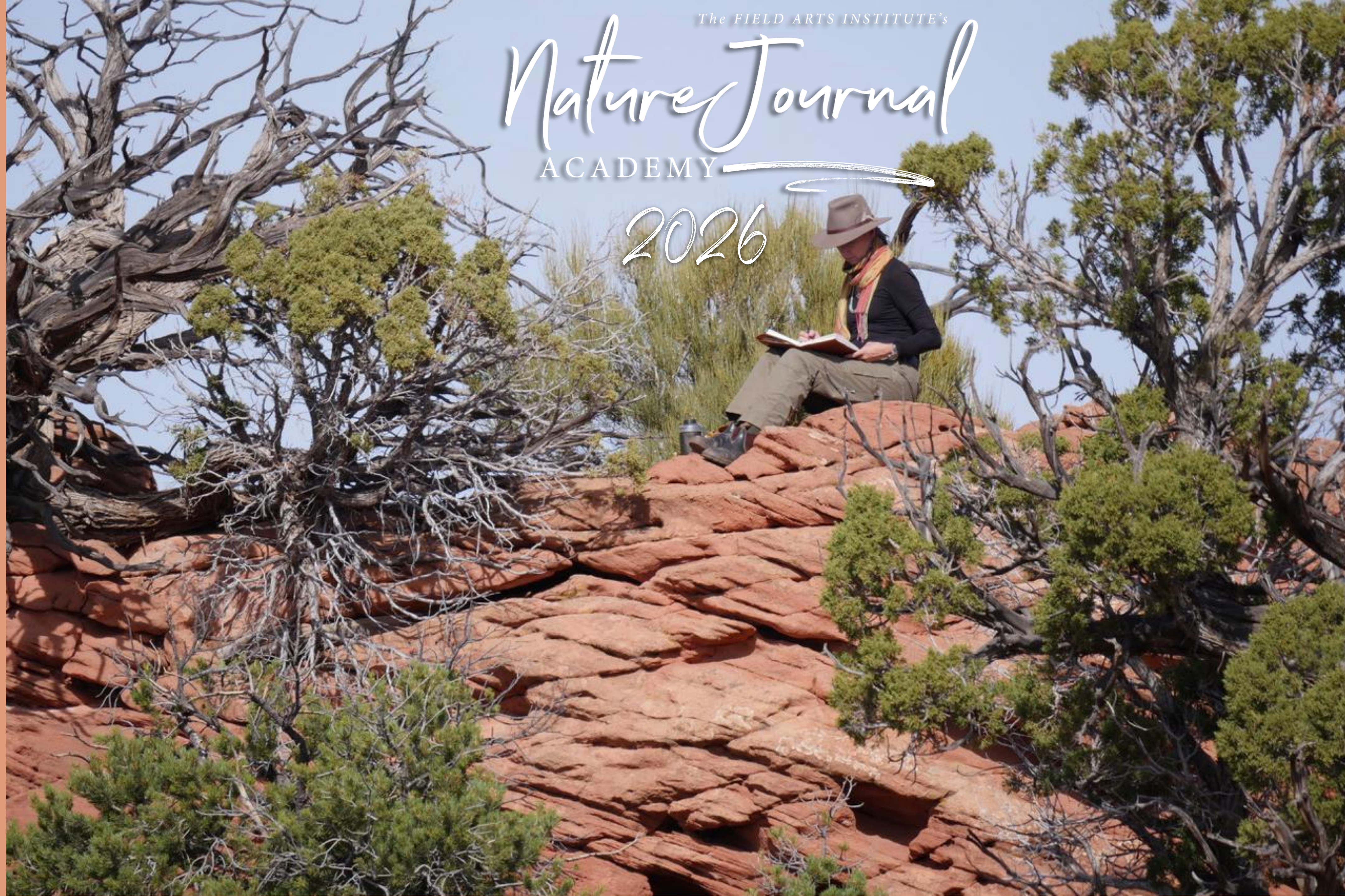
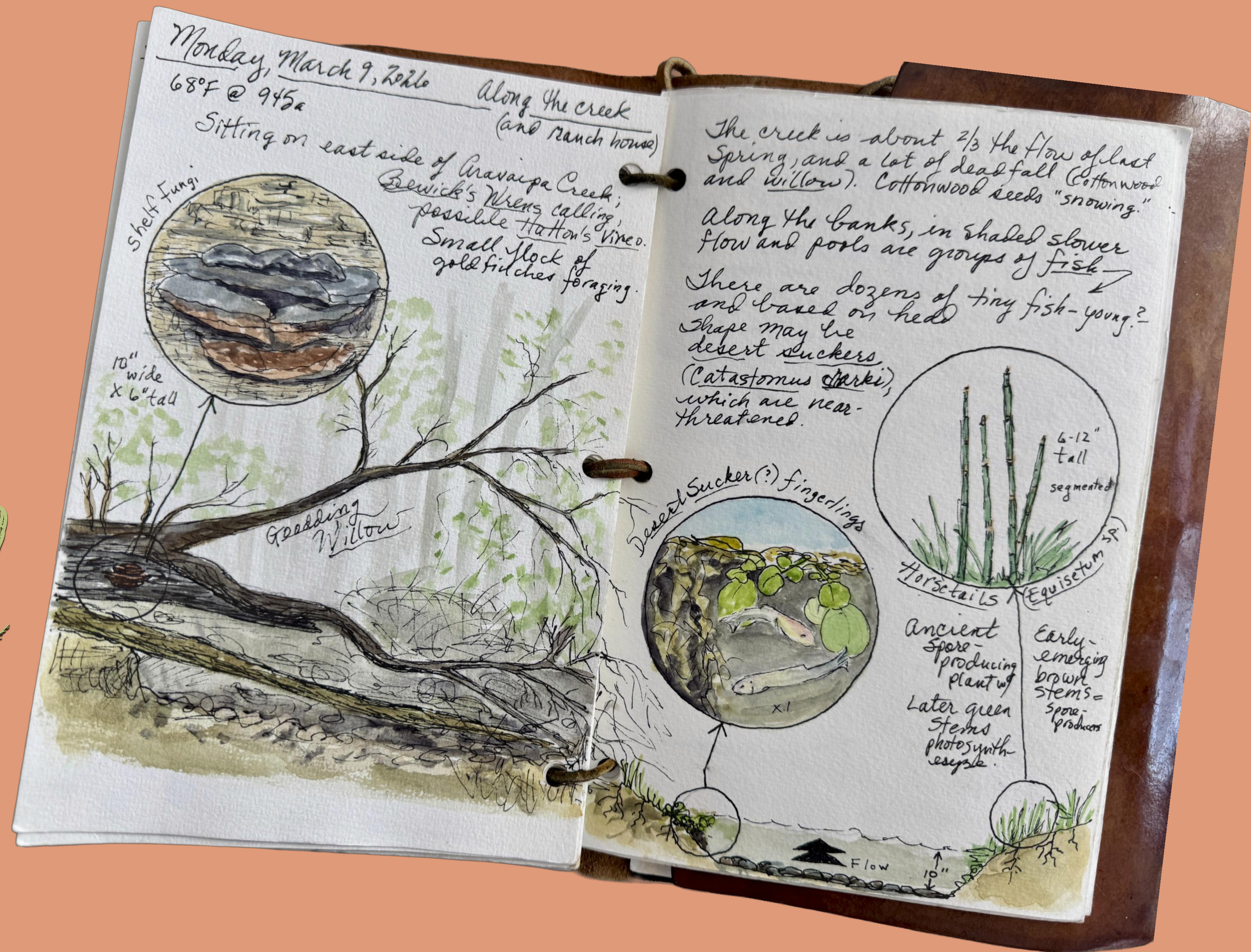


The FIELD ARTS INSTITUTE's
Nature Journal
ACADEMY
2026



Layout Strategies for Beautiful Pages



Let's explore page layout and design:

How to use an organic approach to
make attractive pages

While also acknowledging layout
principles

PRINCIPLES OF DESIGN:

1. Eye-flow

2. Key Elements

3. Proportions (simple and complex)

1. Think about Eye-flow:



*It's
science!*

Z-pattern Hierarchy

<http://www.cnn.com>



F-pattern Hierarchy

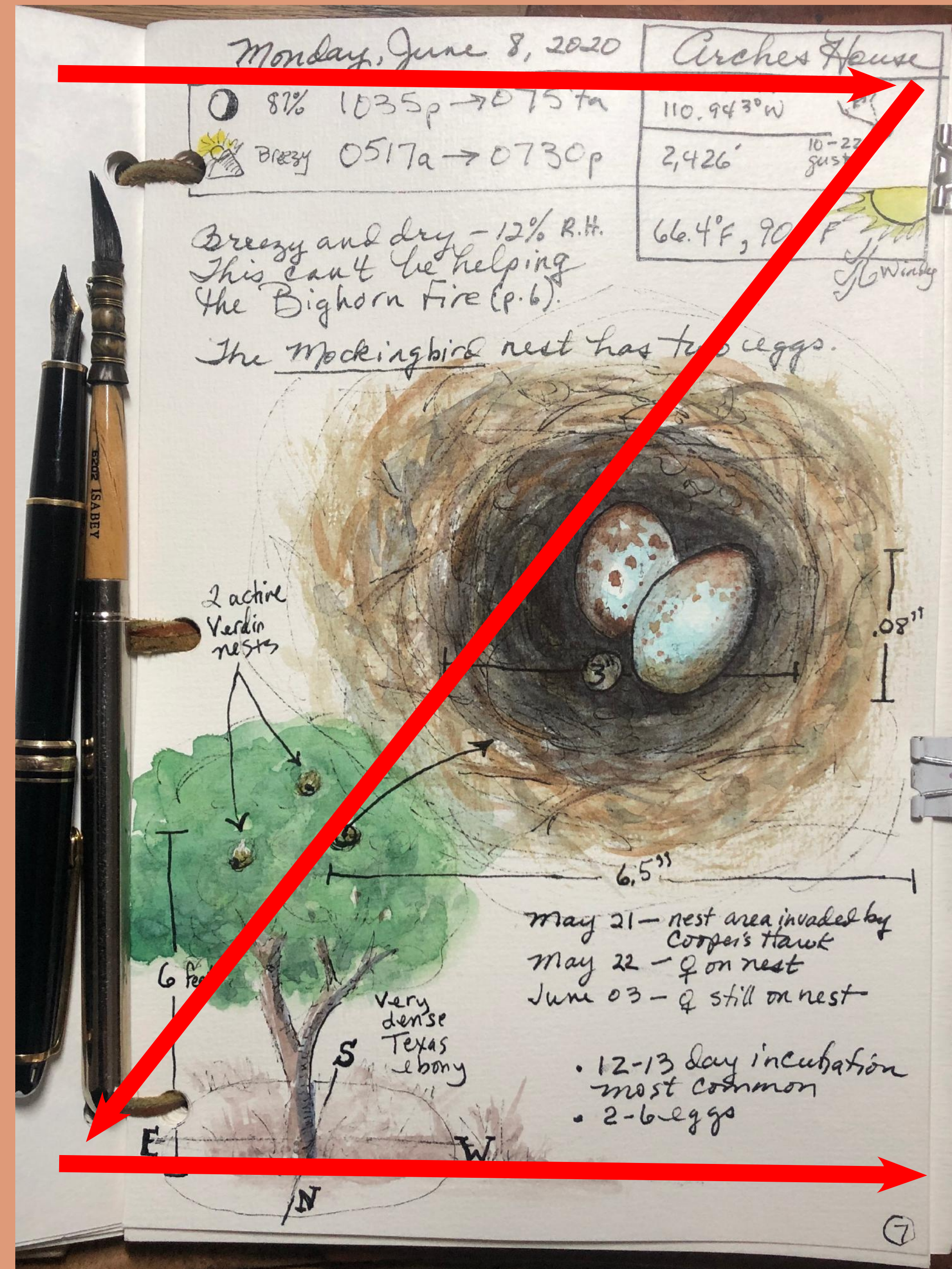
<http://www.nngroup.com>

1. Think about Eye-flow:



Z-Pattern
Eye-flow

1. Think about Eye-flow:



Z-Pattern
Eye-flow

1. Think about Eye-flow:

Z-Pattern
Eye-flow

5th July, Sunday 22, also

● New Moon	0644a → 0534p	32.338°N 110.978°W
☔ Rain	0700a → 0616p	2,552' 2-8 mph
		55.8°F

0915a Spin since 3am -
'beautiful! We have had
.35" at home in midtown, .28" here
in the NW (Cañada del Oro gauge).
Can hear singing House Finches

♂ Verden eating fruits from the Hackberry

He is hopping branch to branch, goes
after on fruit, then wipes bill repeatedly
on stem, then moves to another
fruit. (?) Fruits seem hard -
what is he eating?

Western Soapberry
(*Sapindus saponaria*)

Western Hackberry
(*Celtis reticulata*)



x3

cracked open - very hard
seed, slightly moist

Are there insects
under the shell?

orange
gel
inside



x2

rain on seed

Edible and
climbing over
vines near
Tohono Chul.
Sign - earlier,
had been on
front of sign

What species?
prob. *Cornu
asperum*
Garden Snail



1115 Starting to
sprinkle more
earnestly, and
feels cooler (or
maybe more air
movement and
have been station-
ary for a while.

Hear a Cardinal chipping, and
Lesser Goldfinches. A Towhee
calling - possibly Albert's - did
not see well before it dove
off behind a wall!



