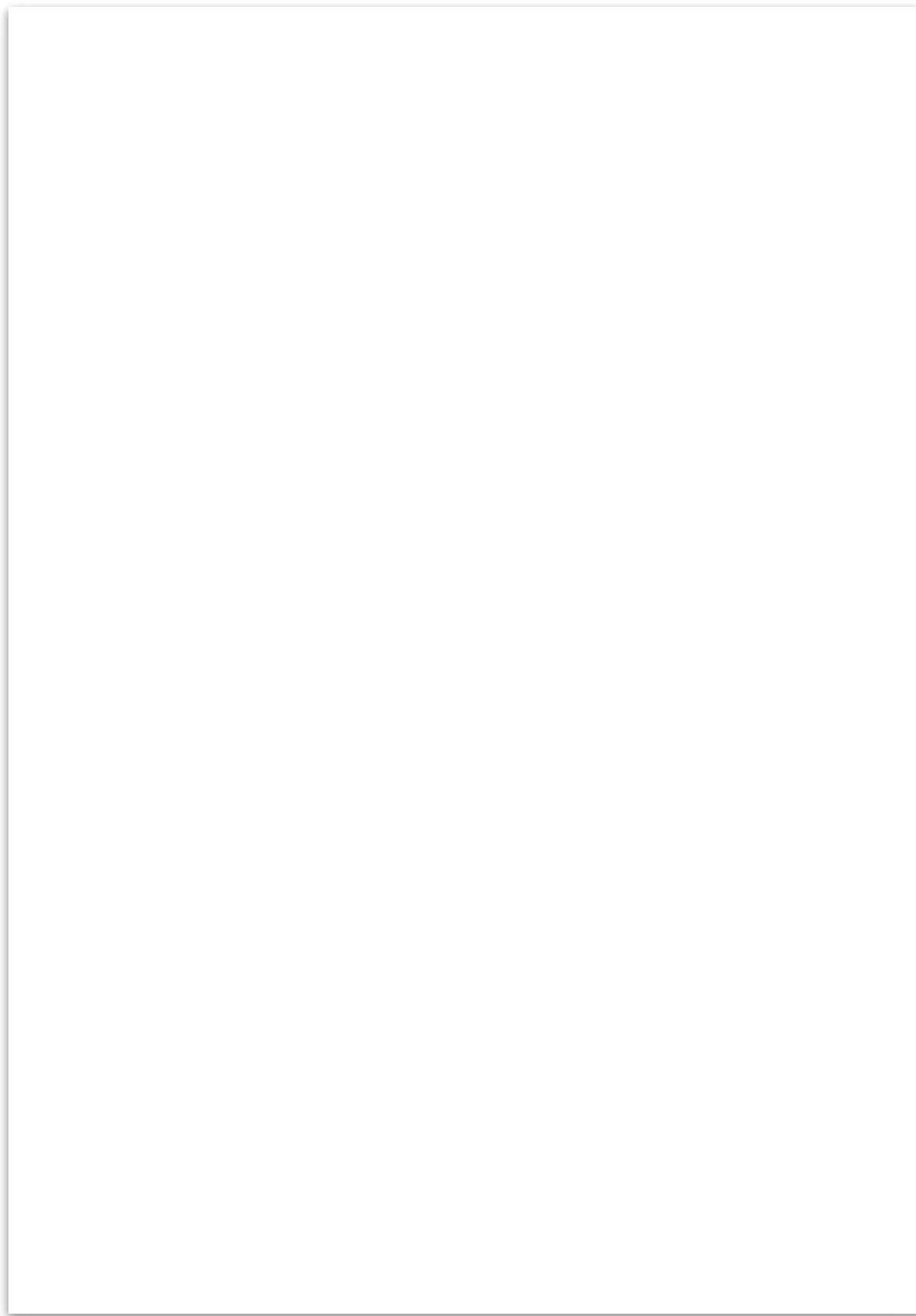


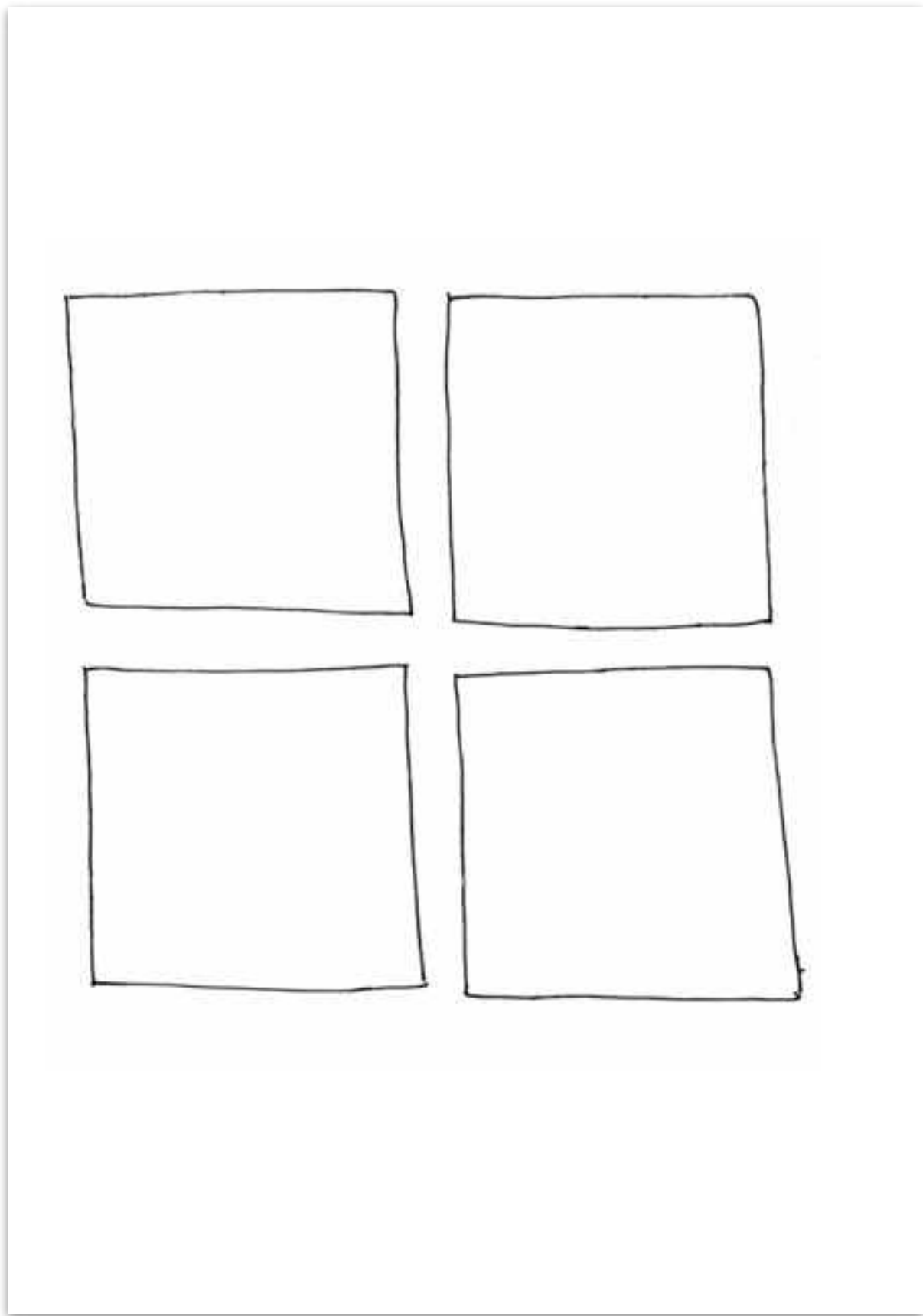
4+



nurture journaling







o View up the trail



o View across the canyon



o Trail floor



o Looking up -
Trail ceiling

Huckleberry REGIONAL PRESERVE

Sep 24 2020 @katerutter

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Pandemic -122.1951100

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Cool breeze

o view across the canyon



sunlight
↓
↓
↓

→ breeze



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- eucalyptus
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sunlight