1. Think about Eye-flow:

blue

Tuesday, November 17, 2020

Arches House

11.2? 0942a → 0751p
Mostly clear 0655a → 0522p

32.247°N
110.943°W
2,426'

55.9°F, 93.4°F

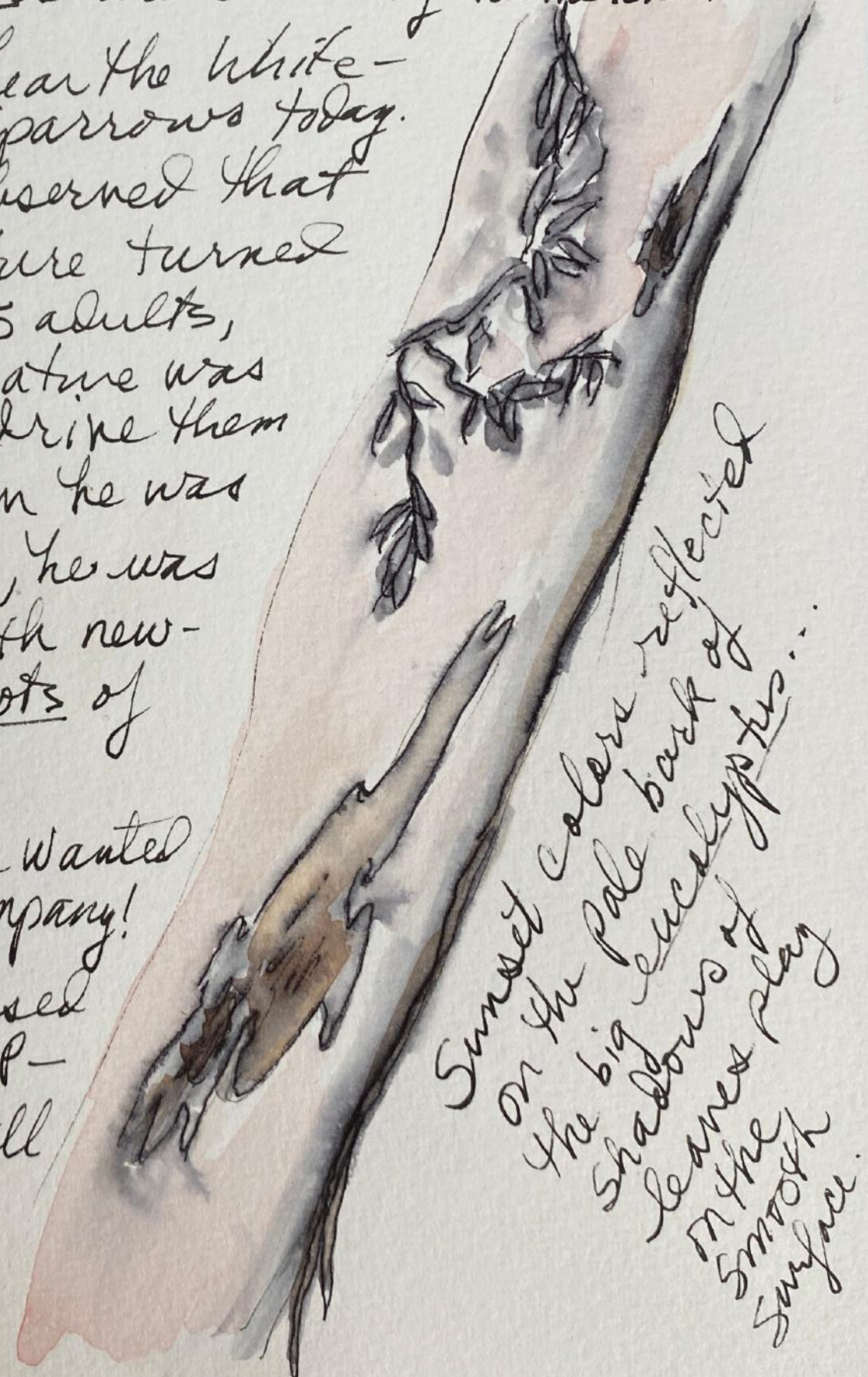
Very warm week so far — in the 90s.

Cire Siskins are still very numerous.

I didn't hear the White-crowned Sparrows today.

Sunday observed that one immature turned to ~12-15 adults, & the immature was trying to drive them off. When he was there alone, he was silent. With newcomers, lots of calling.

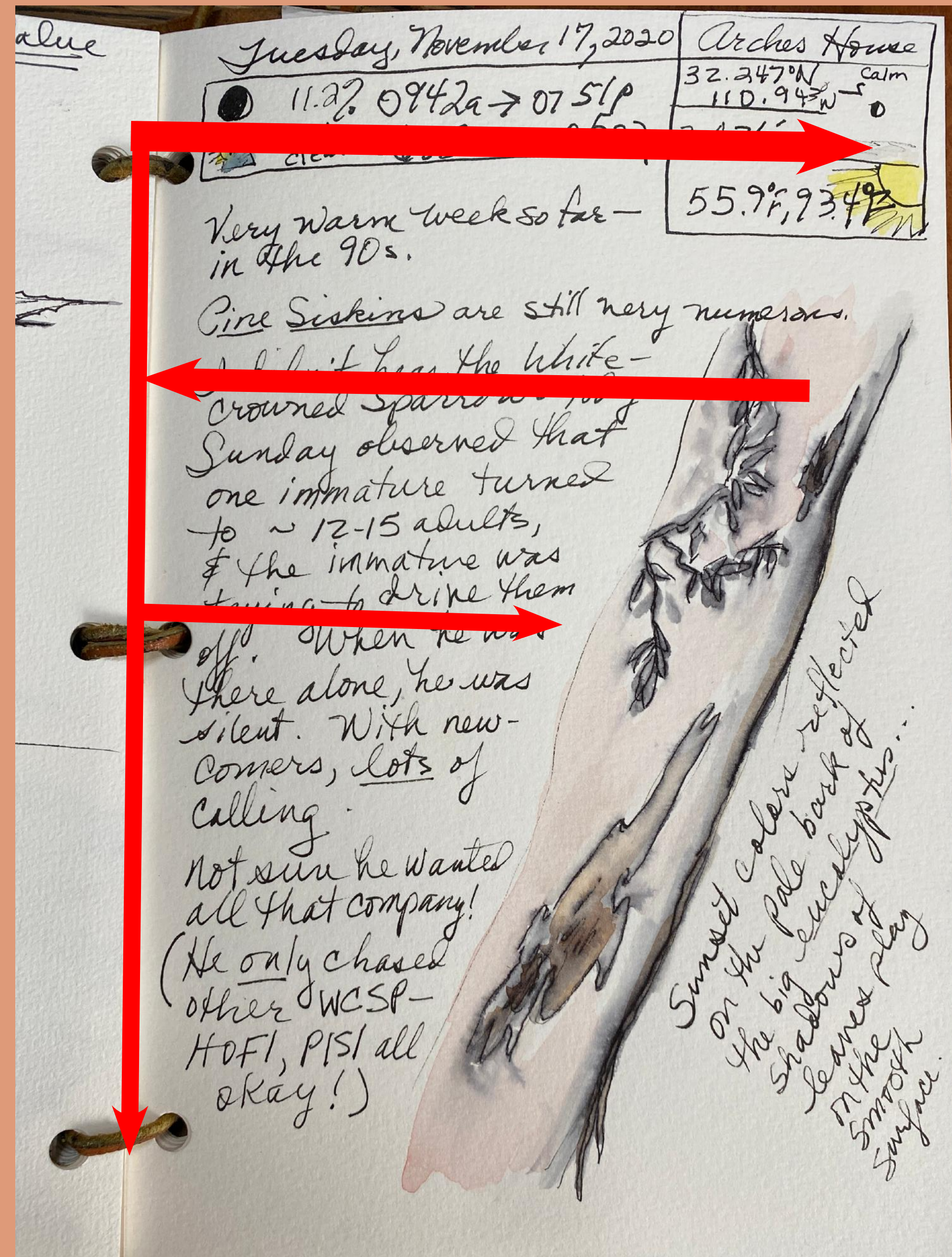
Not sure he wanted all that company! (He only chased other WCSB-HOFI, PISI all okay!)



Sunset colors reflected on the pale bark of the big eucalyptus... shadows of leaves play on the smooth surface.

F-Pattern
Eye-flow

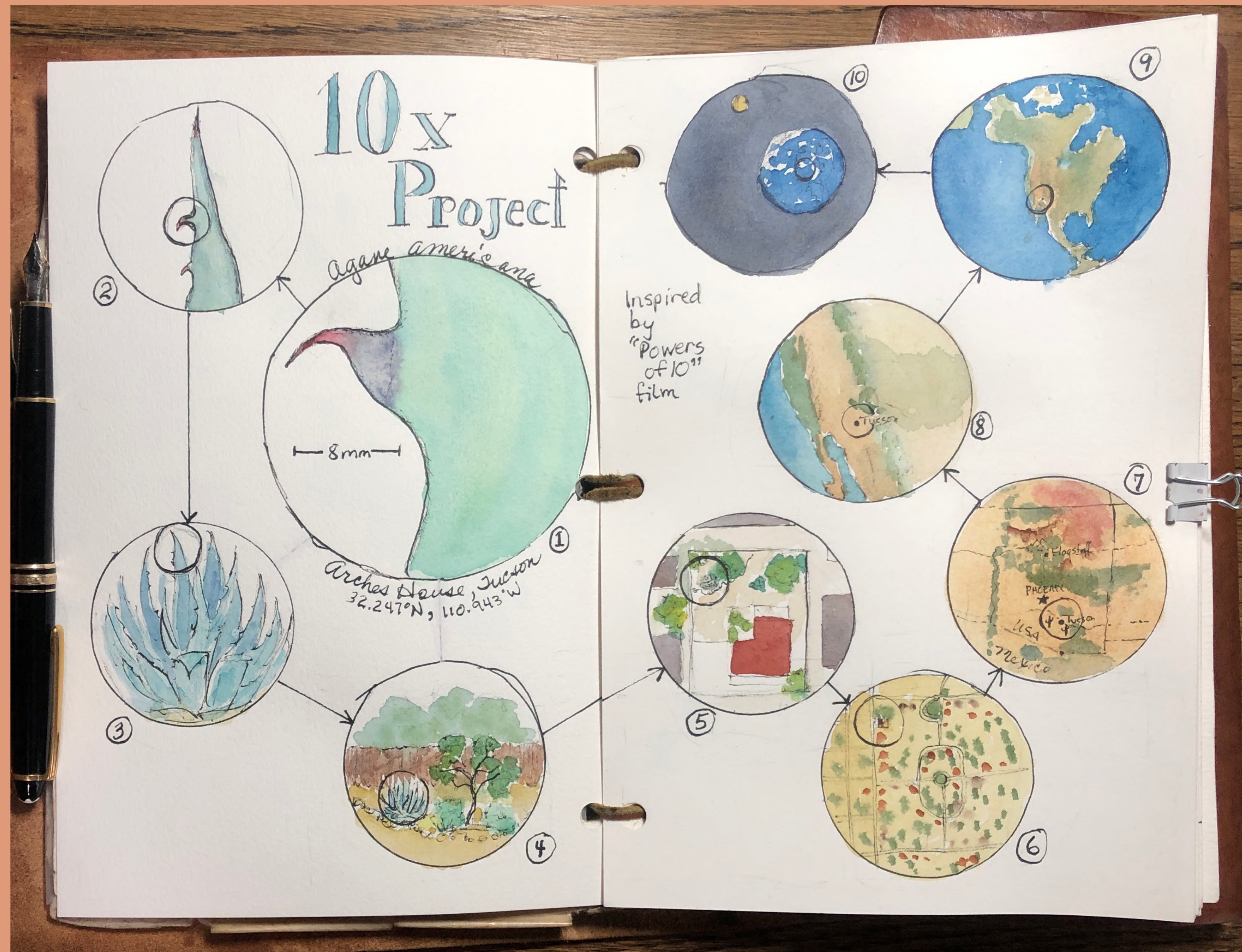
1. Think about Eye-flow:



F-Pattern
Eye-flow

2. Think about Key Elements:

Humans process information visually, perceiving elements in the order the designer has emphasized them according to:



2. Think about Key Elements:

Size

Color

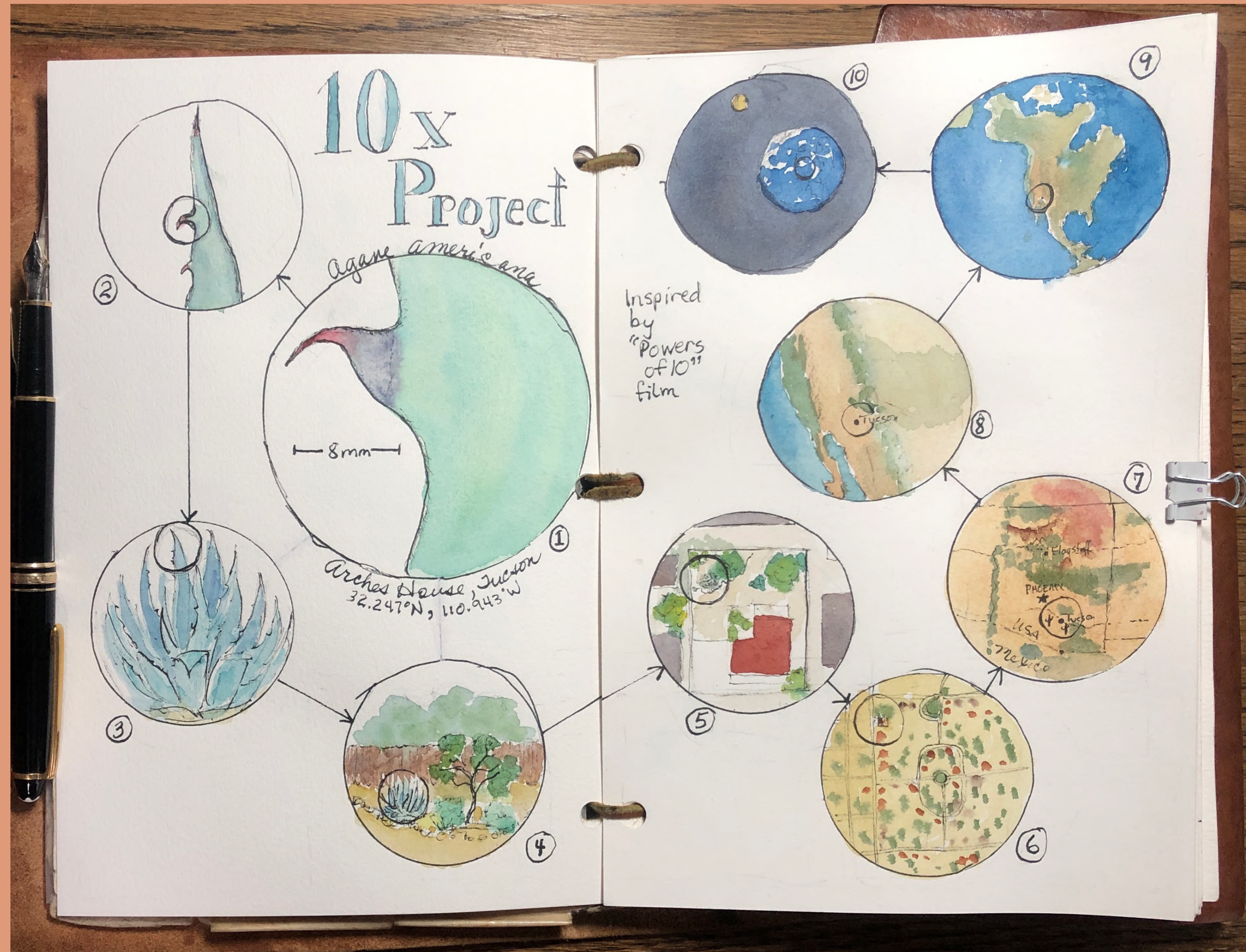
Contrast

Repetition

Whitespace

Number (odd # of focal points)

And: *people first scan pages*, rather than read them.



2. Think about Key Elements:

Size

Color

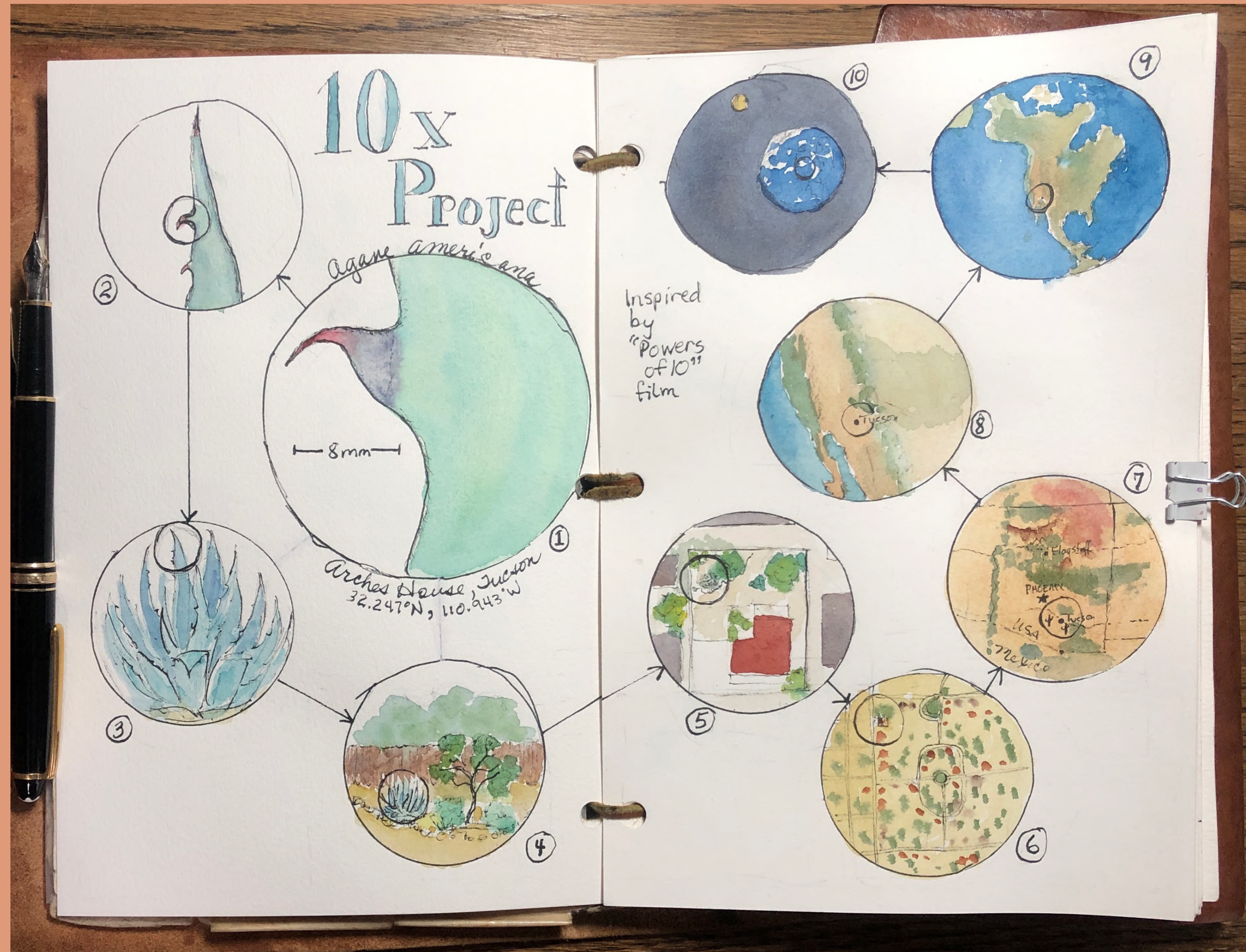
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2. Think about Key Elements:

Size

Color

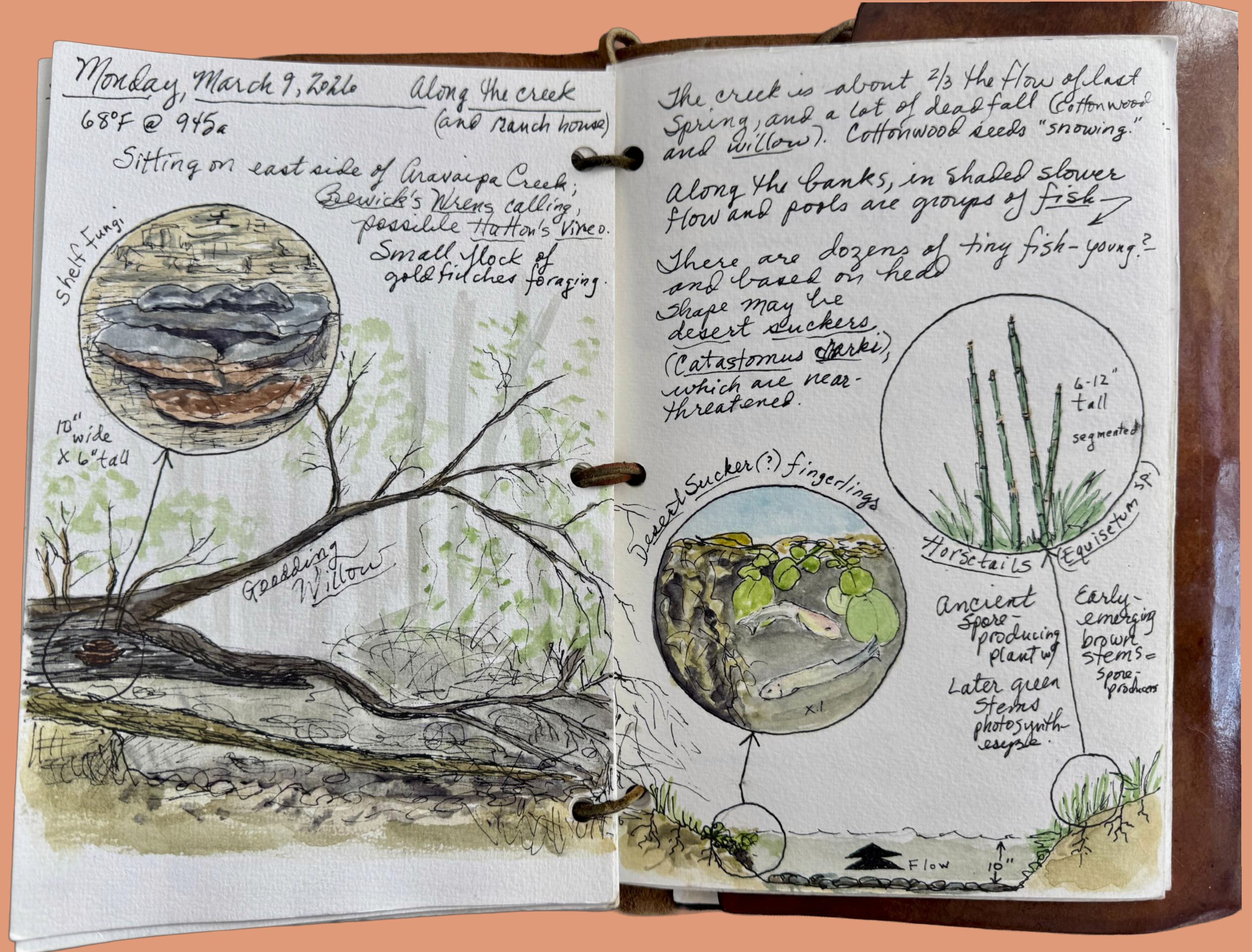
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2. Think about Key Elements:

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Color

Contrast

Repetition

Whitespace

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And: people first scan pages, rather than read them.



2. Think about Key Elements:

Size

Color

Contrast

Repetition

Whitespace

Number (odd # of focal points)

And: *people first scan pages, rather than read them.*



3. Think simple proportions:

	“Rule	
	of	
	Thirds”	

3. Think simple proportions:

Sunday, June 23, 2019

68.8% 1119p → 1129a

 misty, clear 0700a → 0558p

OKovango / Merem to Maun

19.18°S, 23.41°E

3/53' Clear

45°F, 82°F

0750 left Xakanaxa Camp, where last night an elephant foraged 30 feet from our campfire.

at about 430am, heard foot-falls — found fresh lion tracks on road directly in front of the truck. Prob. ♀, from the size.

Zebras here have brown interstix stripes, & a distinct breast-bar, like a saddle strap.



Martial Eagle

Zebras — waiting head-tossing & flapping lips —





Impala's gait straight-legged spring & down. Distinctive Lechwe run like llamas & hold their necks similarly (*curved) (*alternating feet)

Termite Architects

Termites create the islands in the delta
hippos create the channels between
The sheer massive biomass of termites in Africa is astonishing.
more weight mass total of any animal.
? Do termites eat live wood or only dead?



Species 6/23

African Fish Eagle

Chacma Baboon Troop x 12±

Impala x 100+

Hammerkop

Vervets — with young babies

Gray Louries

Red-billed Hornbill

Cape Goshawk

Starling

Fresh hippo tracks [photo]

Fresh leopard tracks

Plains Zebra

Lechwe (by water)

Blacksmith Lapw.

Wildbeest

Hippo

Gray Heron?