breeze



• Trail Floor

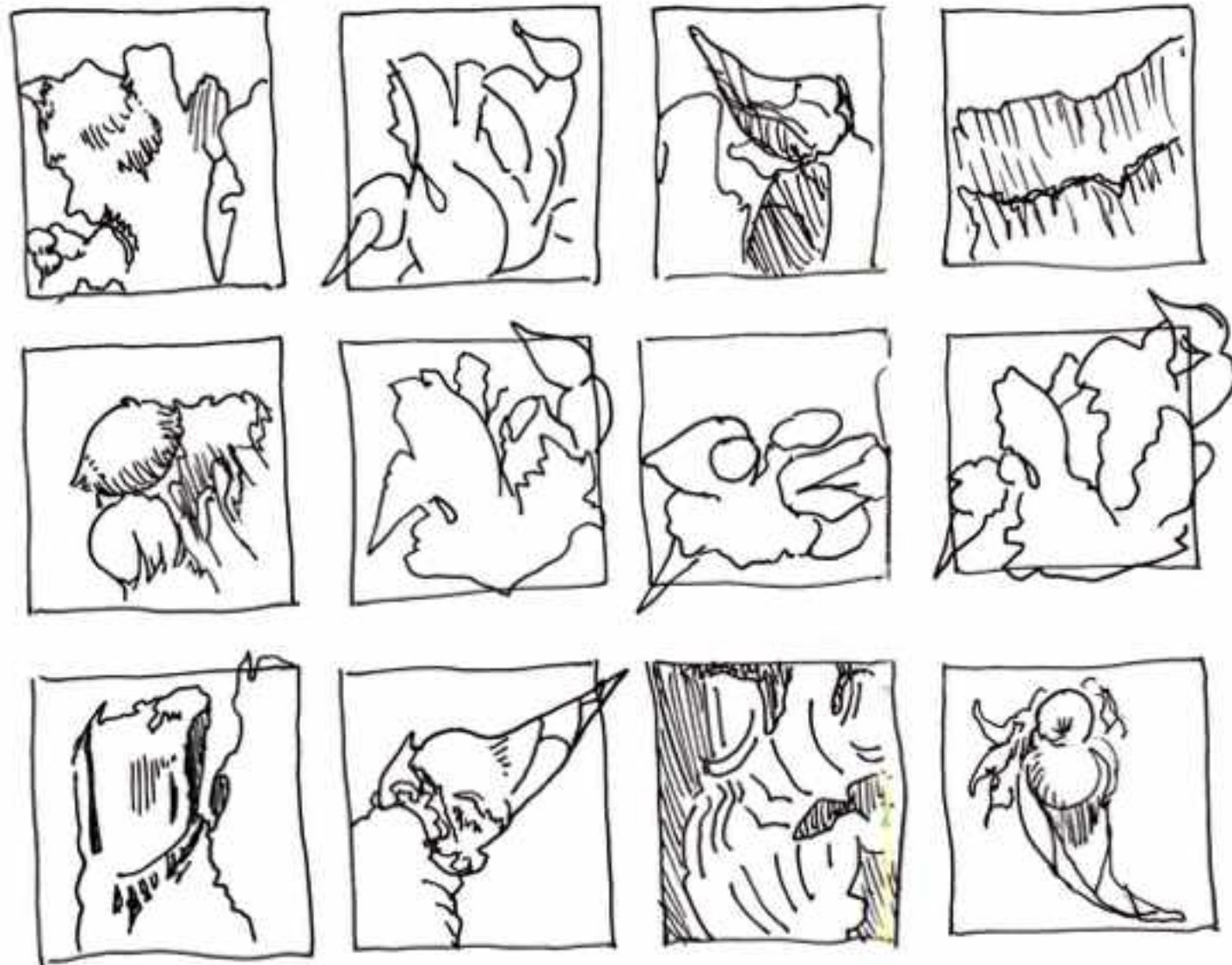
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COMPLEXITY



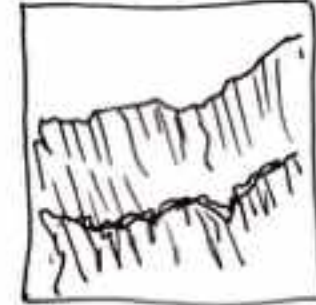
STRUCTURE



POINTY!



HUSK TEXTURE



LIKE AN ONION



CONTOUR



TOP DOWN



BLOBBY



CONTRAST



FOLDING OVER



WHORLS



THAT BUD!



COMPLEXITY



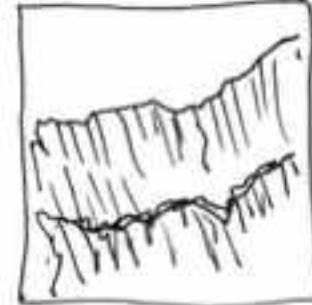
STRUCTURE



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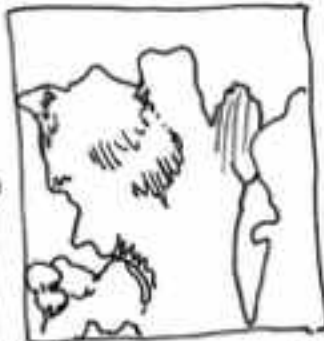
THAT BUD!



Spending time with spice

ZINGIBER OFFICINALE

COMPLEXITY



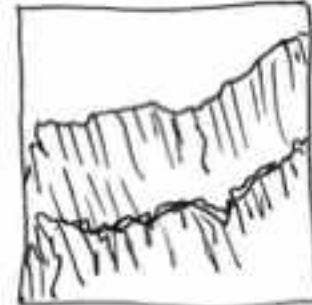
STRUCTURE



POINTY!



HUSK TEXTURE



rhizome

herbaceous
perennial

LIKE AN ONION



CONTOUR



TOP DOWN



BLOBBY



CONTRAST



FOLDING OVER



WHORLS



THAT BUD!



feeling
my
Ginger

12 sketches...each one minute...of a ginger root stubbornly not rooting!
Views like Faces on Zoom...like the Natural (Nature) Journalists gathered here in an inflorescence of community...

late old English - gingifer, old French
gingimbre, Latin ginger, Greek zingiberis.
Pali singivera, of Dravidian origin

Spending time with spice

ZINGIBER OFFICINALE

COMPLEXITY



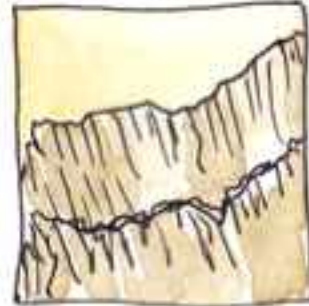
STRUCTURE



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HUSK TEXTURE



rhizome

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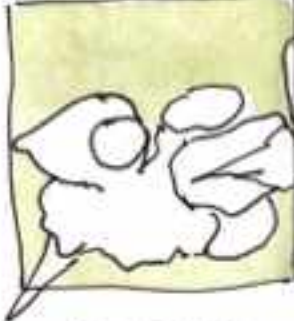
LIKE AN ONION