Magpie Shrike

Oatelele

Crocodile

Spoonbill — feeding by running

Open-billed Stork

Jacama

Little Bee-eater

Harlebeest

Ground Hornbill

Black-backed Jackal

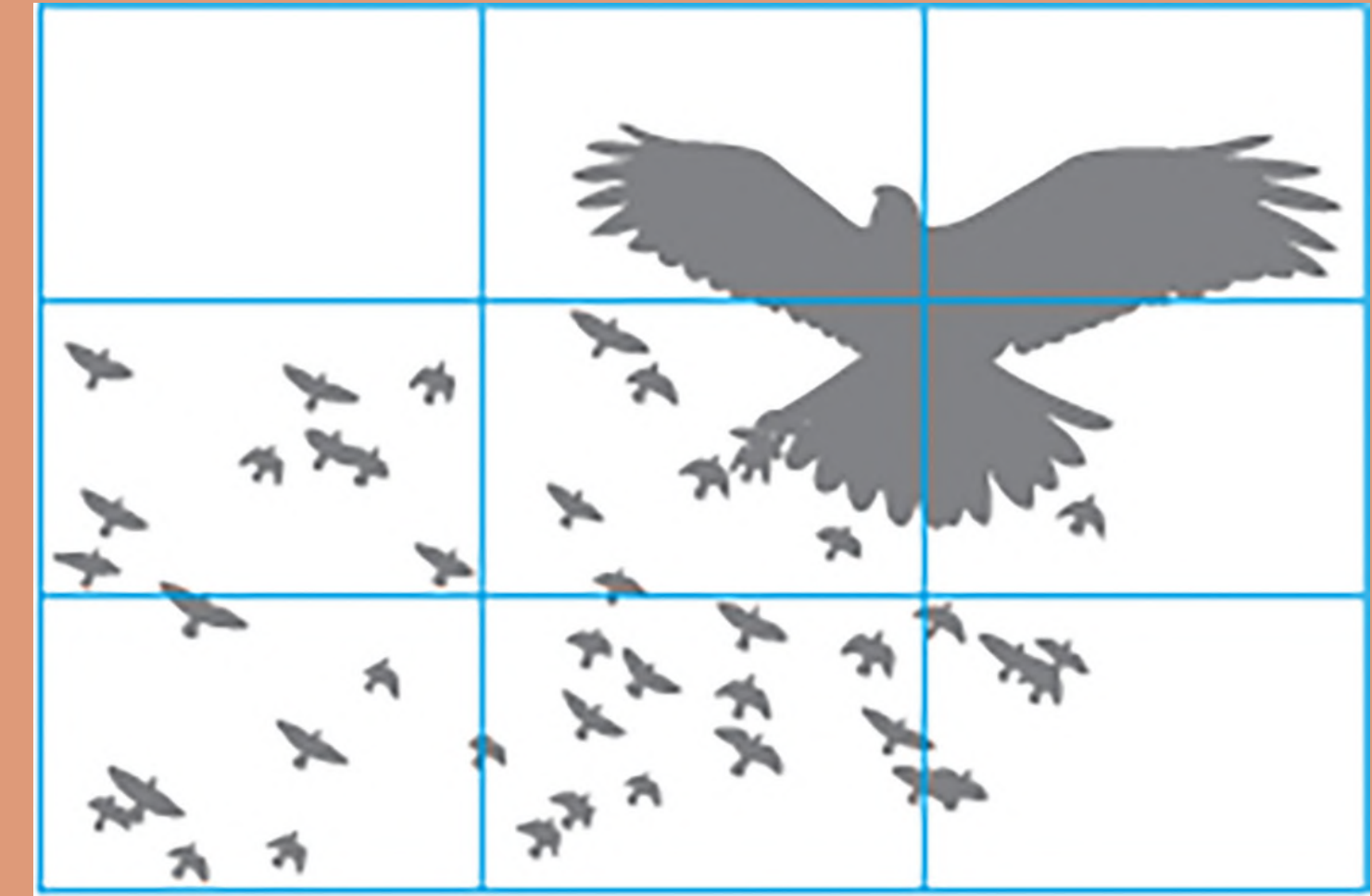
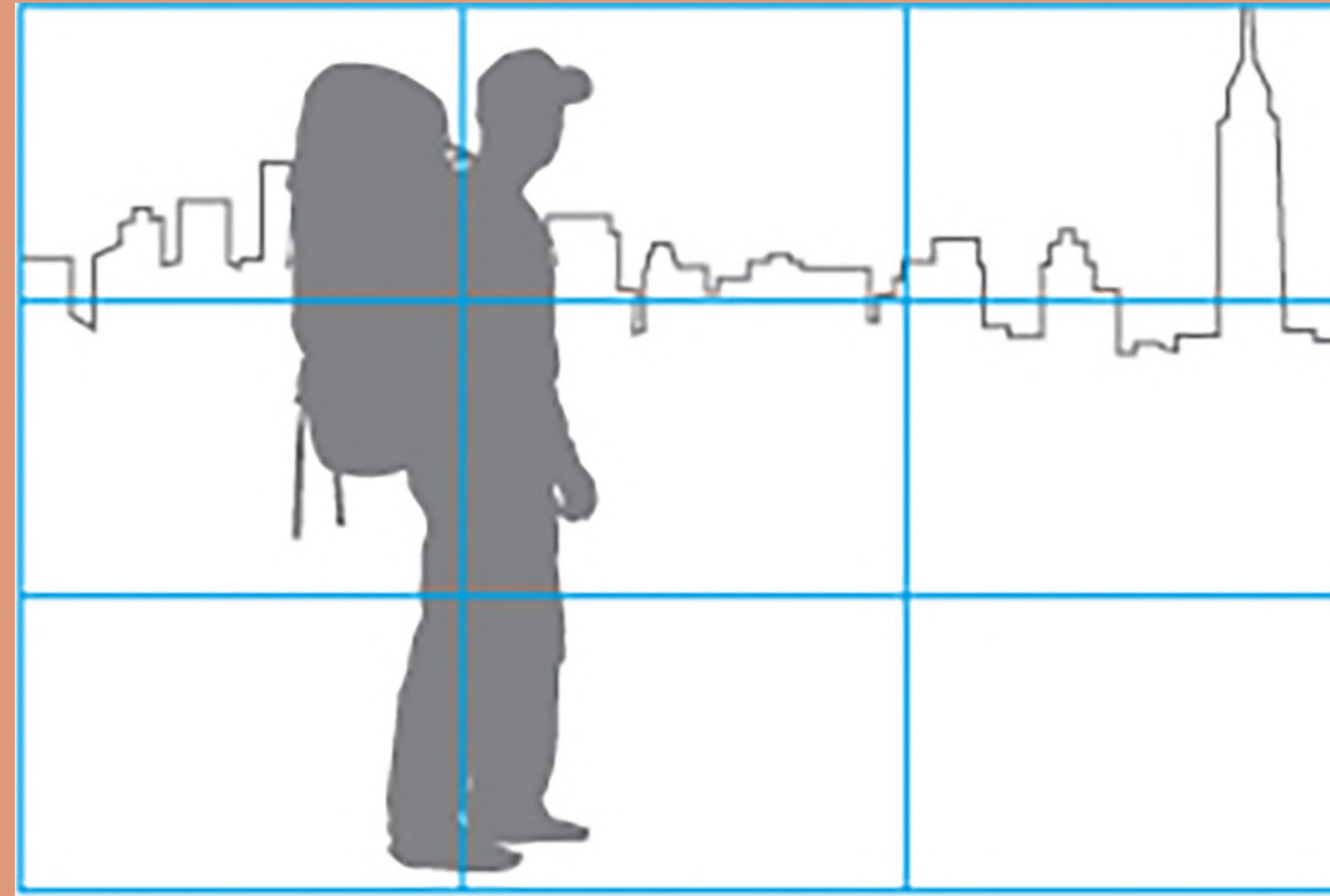
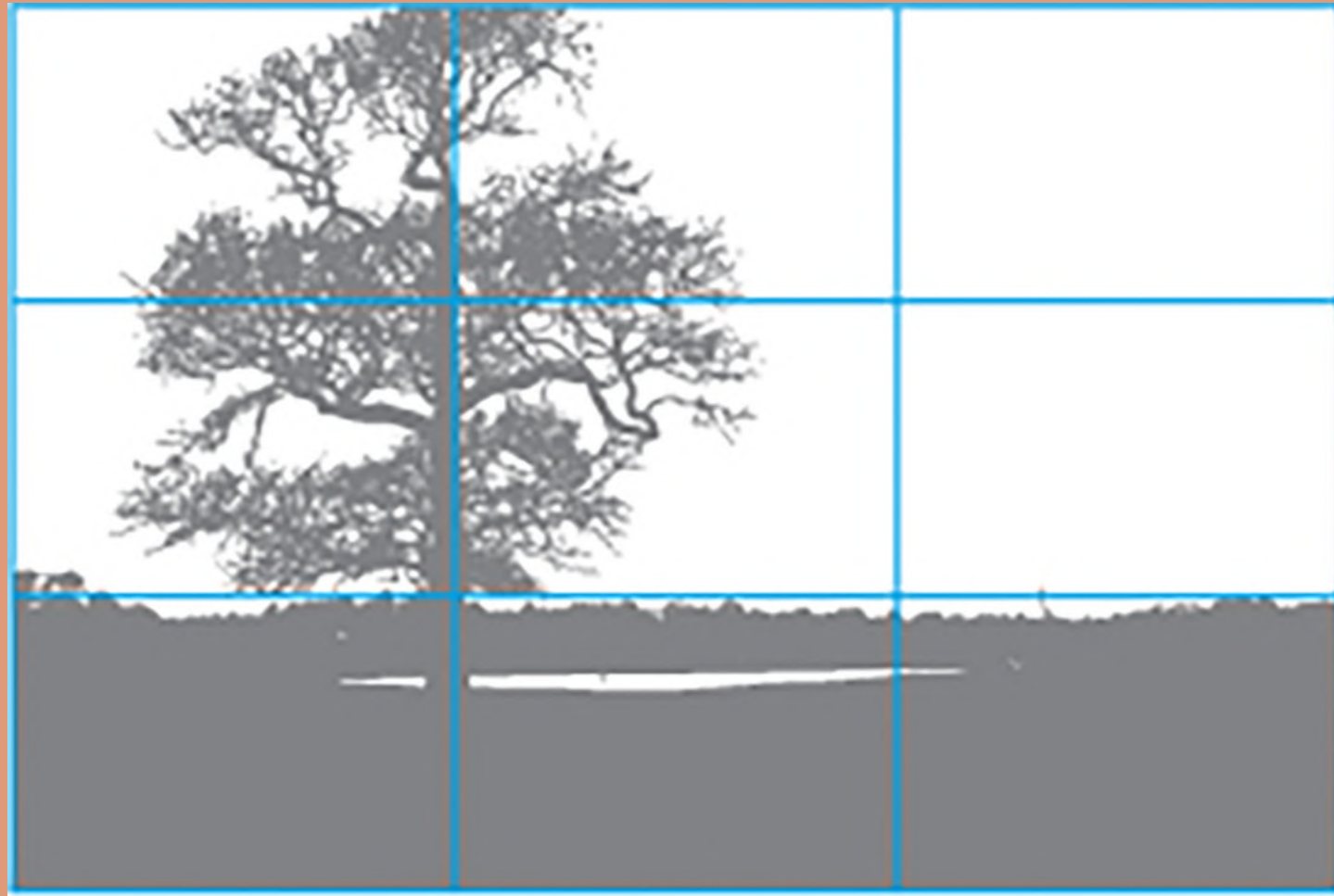
(?) Papyrus @ Third Bridge — native?

Russet-cinamom fork-tailed Swallow

(?) Very large group of baboons in dry-grass pan — feeding, poss. termites? ± 65

Wow!