CONTOUR



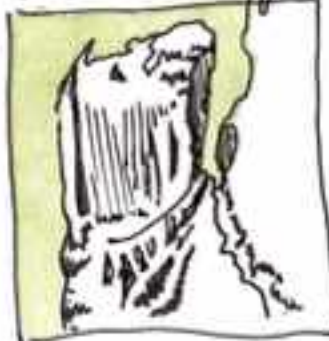
TOP DOWN



BLOBBY



CONTRAST



FOLDING OVER



WHORLS



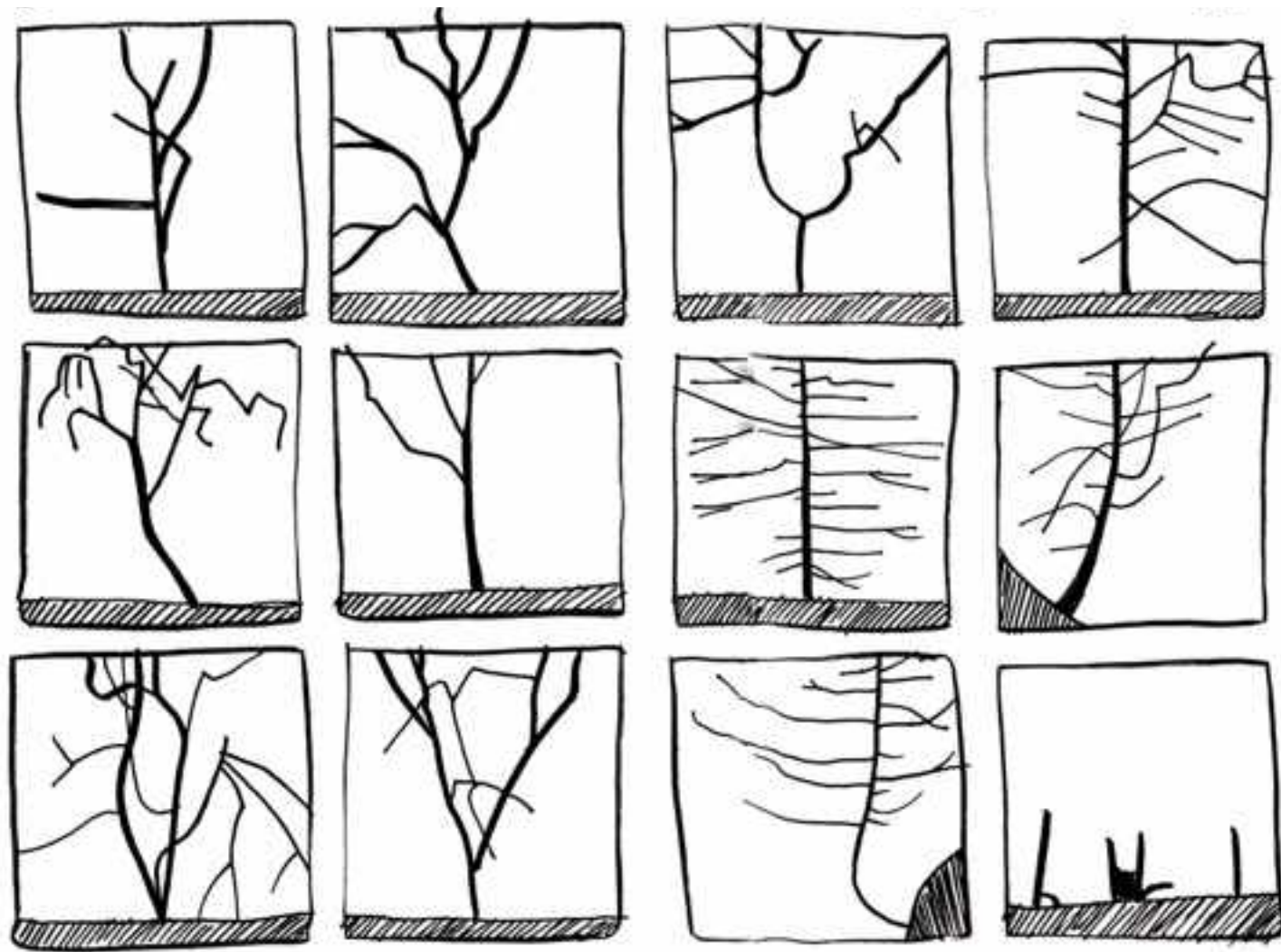
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feeling
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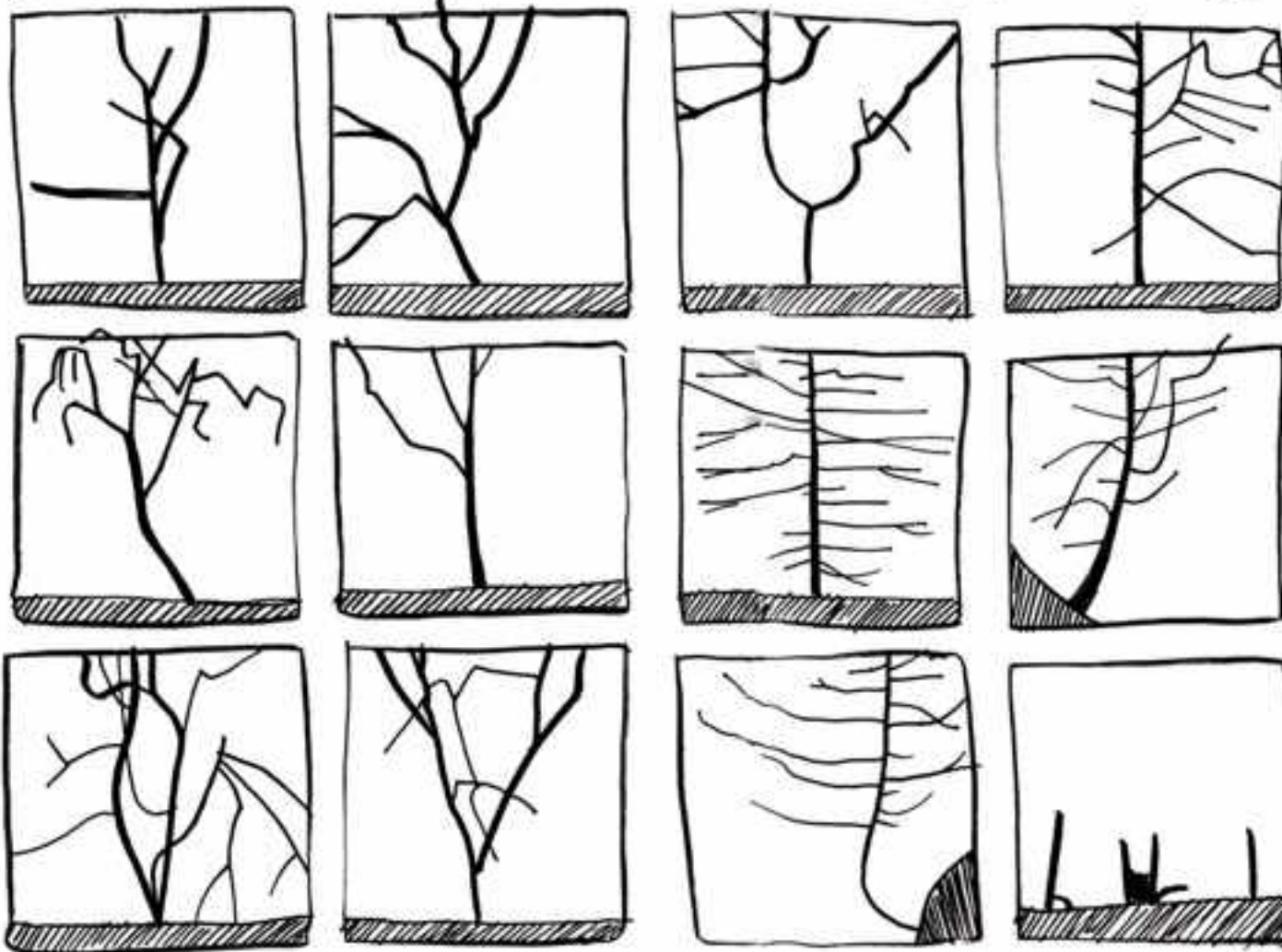
12 sketches... each one minute... of a ginger root stubbornly not rooting. Views like Faces on Zoom... like the Natural (Nature) Journalists gathered here in an inflorescence of community...

#WildWonderConference
@katerutter
late old English: gingifer, old French: gingembre, Latin: ginger, Greek: zingiberis, Pali: singivera, of Dravidian origin



BRANCH DATA

HUCKLEBERRY REGIONAL PRESERVE | Thursday, Sept 24 2020, Oakland, CA | @katerutter



Working on SIMPLE inspired these tree "stick figures" (HA!)

Paying attention to the branching structure was fascinating. So fun to spend 1:1 time with each single tree.

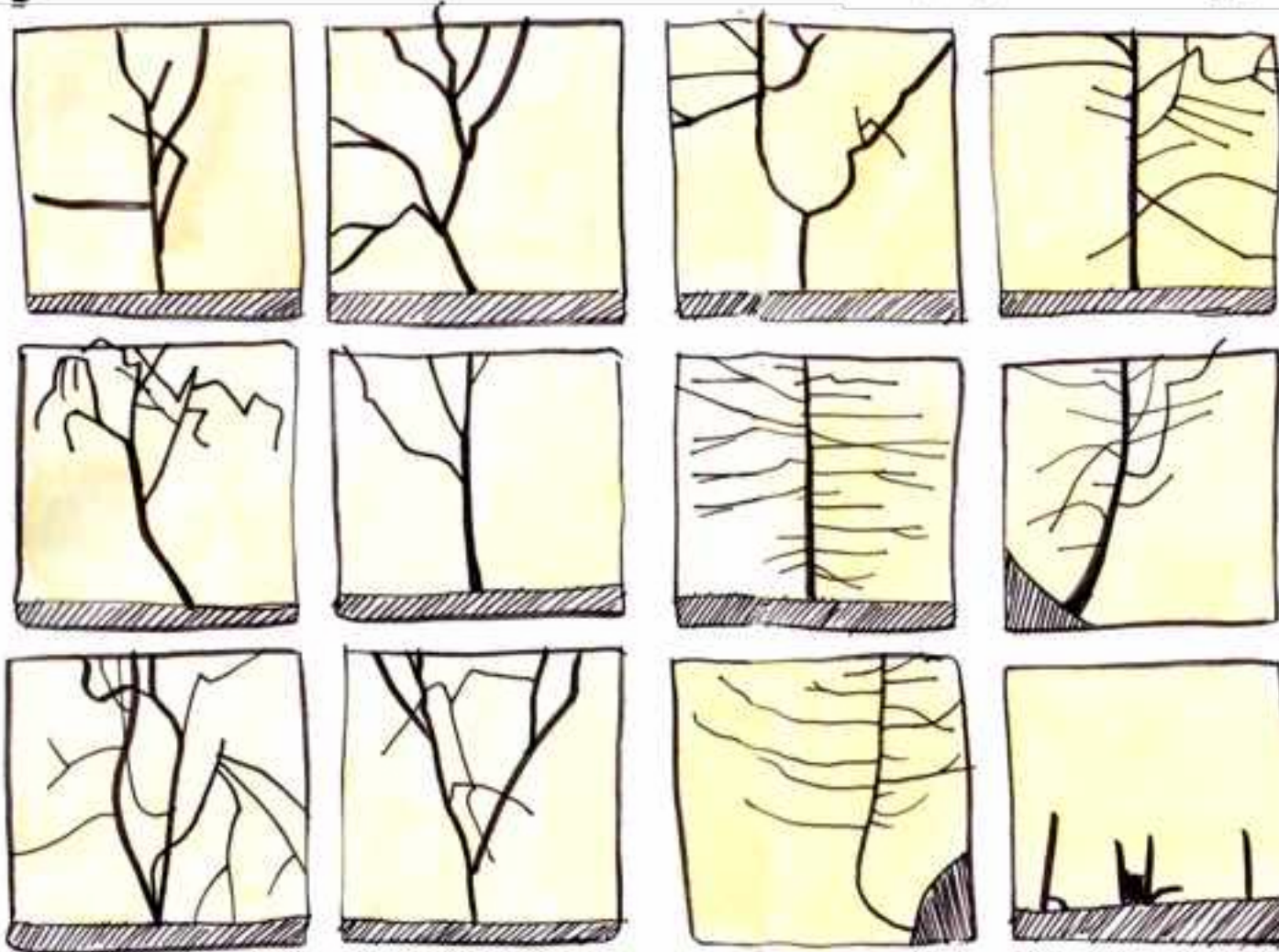
A branch takes a lot of time & resources to grow. It feels right to honor each one as a unique being.

4:30 PM - 4:45 PM
1-minute sketches

BRANCH DATA

HUCKLEBERRY
REGIONAL
PRESERVE

Thursday, Sept 24
2020, OAKLAND, CA
@katerutter



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Lithops

Succulent plants in the ice plant Family, Aizoaceae. Native to Southern Africa.
From Greek: λίθος (Lithos "stone") + ὄψ (ops "face")



PATTERN MAPS
each one unique!



Also called "pebble plants" or "living stones".