3. Think simple proportions:

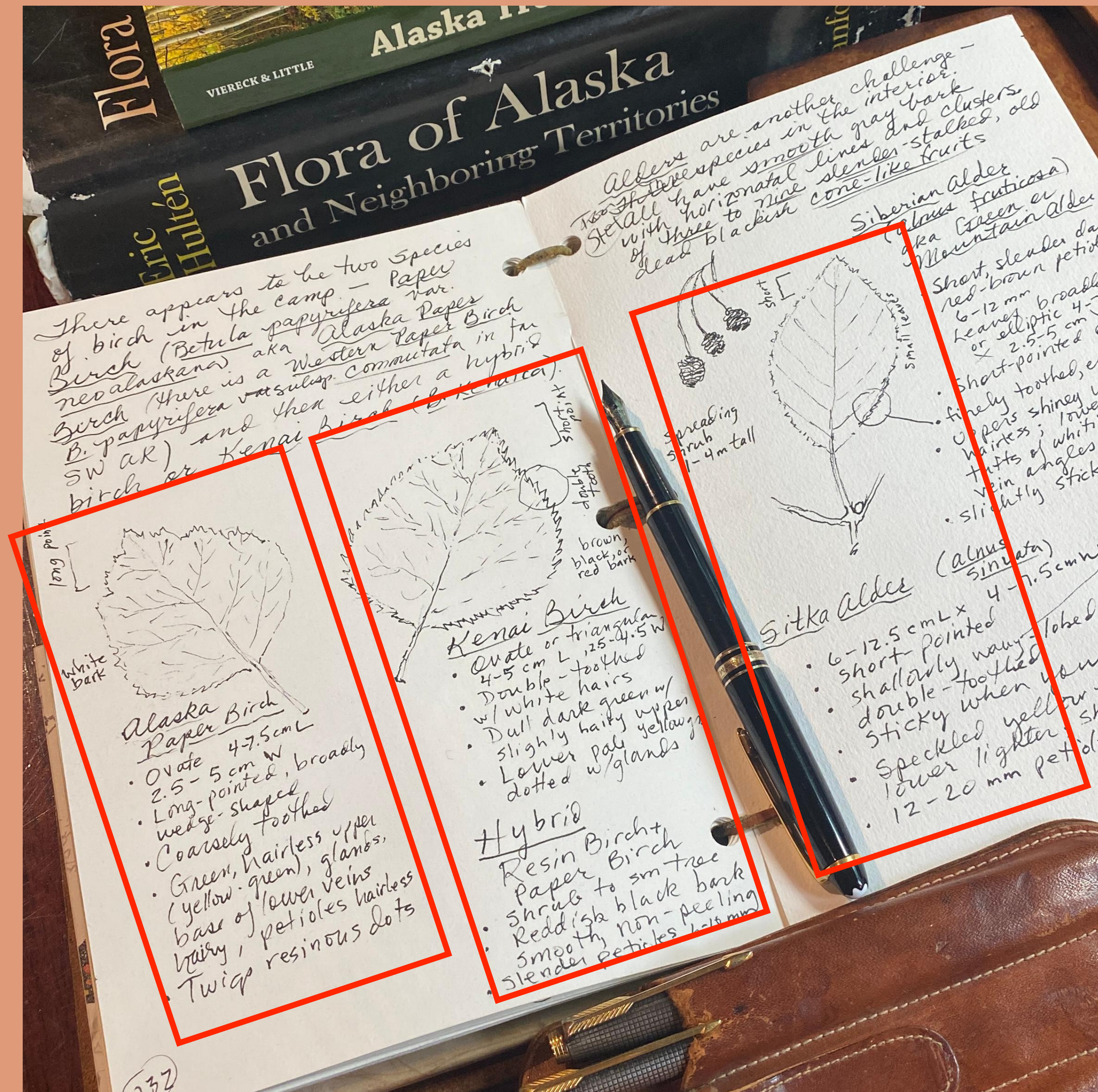


3. Think simple proportions:

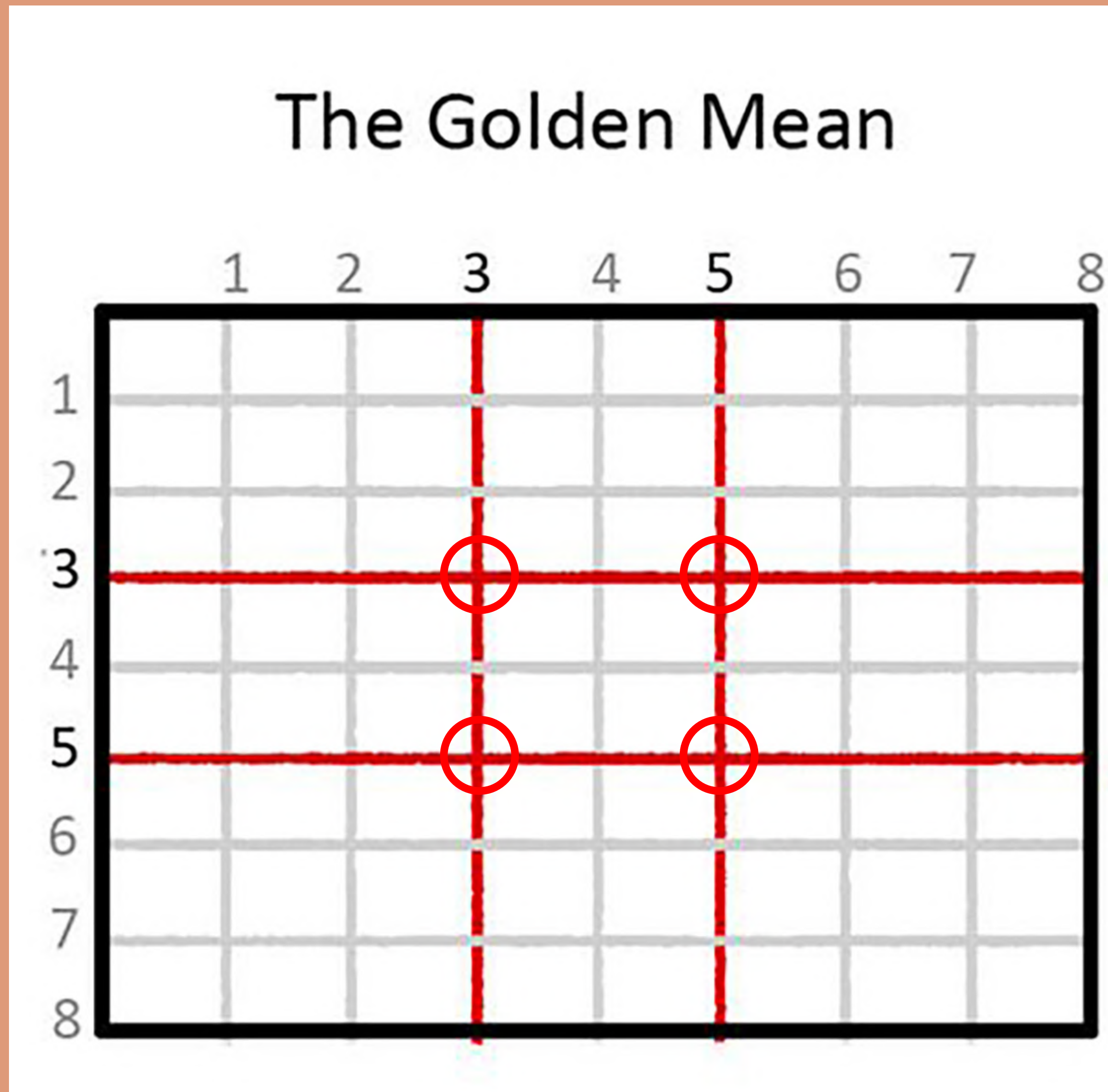


3. Think simple proportions:

Harmonious
Columns
and / or
Repetition of
Shapes

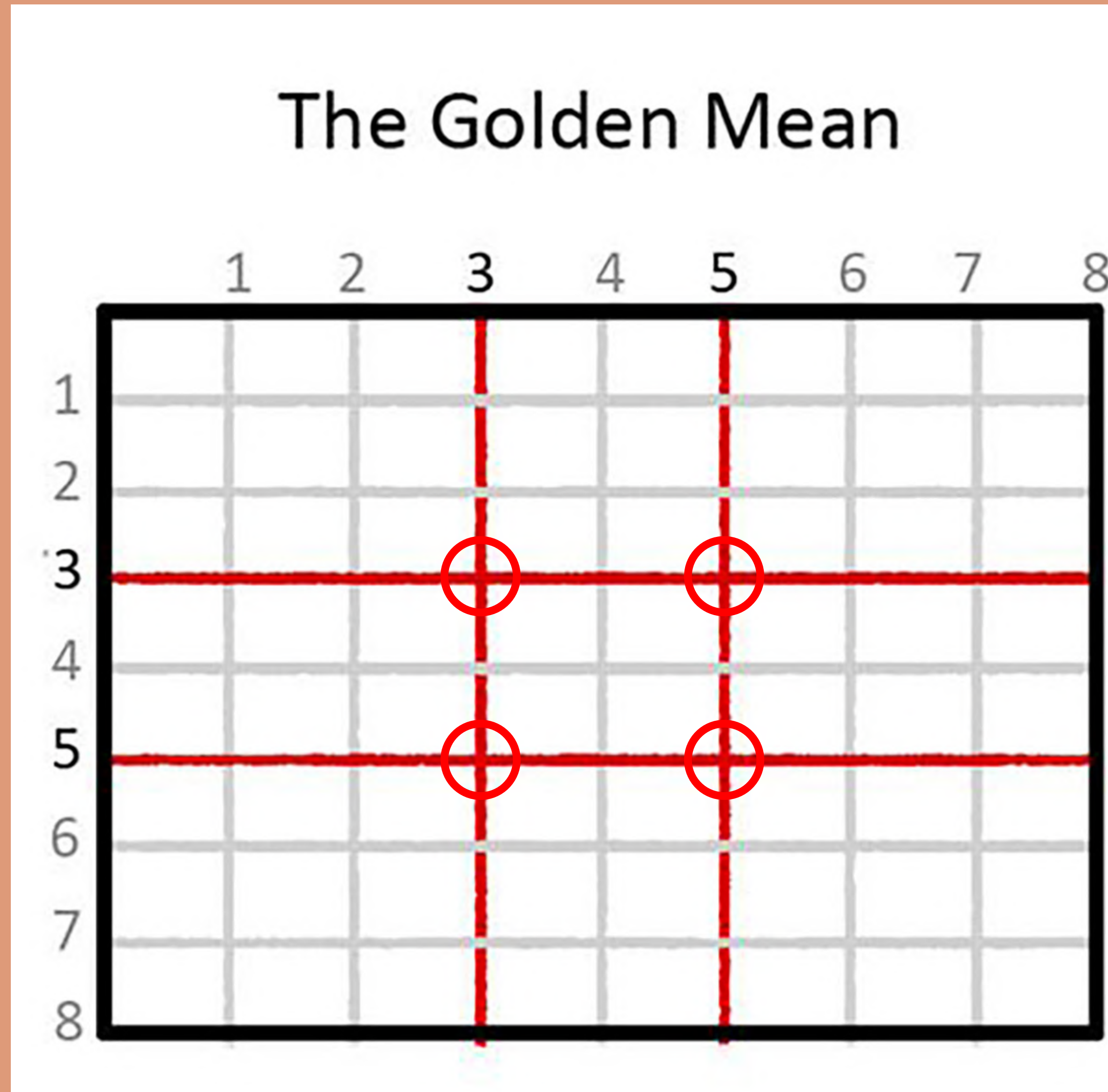


3. Or geek-out on complex proportions:



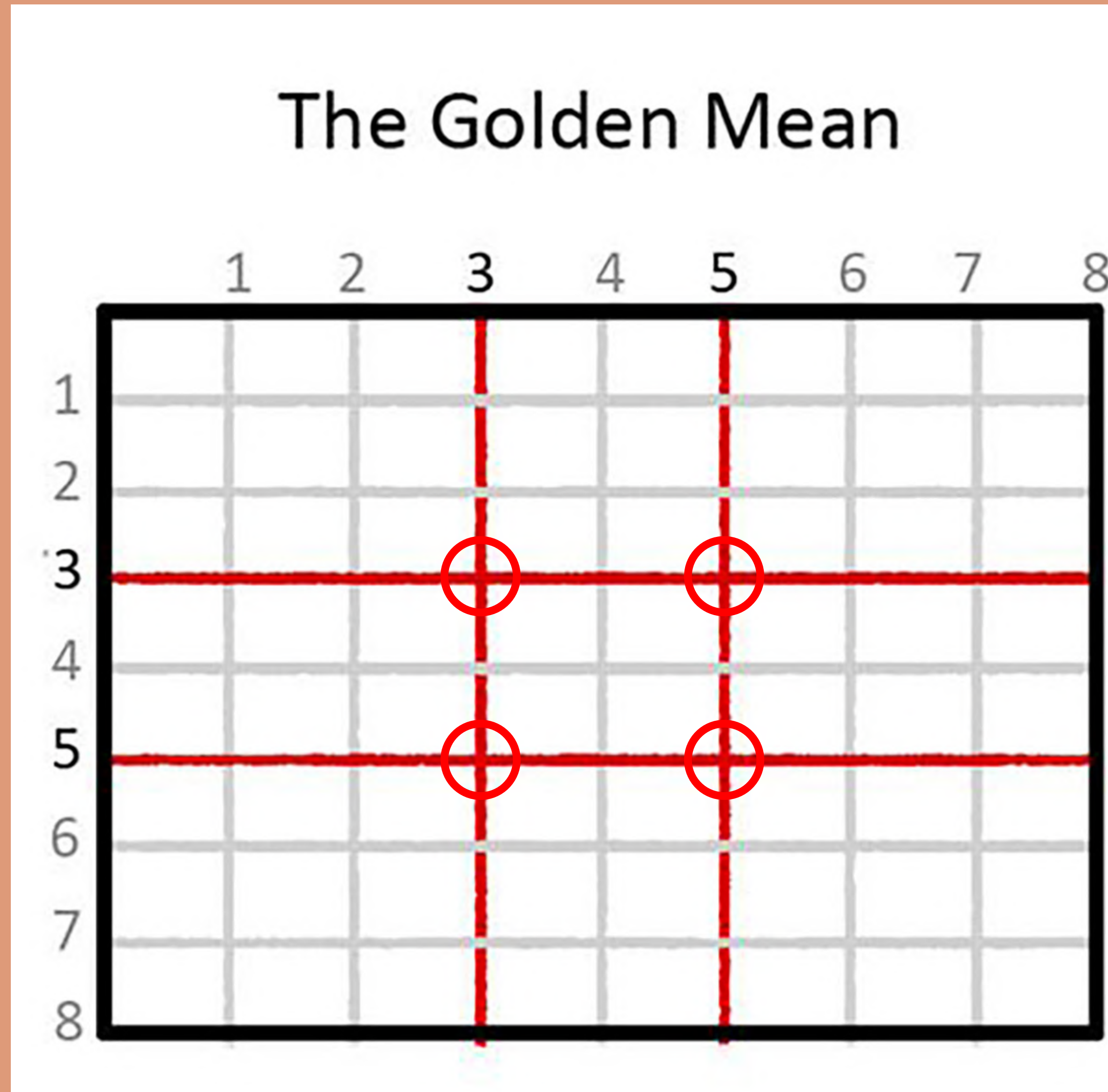
Divide your page into **eighths** and Place your **focal point(s)** near the intersections of **$3/8$** and **$5/8$** .

3. Or geek-out on complex proportions:



This is why the Golden Mean is also known as the **Rule of 5/8ths**.

3. Or geek-out on complex proportions:

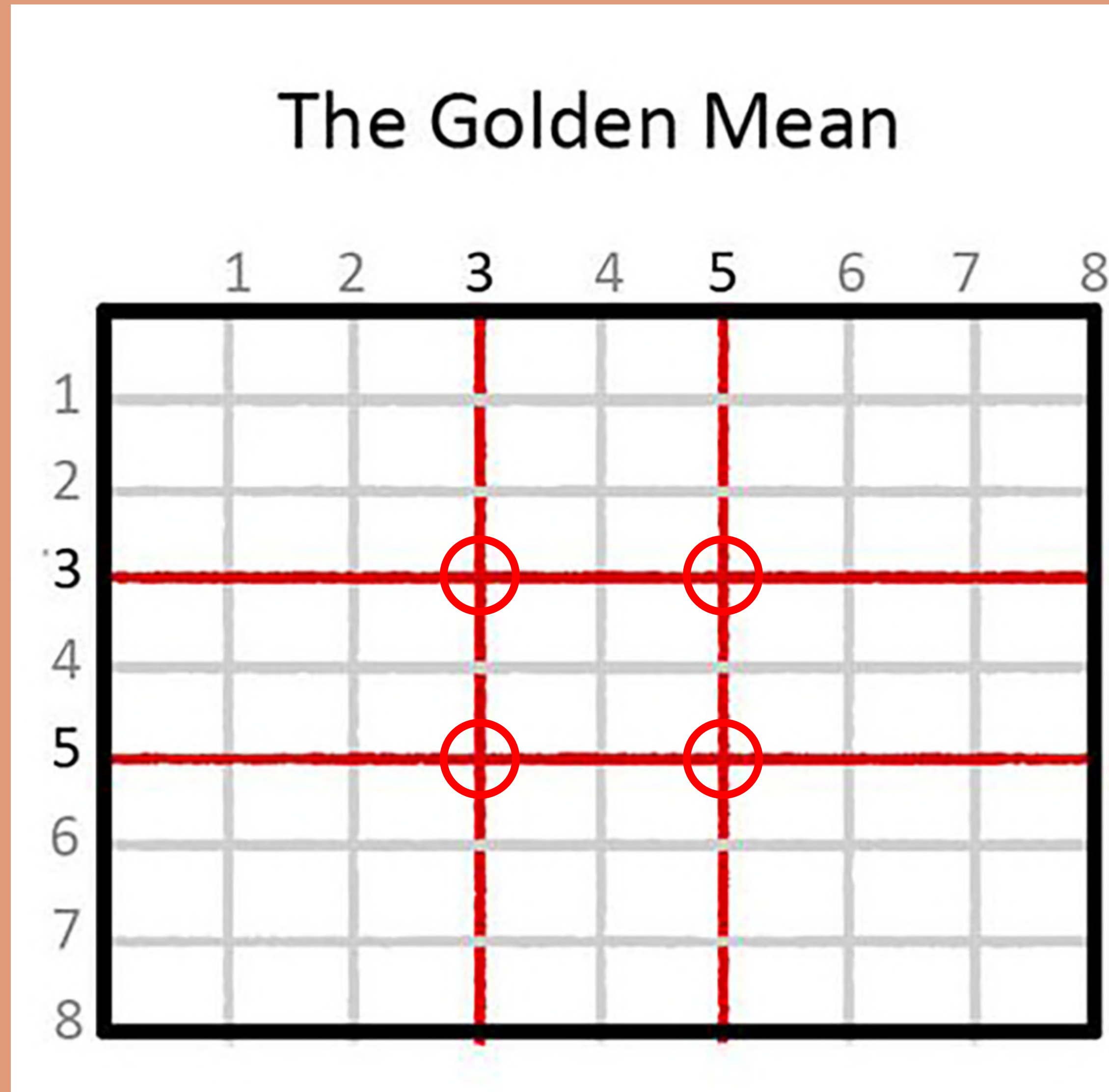


Humans love
**VISUAL
HARMONY**
when we see it —

Why?

MATH! (really)

3. Or geek-out on complex proportions:



The **Golden Mean**
represented as a
ratio is:

3. Or geek-out on complex proportions:

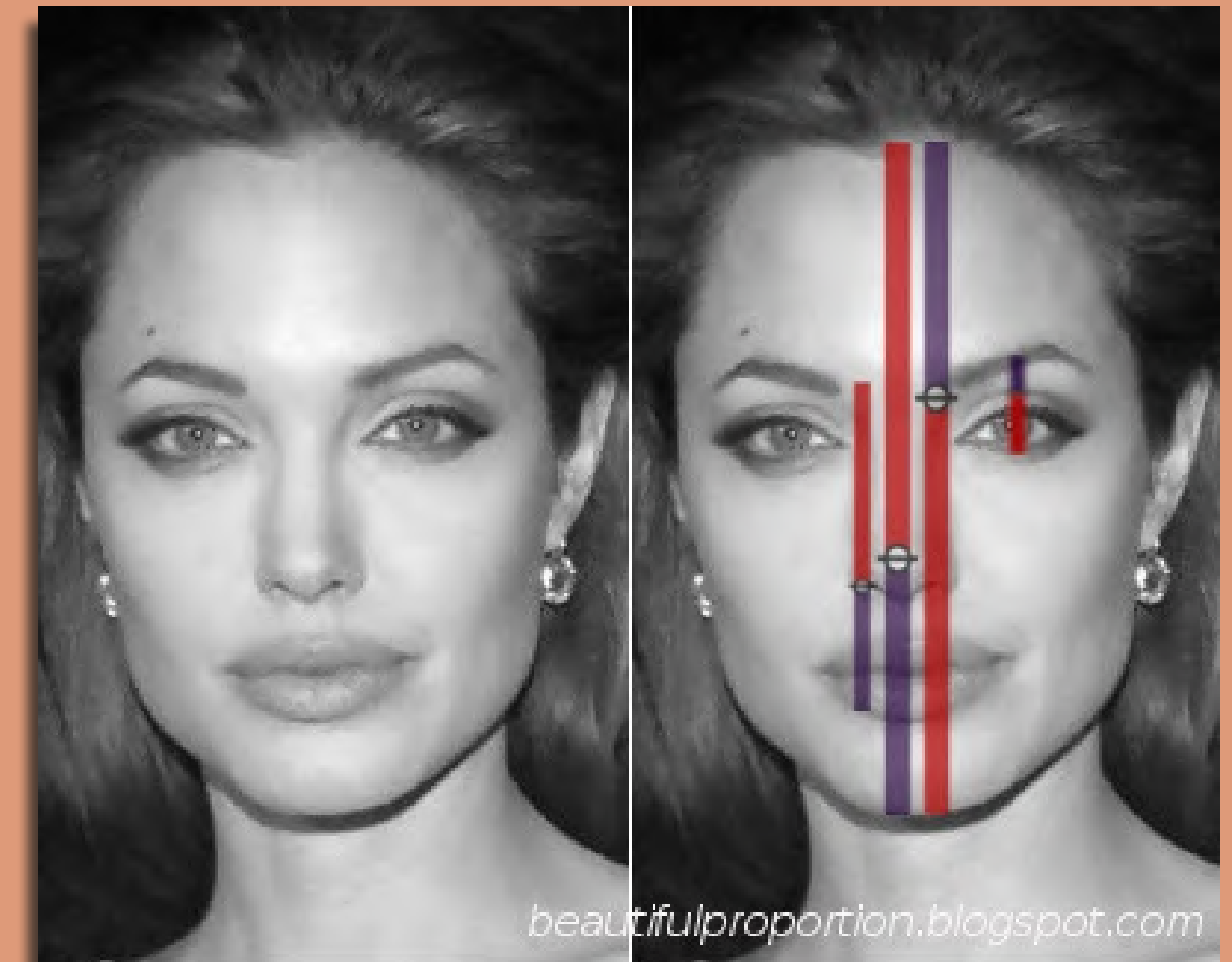
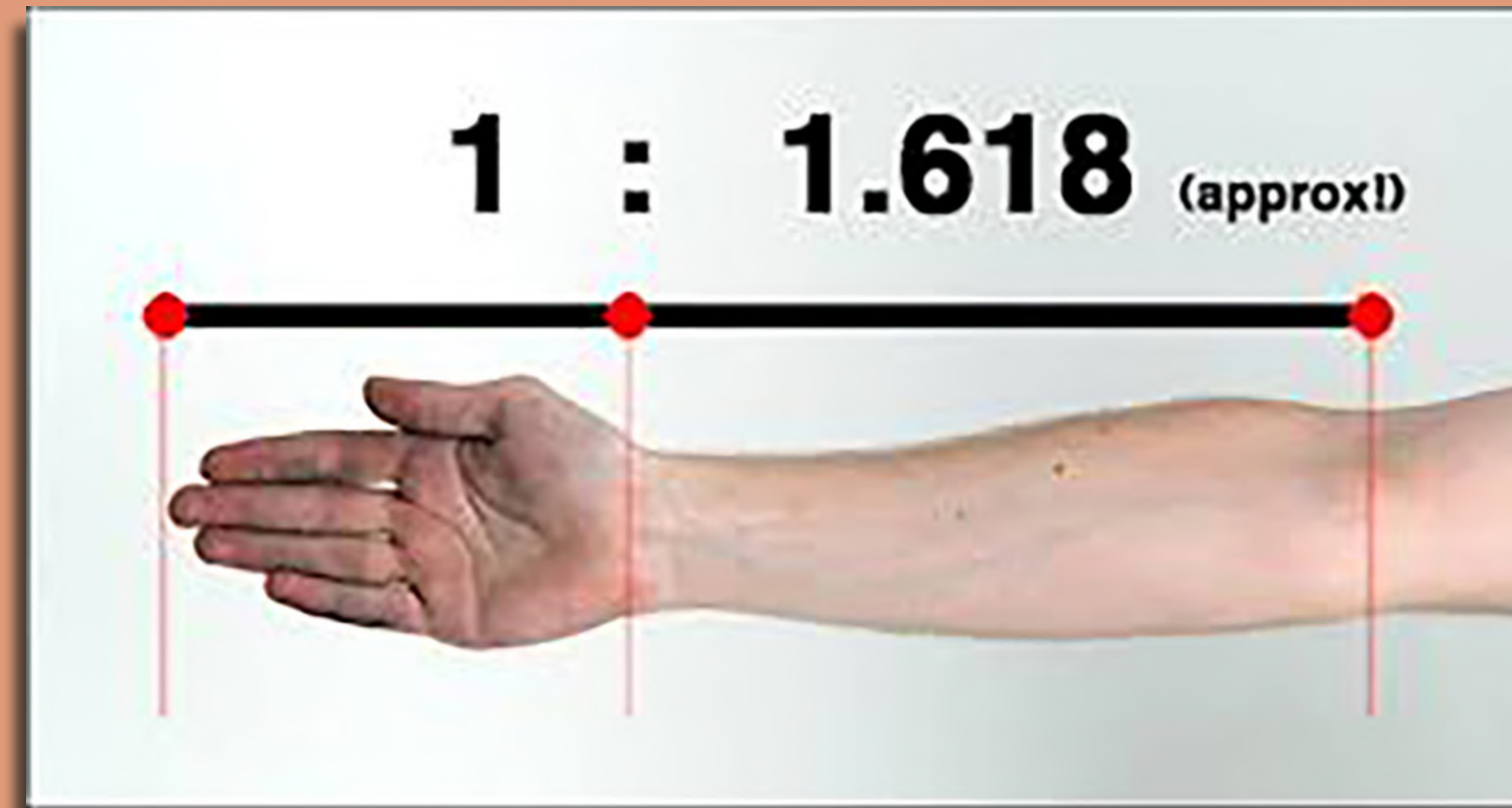
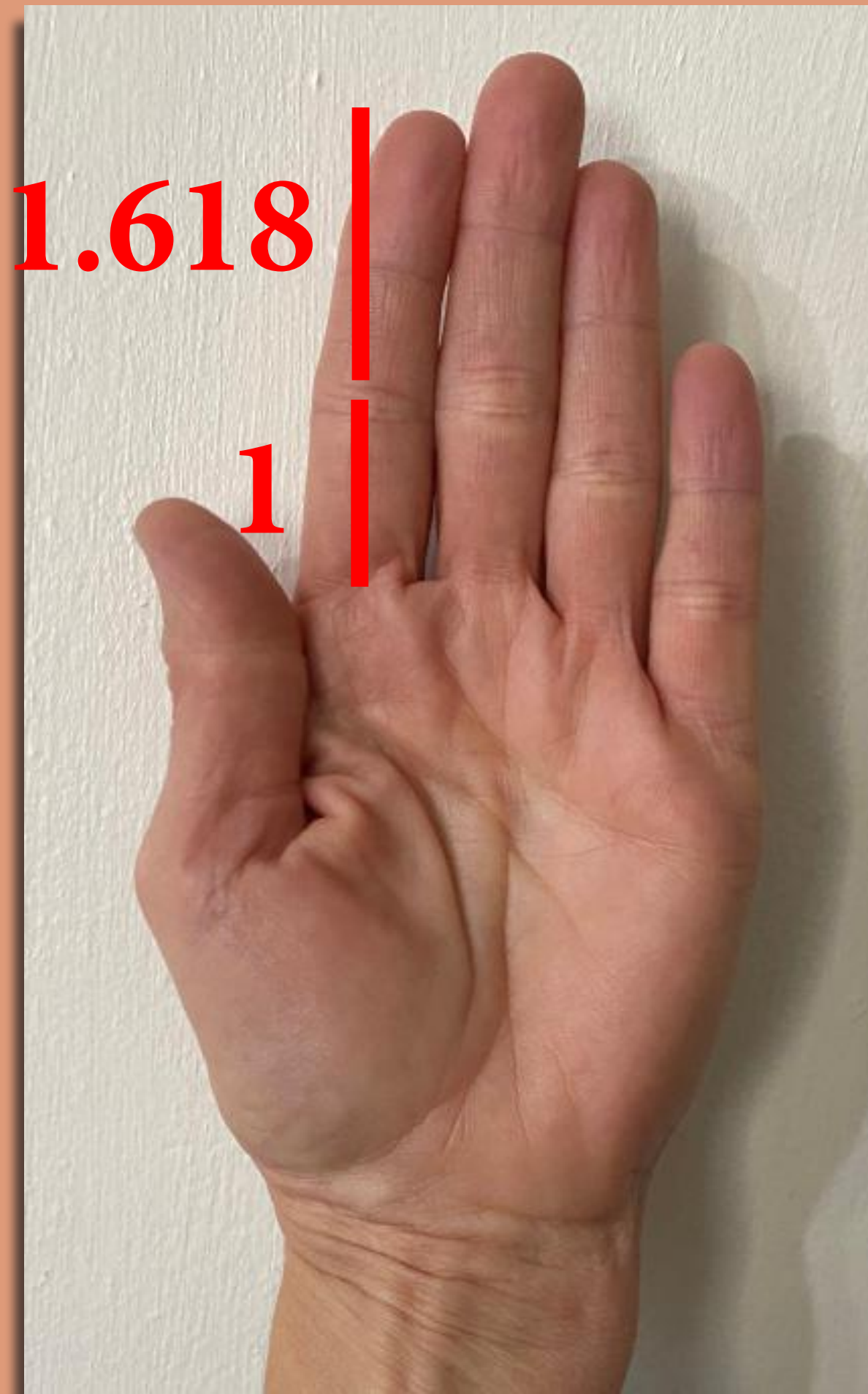
$$1 : 1.618$$

$$(1.618 = \phi \text{ or phi})$$

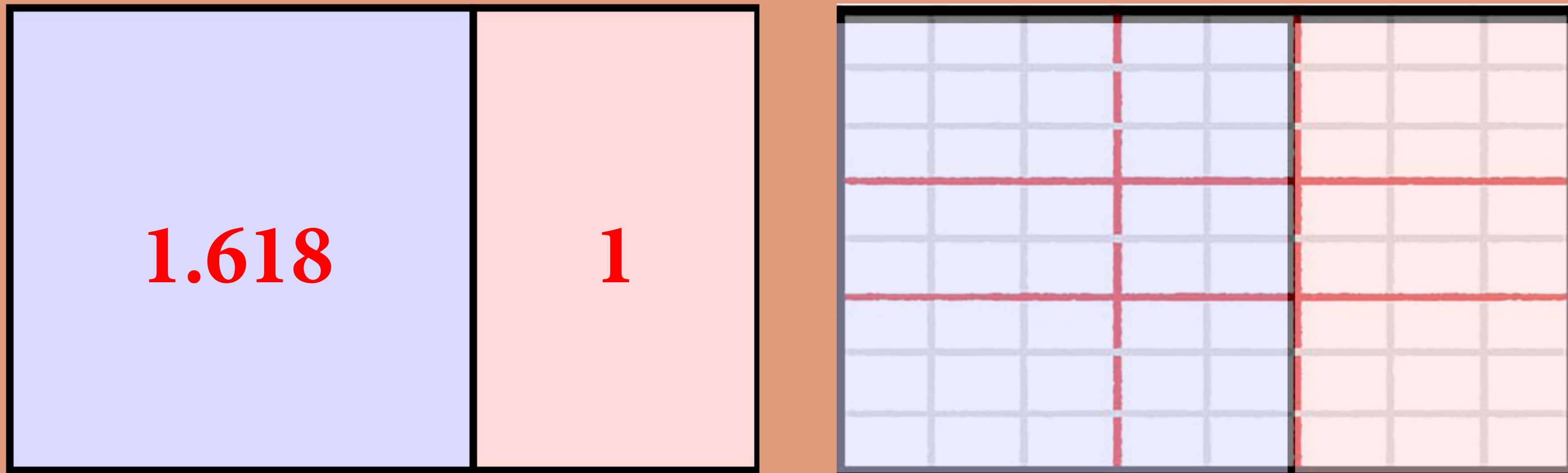
3. Or geek-out on complex proportions:

$$1 \div 1.618 = 5/8\text{th}$$

3. Or geek-out on complex proportions:

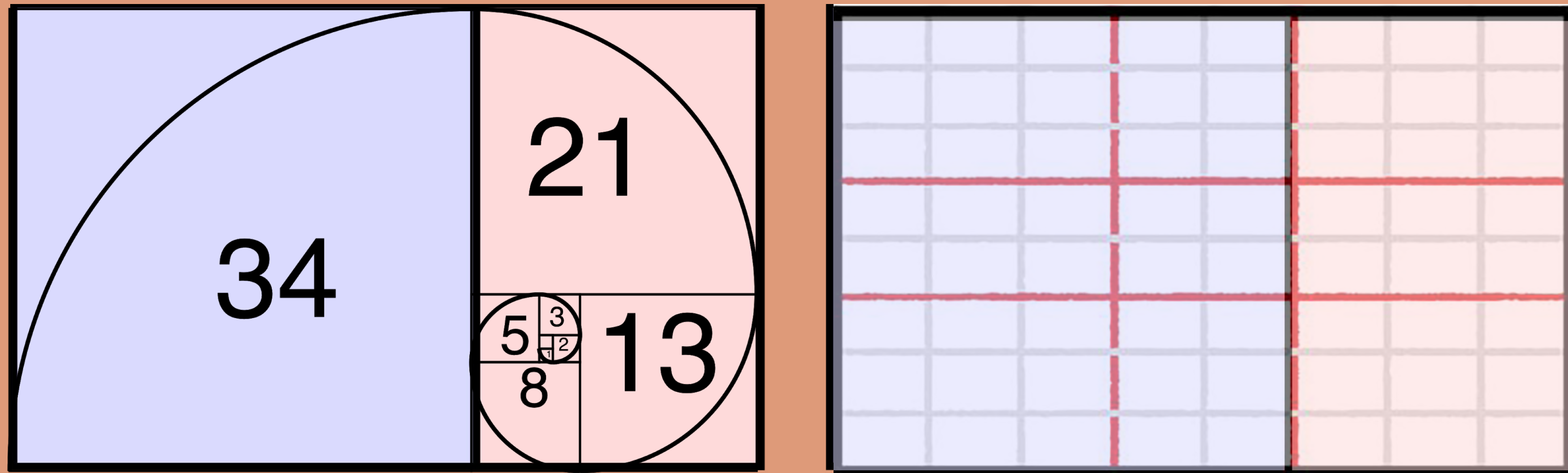


3. Or geek-out on complex proportions:



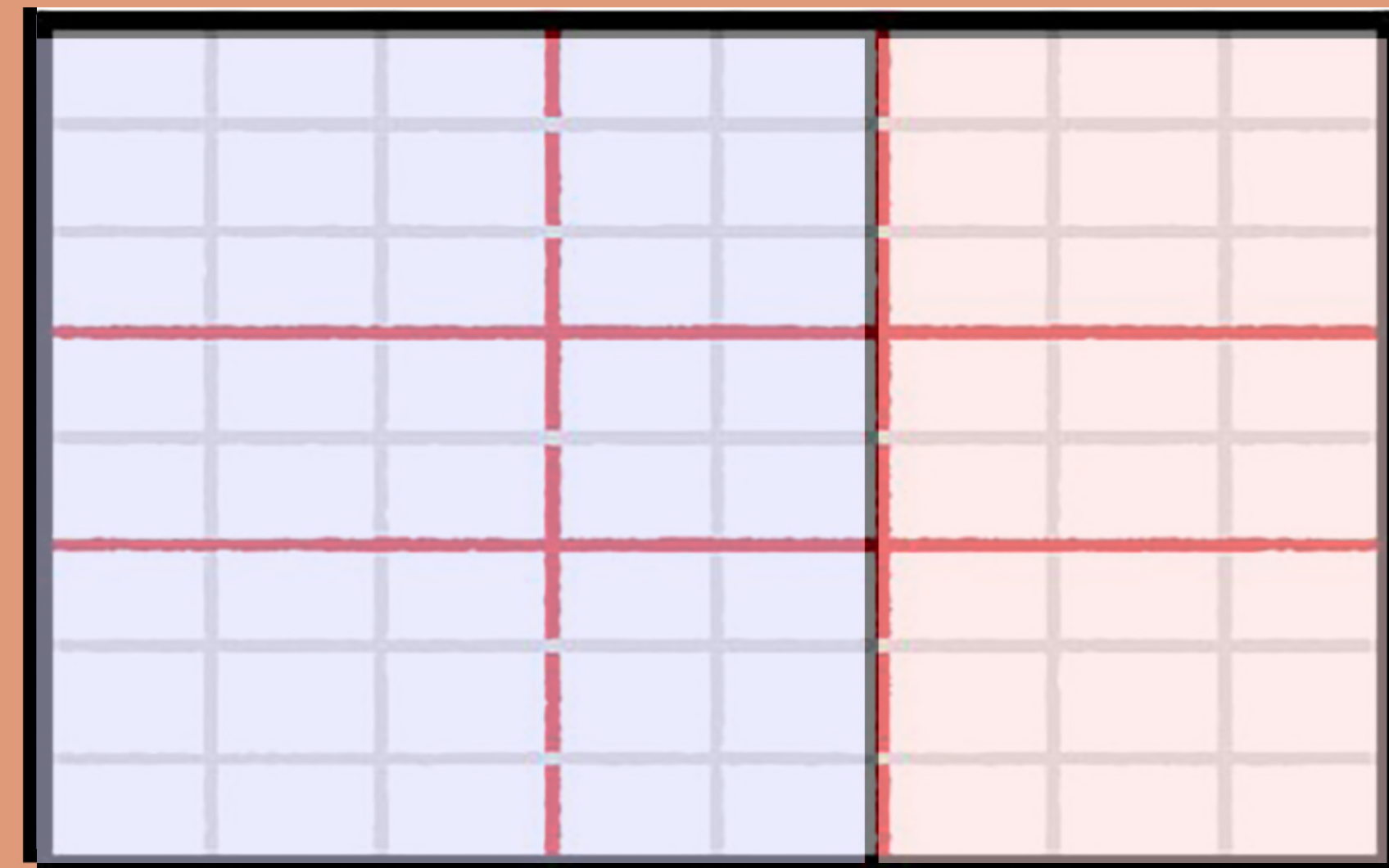
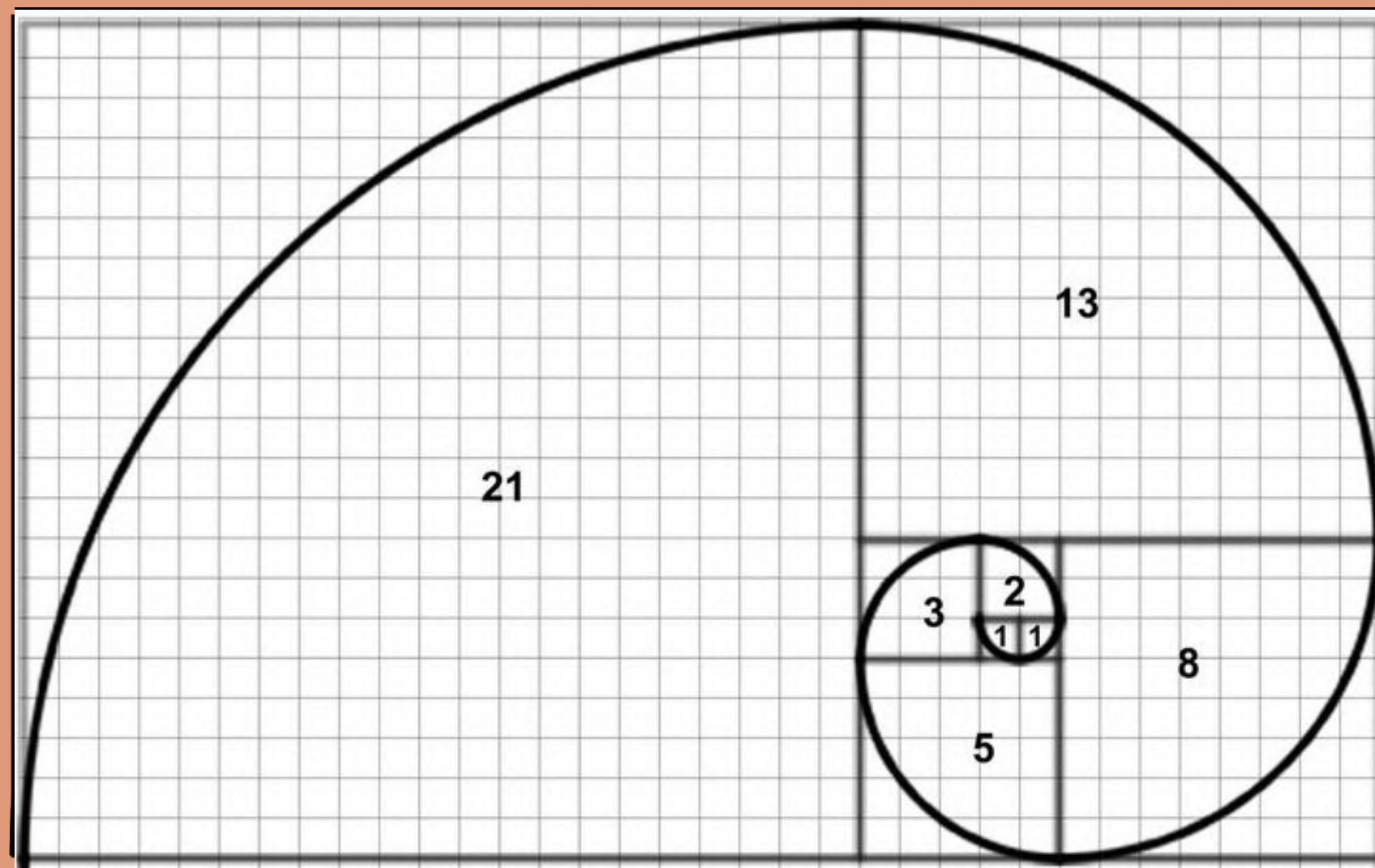
In page layout we'd call this the **Golden Rectangle** . . .

3. Or geek-out on complex proportions:



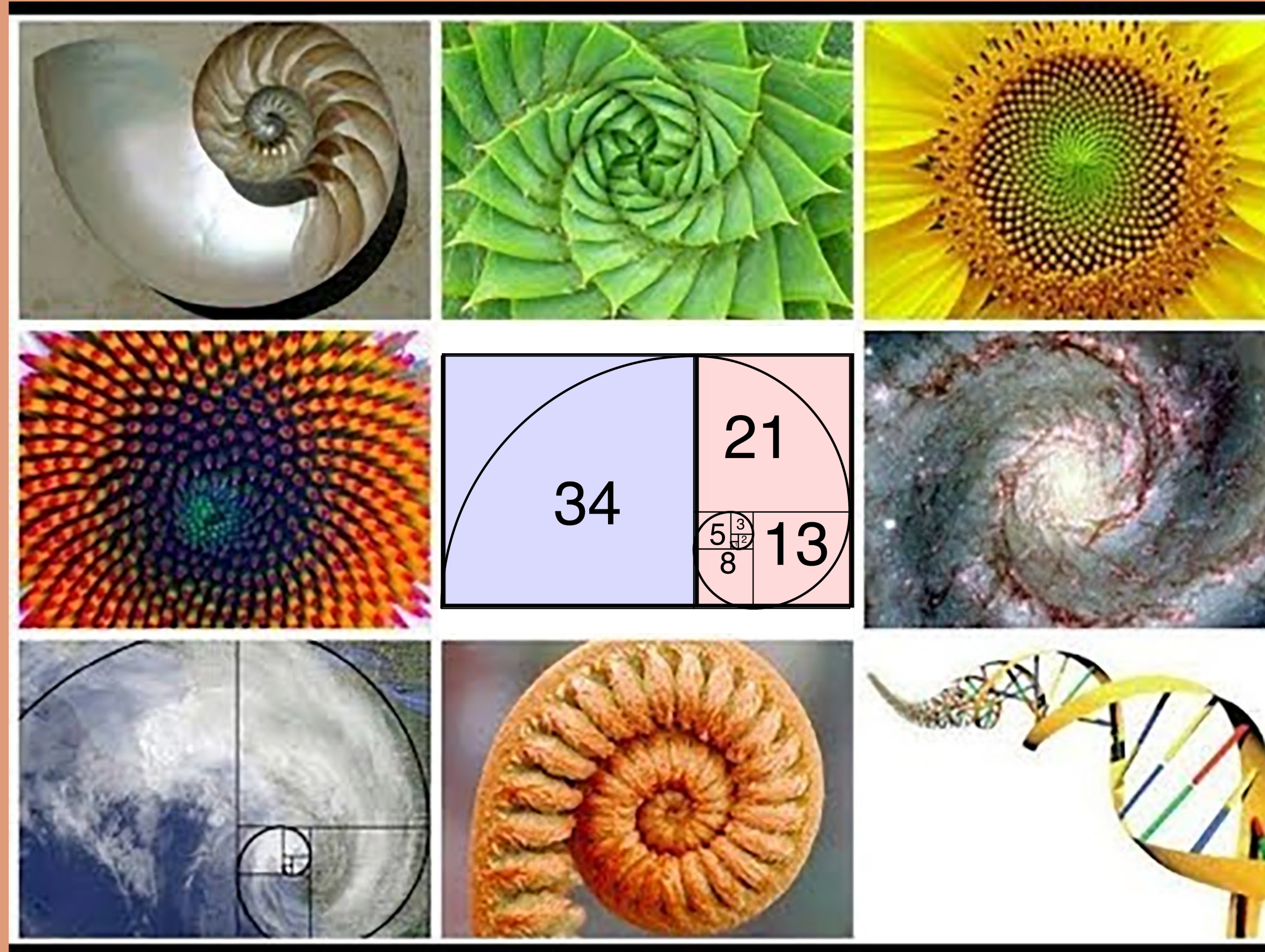
... which is representative of the **Fibonacci Number Sequence**:
0, 1, 1, 2, 3, 5, 8, 13, 21, 34, 55, 89, 144, 233, 377 ...

3. Or geek-out on complex proportions:



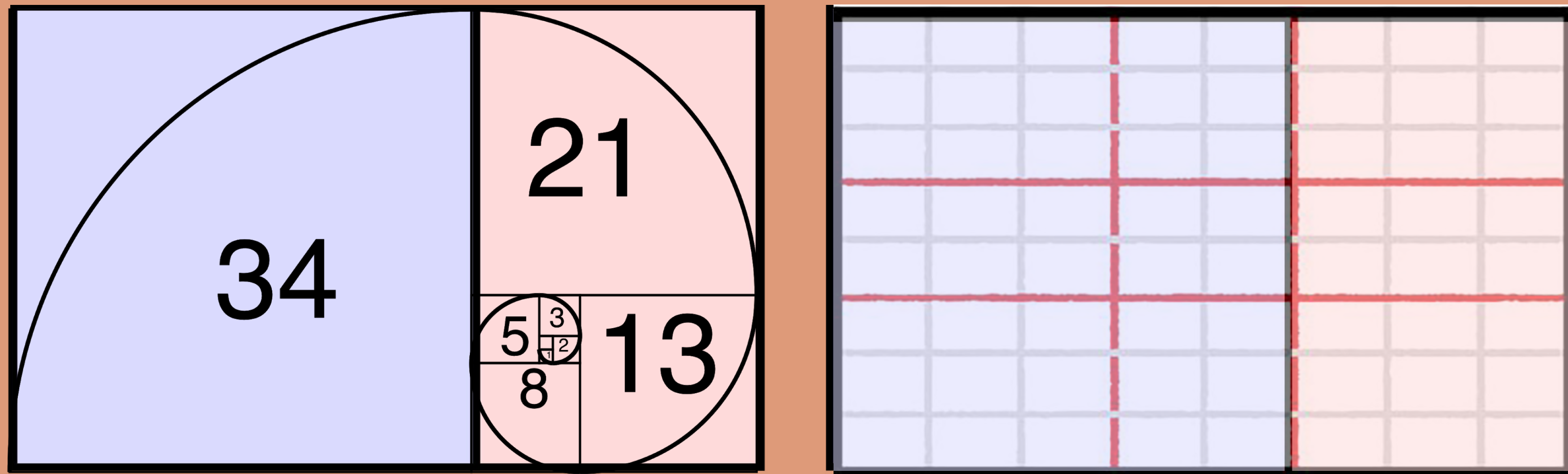
... which is representative of the **Fibonacci Number Sequence**:
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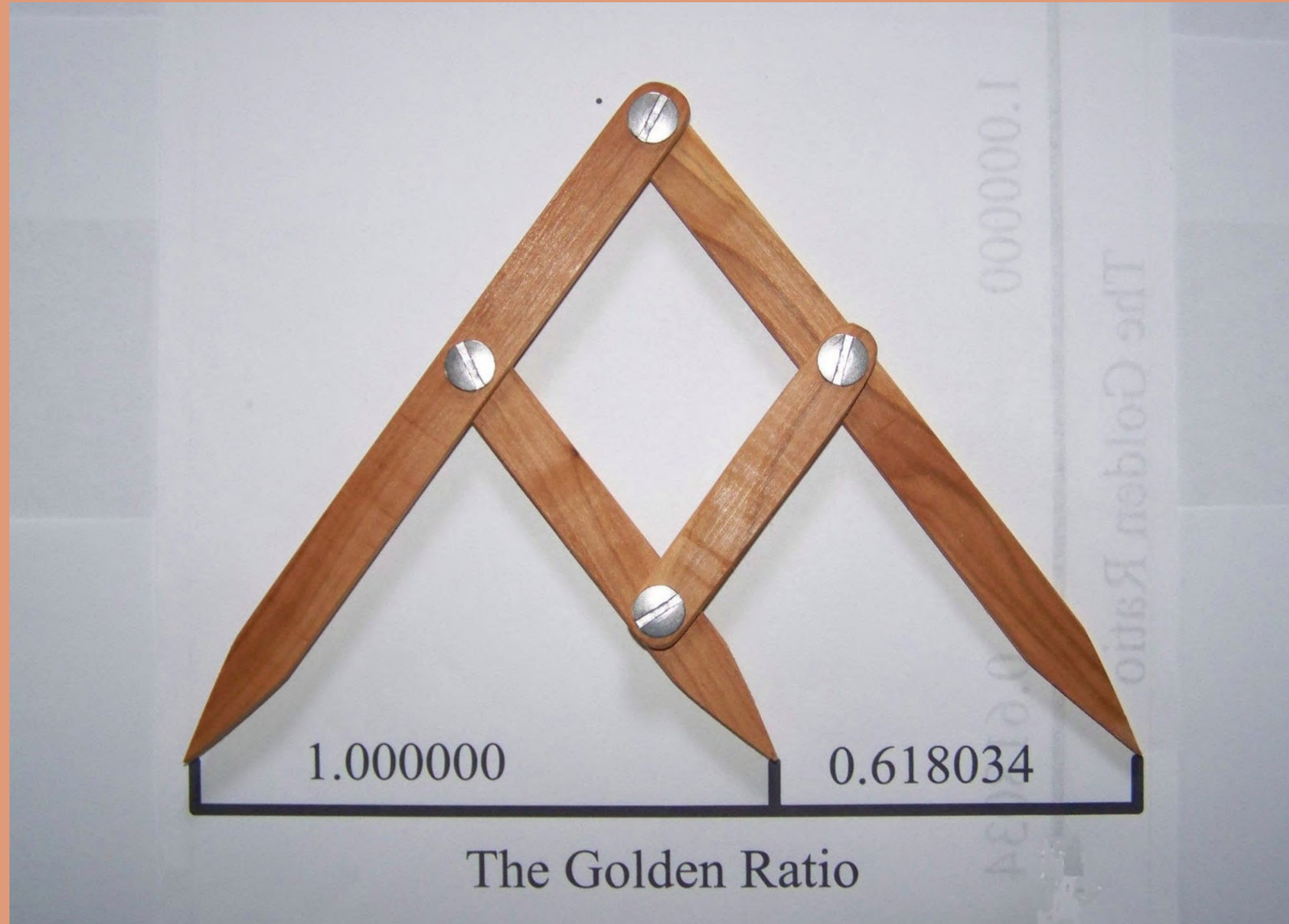
The **Golden Rectangle / Fibonacci Number Sequence** is amazingly common in nature's forms, from our own DNA to the farthest galaxies . . .