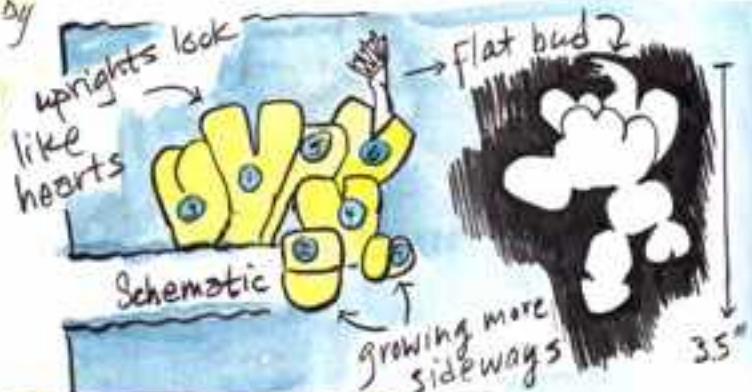
They avoid being eaten by blending in with surrounding rocks.



Lithops Viridis

"green rock plant" Native to the Northern Cape of South Africa.

Like an earthen bouquet of stone hearts!



Inside view

Smallest & most pronounced markings



Sources:
• Greenandvibrant.com
• Wikipedia
July 27, 2020 @katerutter

NATURE JOURNAL CLUB

JANUARY 3 2016

TOP DISCOVERY!

- In the Womb of the tree... a Spider Web!
- A RIOT of Red!
- Flattened rocks in the BEACHBLE
- perfect veining
- clean-glossy green
- white berries atop a scale
- pink & perched
- buck-eye branching

FUNGI!
Saw this thanks to Isaac!

Starting Point
Tilden Park Berkeley
Jewel Lake trail
10:34 am
48°
Light drizzle

WE STARTED BY CHECKING OUT SOME POOP.

DOGWOOD = RED

it might be a SCOUR

"The Cornus Test":
Pull it apart & see the connecting thread!

Familiar faces & New friends:
Jack! Laurie!
Buddy! Judy!
Anu! Teddy!
Joanie! Susan!
Jody! Ellen!

@katerutter

Lithops

Succulent plants in the ice plant Family, Aizoaceae. Native to Southern Africa.
From Greek: λίθος (Lithos "Stone") + ὄψ (ops "face")

new flower Bud appeared 2 days ago... Getting more open!

18 hrs later

Lithops Viridis
"green rock plant" Native to the Northern Cape of South Africa

Like an earthen bouquet of stone hearts!

PATTERN MAPS
each one unique!

- 1
- 2
- 3
- 4
- 5
- 6
- 7

Also called "pebble plants" or "living stones".

They avoid being eaten by blending in with surrounding rocks

uprights look like hearts

Flat bud 2

Schematic

growing more sideways

3.5"

epidermal window is translucent

decussate budding leaves

photo synthesize tissue

Smallest + most pronounced markings

flower bud

Sources:
• Greenandvibrant.com
• Wikipedia
July 27, 2020 @katerutter

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JANUARY 3 2016

Familiar faces & New Friends:
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@katerutter

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Flattened rocks in the BEACHABLE

perfect (rain) clean-glossy green

white berries atop a scale

pink & perched

buck-eye branching

FUNGI!

Saw this thanks to Isaac!

THEY ALONG THE BOARDWALK

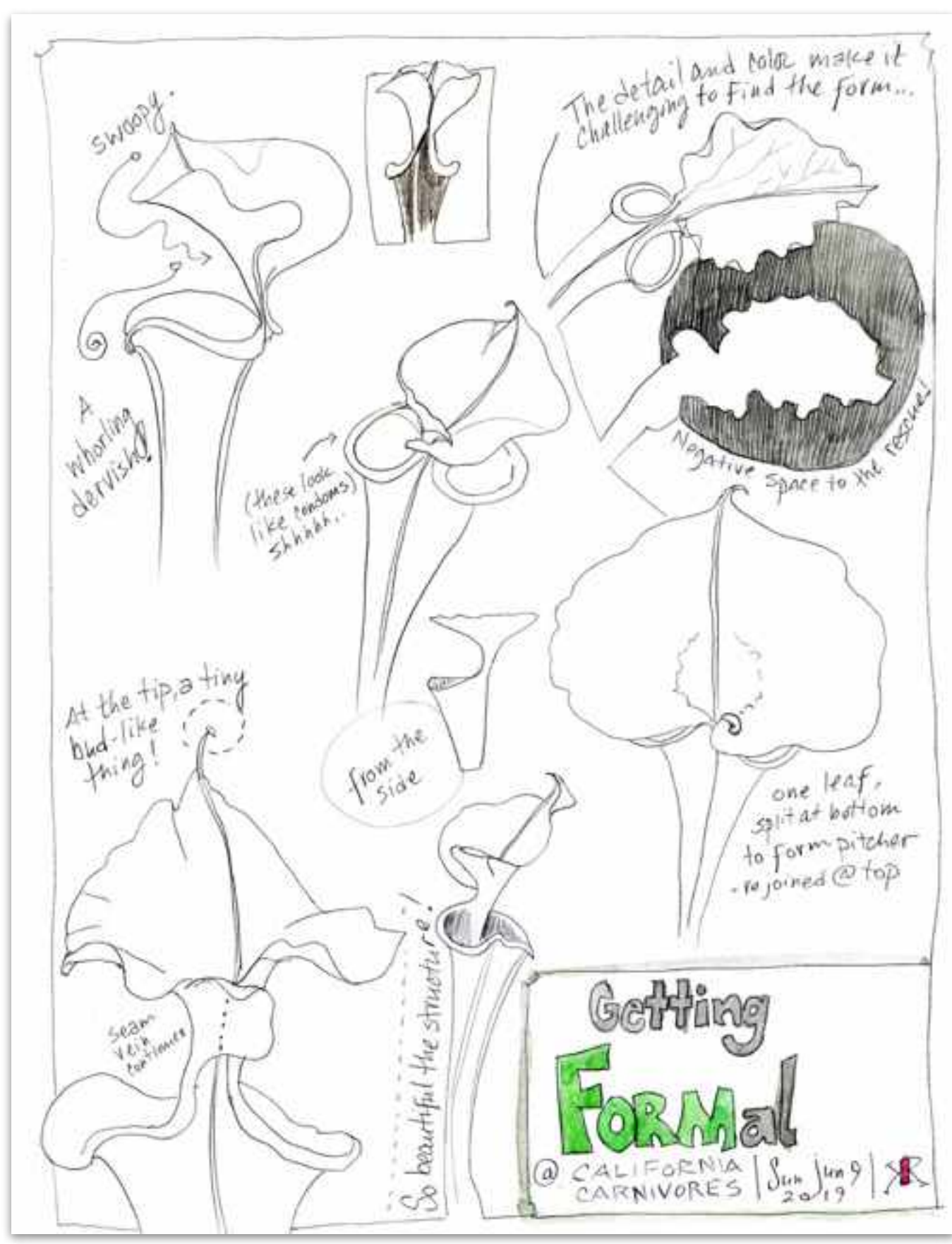
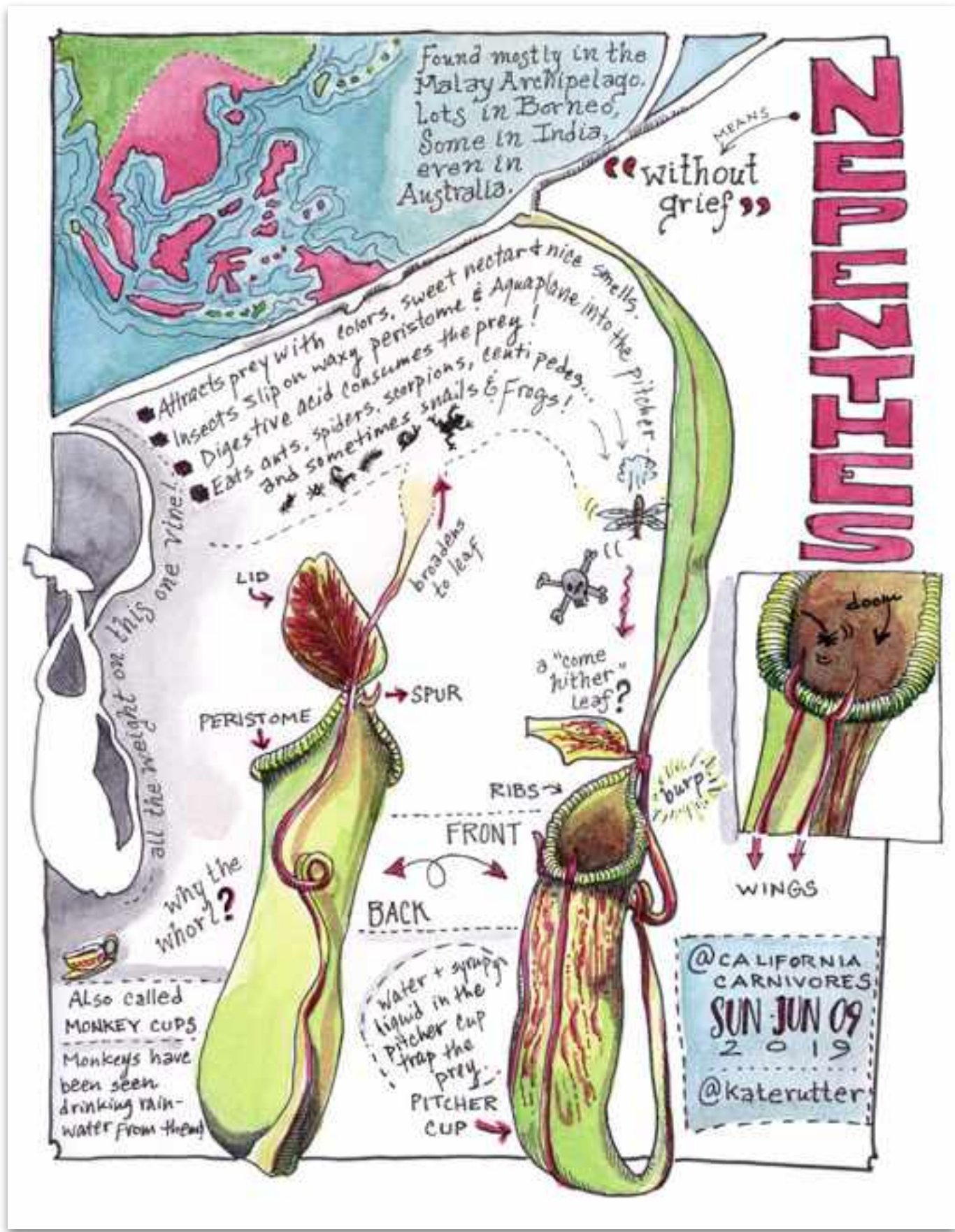
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Tilden Park Berkeley
Jewel Lake trail
10:34 am
48°
Light drizzle

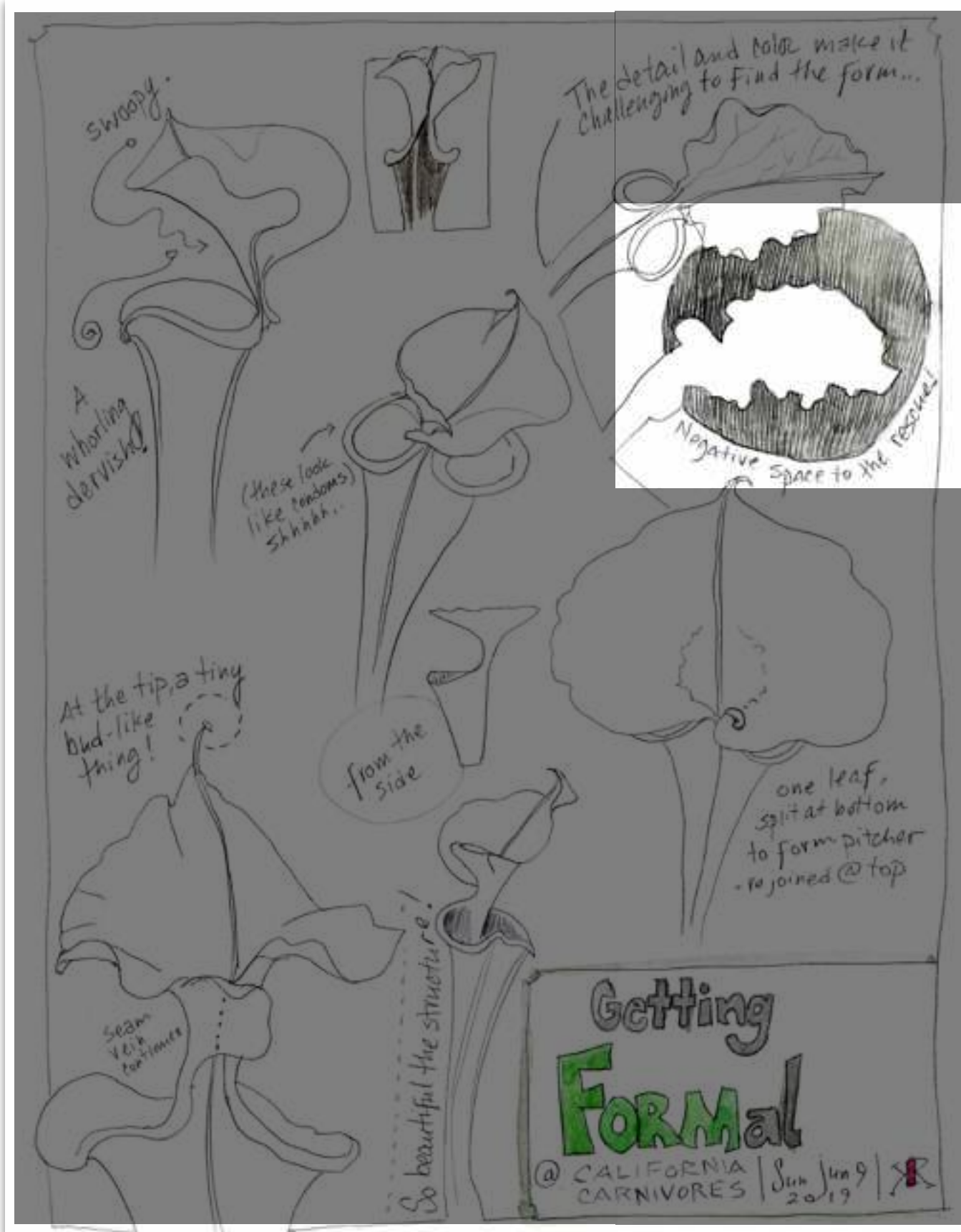
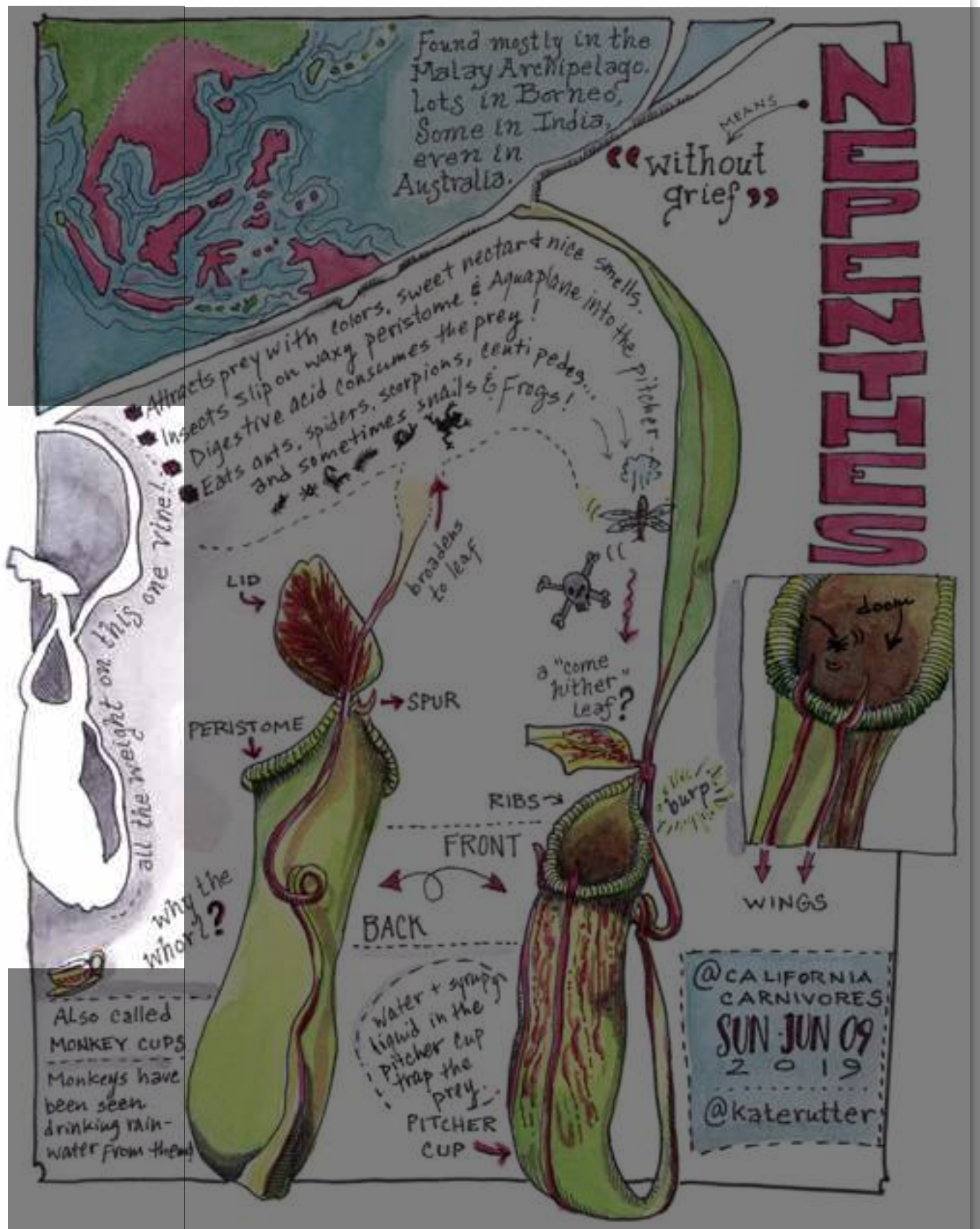
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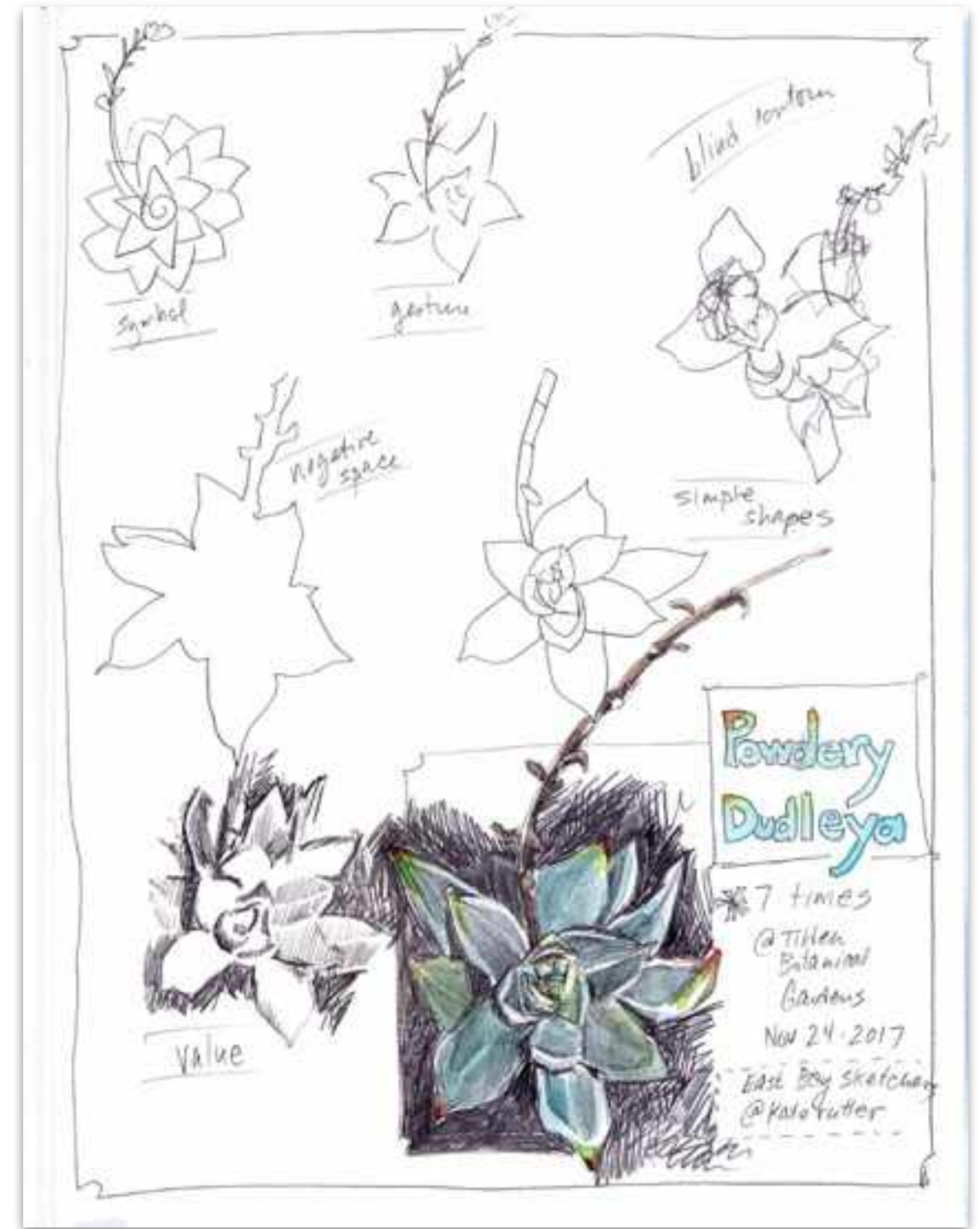
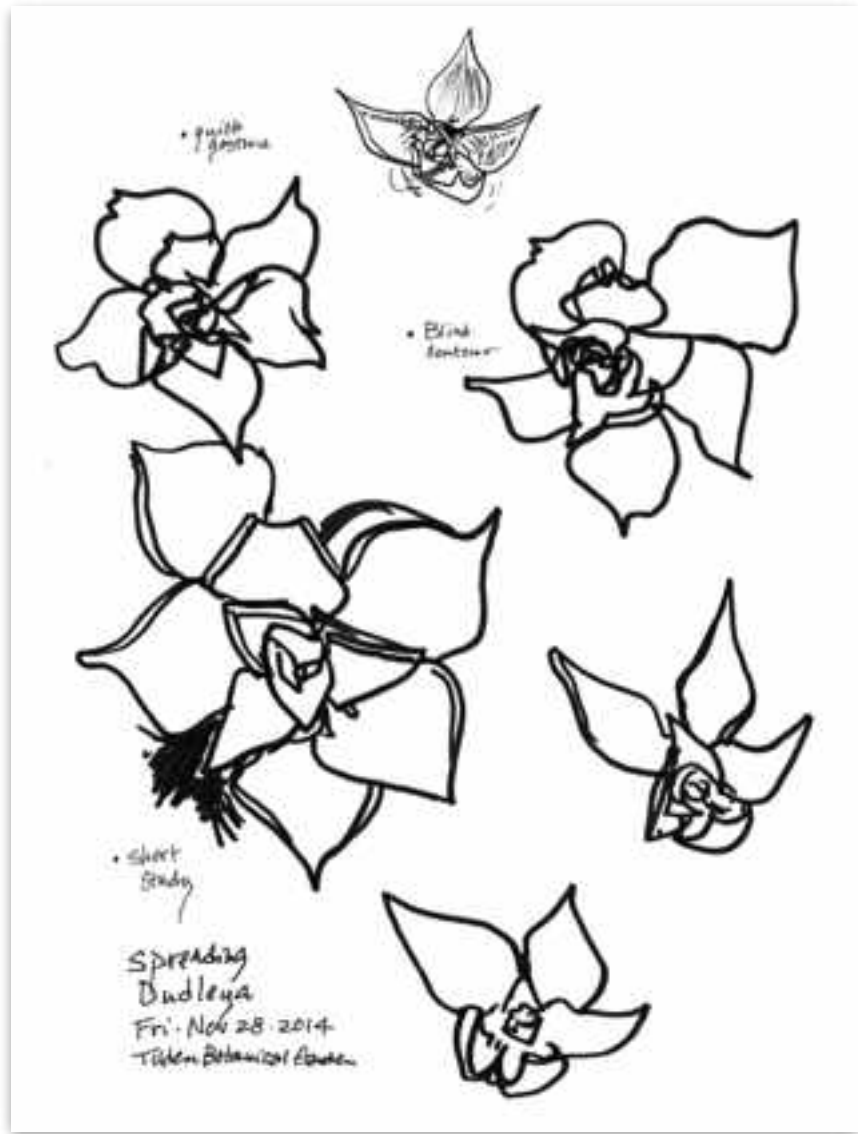
it might be a **SCOUR**

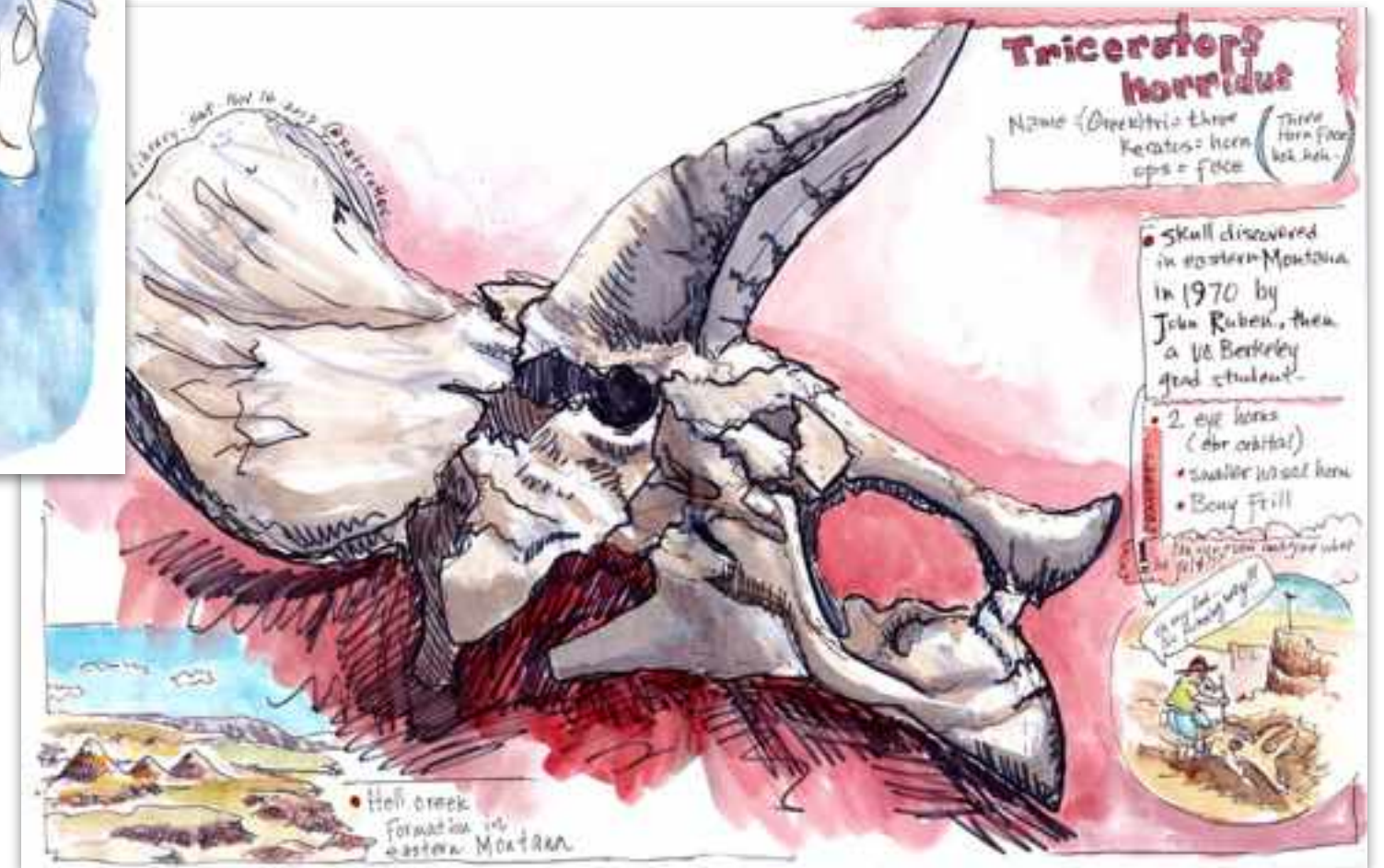
"The Cornus Test": Pull it apart + see the connecting thread!

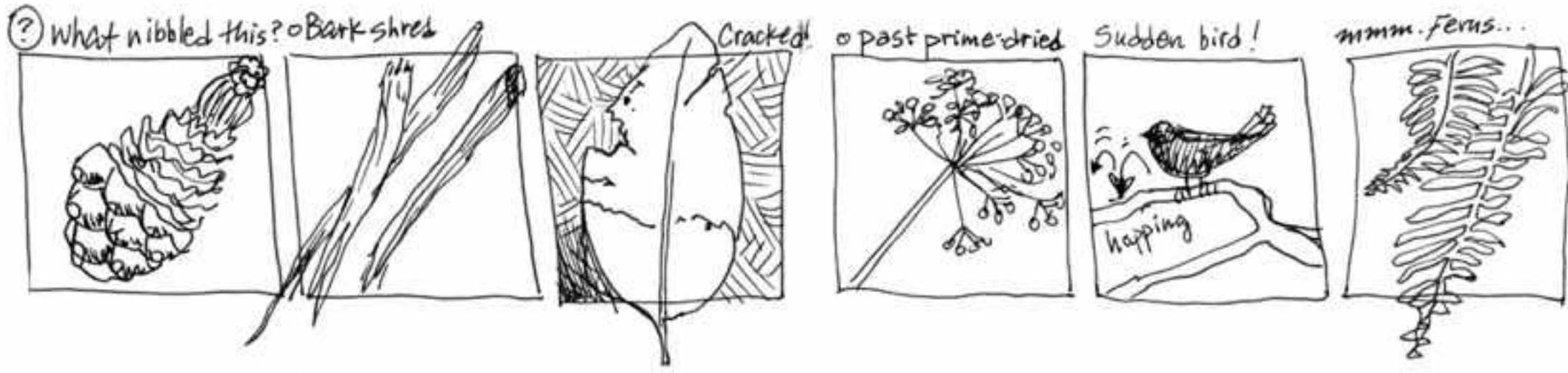
DOGWOOD = RED

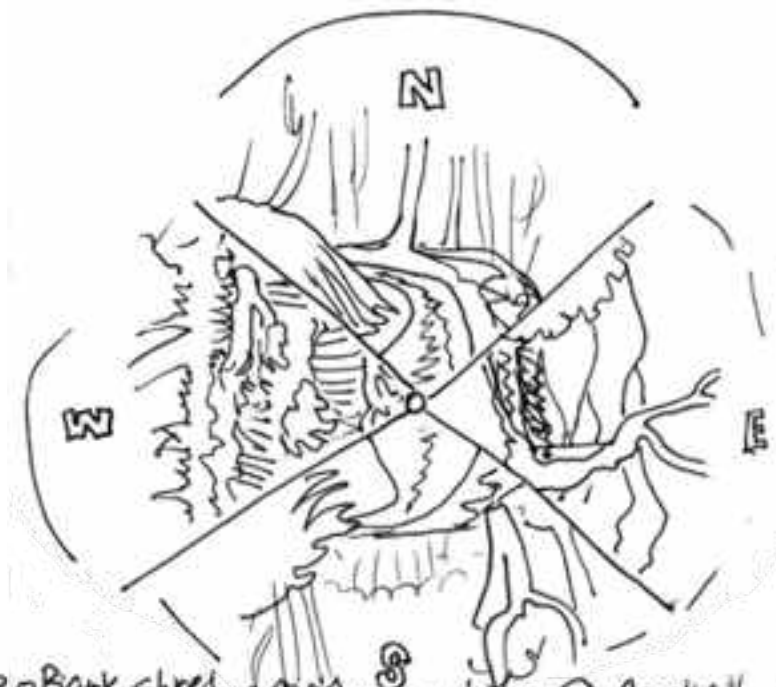










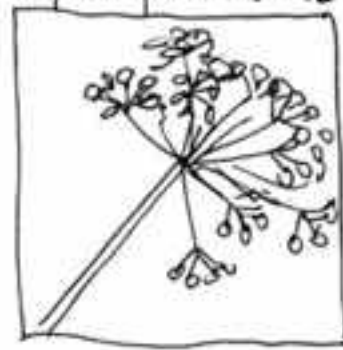


① What nibbled this? o Bark shreds



Cracked!

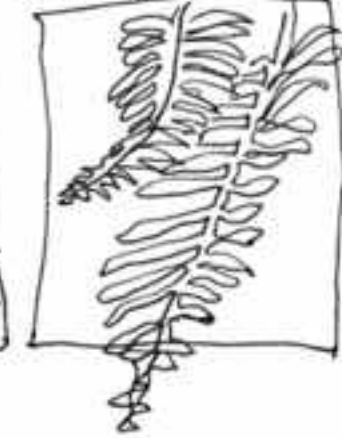
o past prime dried



Sudden bird!



mmm. Ferns...



Huckleberry Regional Preserve

Sep 24 2020 } 4:11pm
 79°
 50% humidity
 W 13 mph



Took the upper trail and found a lovely spot really quickly... trees + birds. ♡

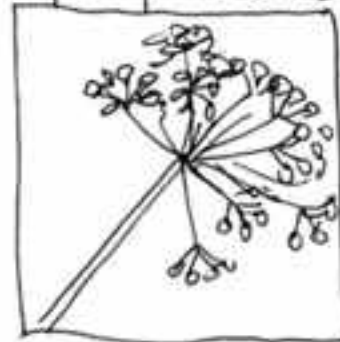


① What nibbled this? o Bark shreds



Cracked!

o past prime dried



Sudden bird!



mmm. Ferns...



② SKAAA!!! SKHAAAA SKHAAAA!!! SKHAAAA!!! SKHAAAA!!!



Vegetation more sparse as you get higher

Trees get bigger + more varied

Creek is down here somewhere

Huckleberry Regional Preserve

Sep 24 2020 } 4:11pm
79°
50% humidity
W 13 mph



• Took the upper trail and found a lovely spot really quickly... trees + birds. ❤️

? What nibbled this? • Bark shreds • Cracked!



? SKAAA!!! SKHAAAAA SKHAAAAA!!! SKHAAAAA!!! SKHAAAAA!!!

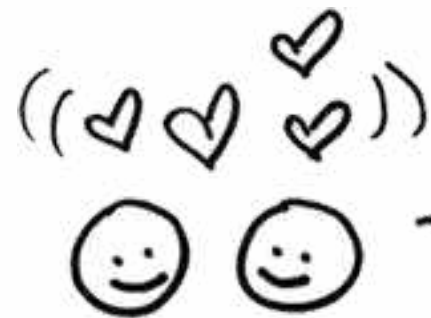


• past prime dried • Sudden bird! • mmm. ferns...

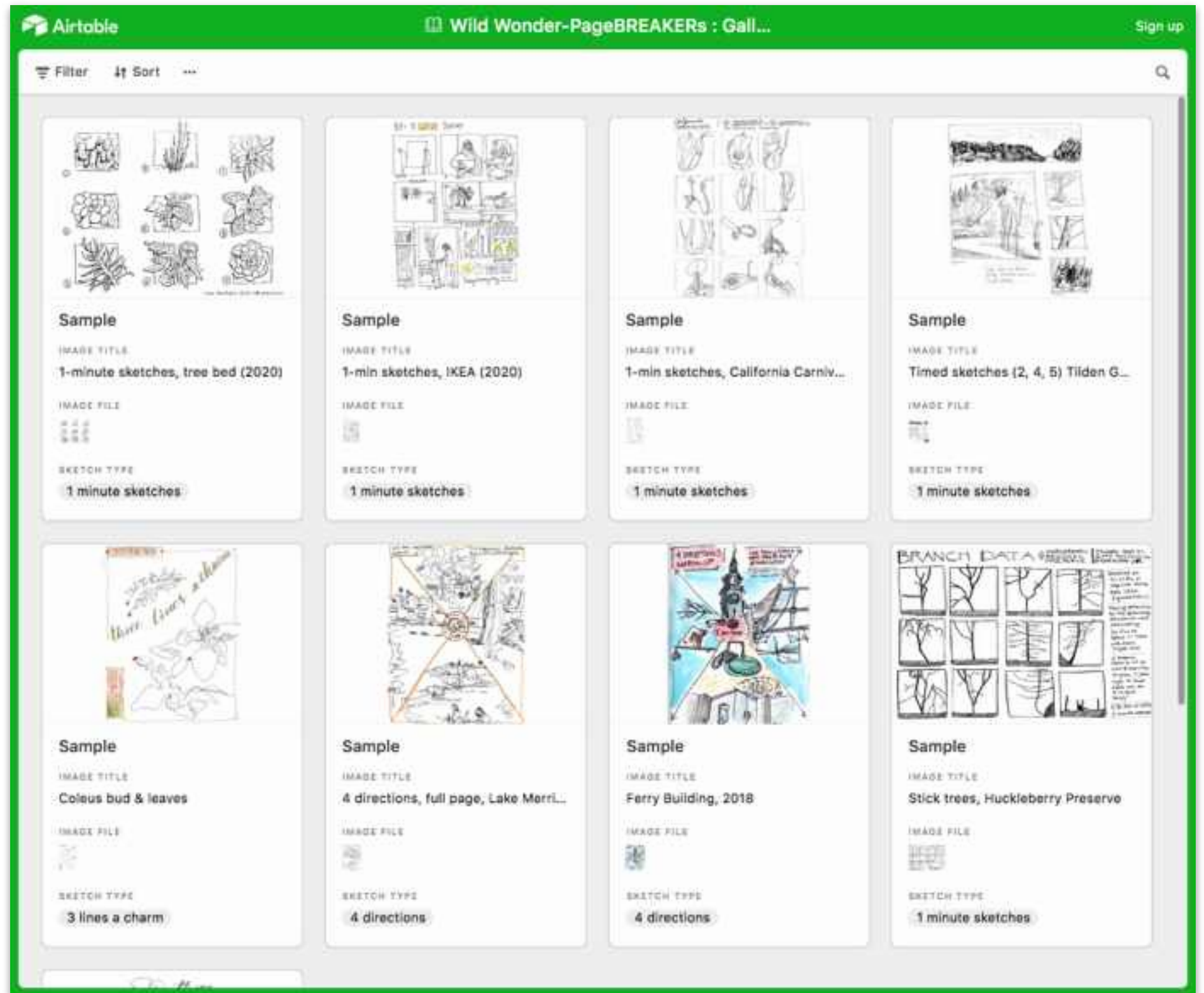
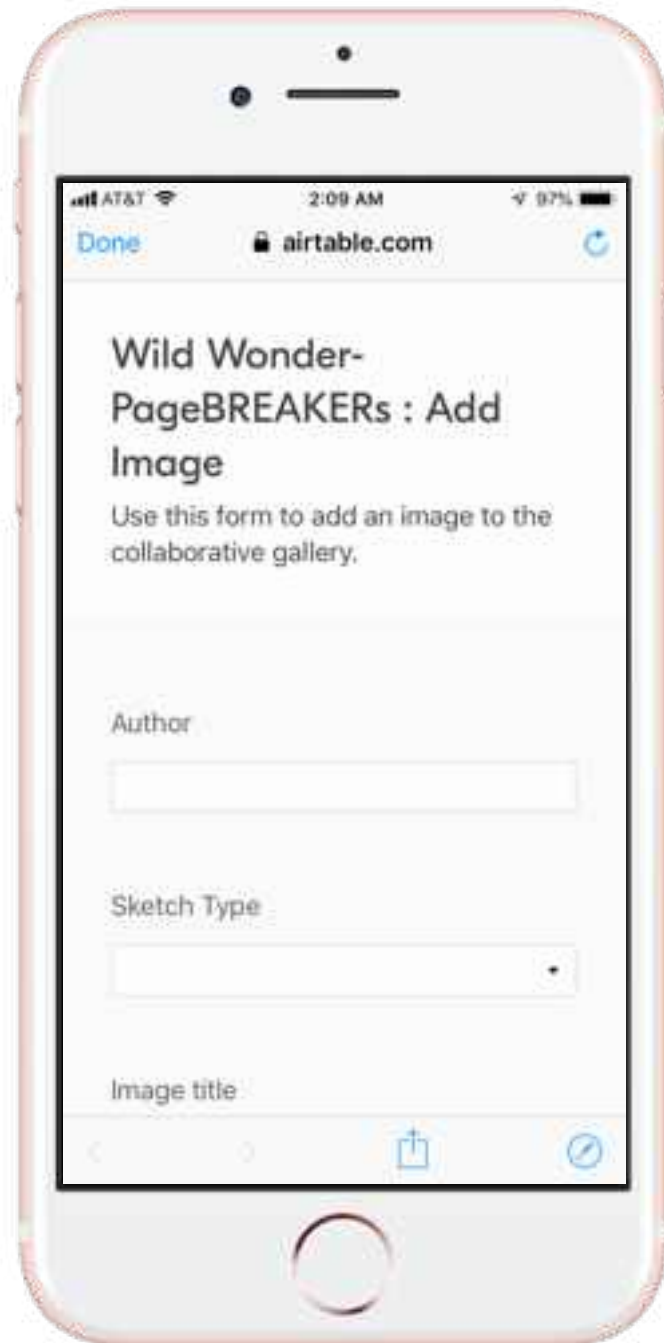


SKHAAAAA!!! SKHAAAAA!!! SKHAAAAA!!! SKHAAAAA!!!


Sharing your work



Share your work!



Check out the PageBREAKERS Site for more:
<https://ww-pagebreakers.weebly.com/>



PageBREAKERS

Simple ways to kickstart a nature journal page

Never fear a blank page again with PageBREAKERS: 4 simple ways to quickly start a journal page. Use these rapid sketching tricks to warm up your eyes, get your pen moving, and open your curiosity floodgates. You'll leave this session with a fun toolkit of simple tricks to break the empty page.

~ as presented at [Wild Wonder 2020 Online Conference](#)

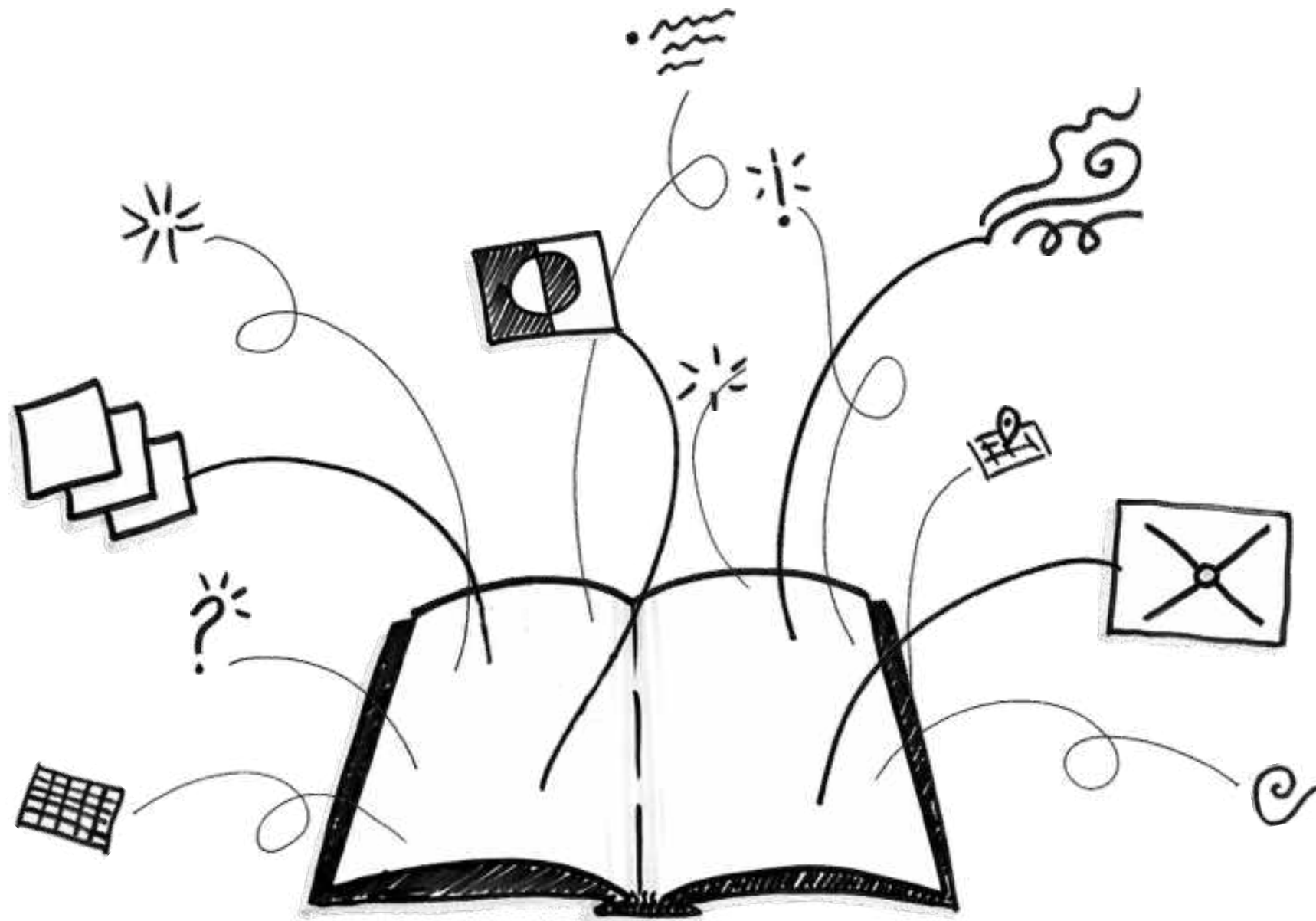
[GO TO SESSION ON SCHED](#)

Session Materials

Bring:

- Pen or pencil
- Sketchbook or blank paper
- Printed templates (optional)

Happy PageBREAKing!



Kate Rutter
<http://intelleto.com>
🐦 @katerutter
📷 @katerutter

Pens I use

- Fine pen: Uni-ball Vision Micro (black)
- Medium pen: Pilot Futayaku Double-Sided Brush Pen - Black / Gray Ink
- Medium pen: Tombow 82038-Fudenosuke Brush Pen
- Medium pen: ZEBRA MILDLINER Highlighter pen markers, Mild Gray



Sketchbooks I use

- Small sketchbook:
Leuchtturm Hardcover
Medium A5 Sketchbook
[Black]
- Large sketchbook:
Art Alternatives 8.5x11
hardbound, 110 sheets, 75lb