3. Or geek-out on complex proportions:



AND FINALLY bringing us back to the **Rule of 5/8ths**:
A Fibonacci number divided by the next number = **.618!**
($21 \div 34$, $89 \div 144 \dots$)

3. Or geek-out on complex proportions:



Fibonacci Gauge – from Etsy

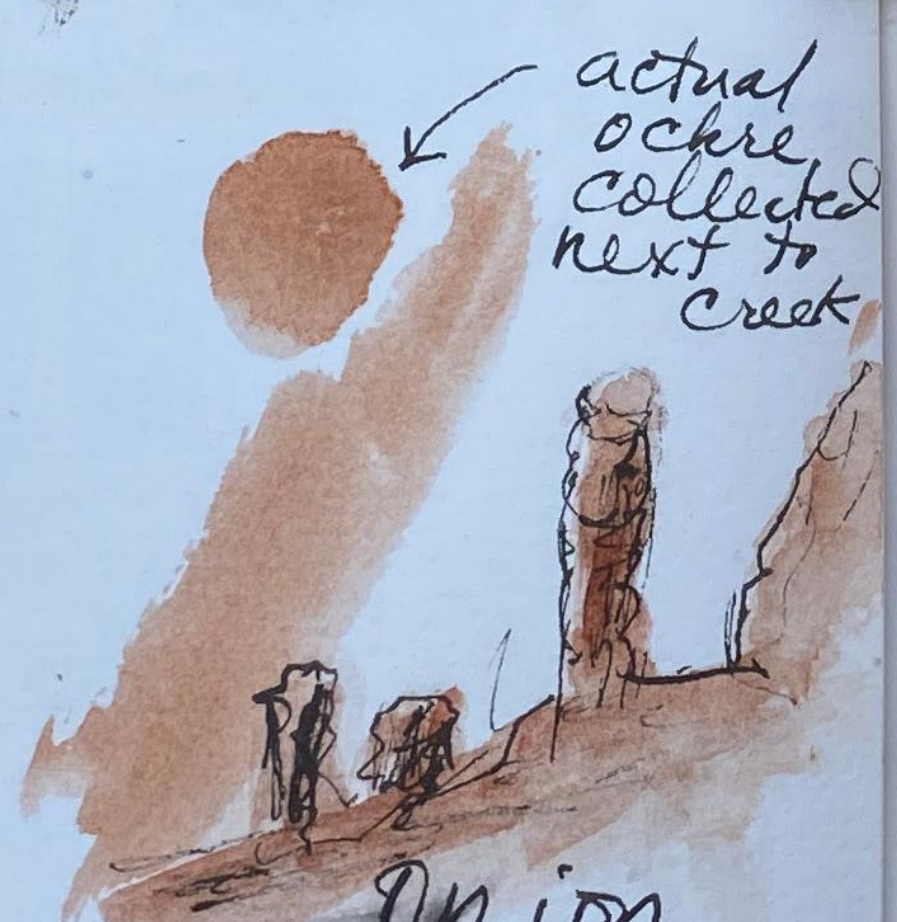
0744a → 0619p

Bartlett Wash
 38.6877°N
 107.0086°W
 4,962'
 35°F, 60°F

At camp northwest of Moab
 off Bartlett Wash recreation
 area — beautiful cold morning
 a single Sage Sparrow visited
 for me!
 Heading north from
 camp, on the sagebrush
 flats, saw herd of ~12
 pronghorn, including
 very big, old male with
 huge (wide) antlers.



Rock spires at Camp 1, Moab



Onion
 Creek
 Canyon —
 red ochre
 earth

Camp at Dolores River
 overlook — Junipers
 (one-seed Juniper) are
 fruiting. color of the fruit



Climbed Imogene
 Pass — 13,000 feet —
 just below summit
 saw American Pika,
 "haystacking,"
 stuffing grass
 and forbs
 under
 a
 large
 rock.



American Pika
 A lot was spilling out
 will he pull it made into
 the burrow?

- Wildlife of mountains & mesas
- Sage Sparrow
- Antelope Gr. Squirrel
- Raven
- Pronghorn — by road — 12, including large male
- American Pika
- Yellow-bellied Marmot
- Yellow-rumped Warbler
- Mountain Bluebird
- Stellar's Jay
- Canada Jay
- Dusky Grouse

Fall Colorway — Moab



Saturday, October 31, 2020

○ Full 0641p → 0739a

 high clouds 0741a → 0619p

Camp Bartlett Wash

38.68
109.00

4,962'

35°F, 60°F

At camp northwest of Moab off Bartlett Wash recreation area — beautiful cold morning. Very quiet, a single Sage Sparrow visited briefly — new bird for me!

Heading north from camp, on the sagebrush flats, saw herd of ~12 pronghorn, including very big, old male with huge (wide) antlers.



Rock spires at Camp 1, moab



Onion Creek

ochre earth

Camp overlo (one-se) fruiting

lumb

affing and

u

u

ny -

far

Gunn Riv

No-Value



Tuesday, November 17, 2020

Arches House

11.2? 0942a → 0751p
Mostly Clean 0655a → 0522p

32.247°N Calm
110.943°W
2,426'
55.9°F, 93.4°F

Very warm week so far -
in the 90s.

Cine Siskins are still very numerous.

I didn't hear the White-
crowned Sparrows today.

Sunday observed that
one immature turned
to ~ 12-15 adults,
the immature was
sing - to drive the
When he was

alone, he was
With no
lots
Call

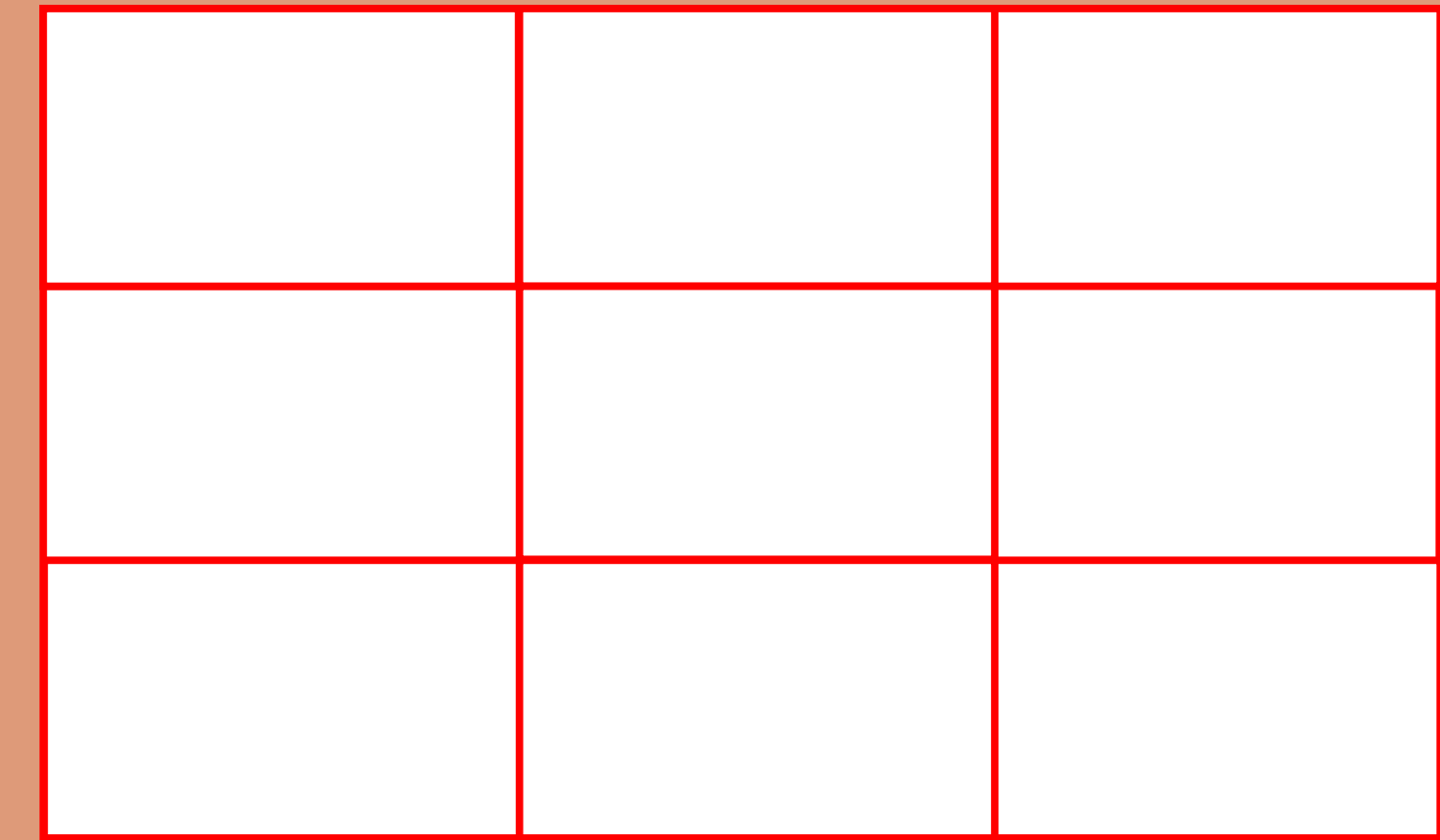
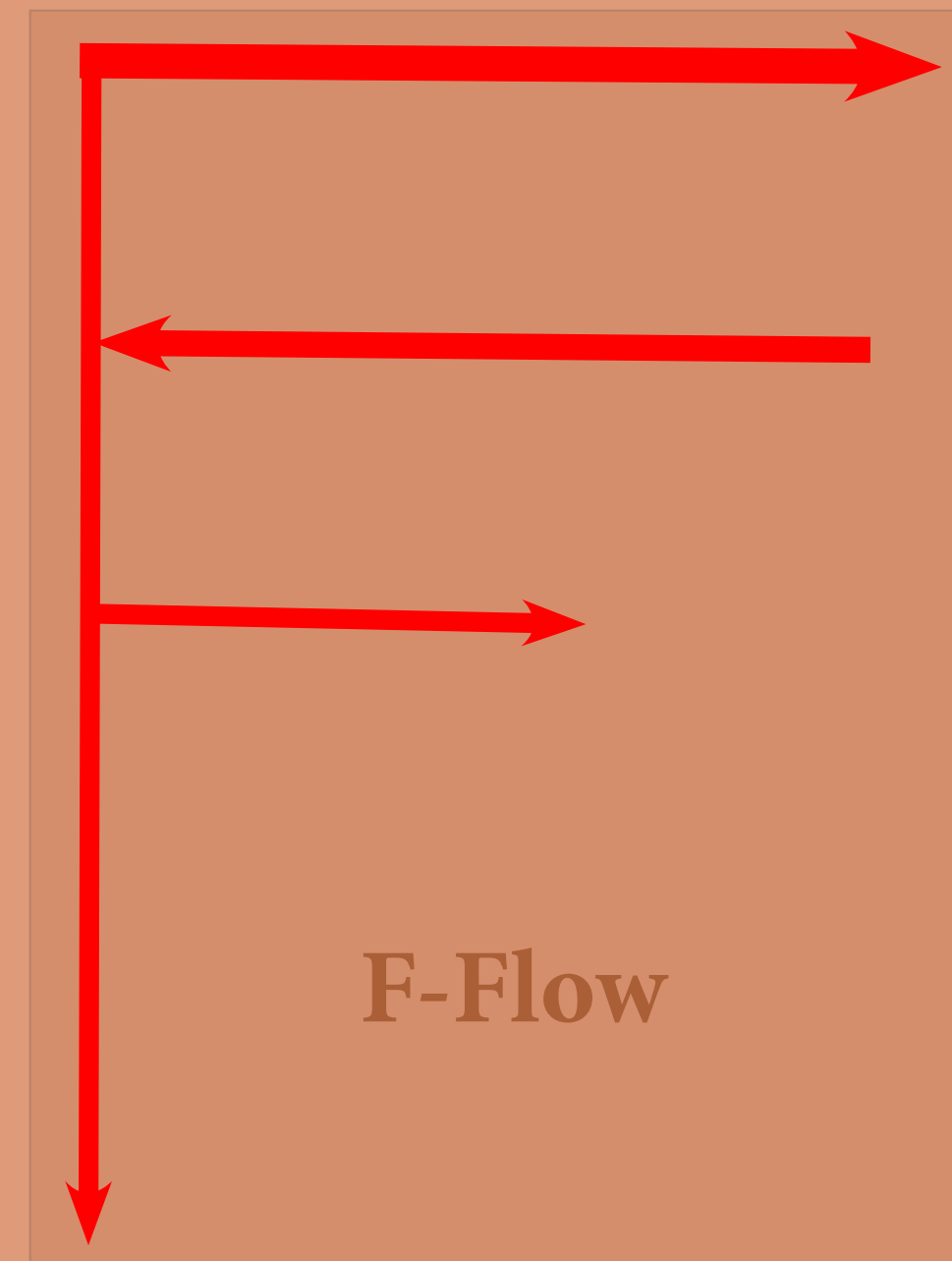
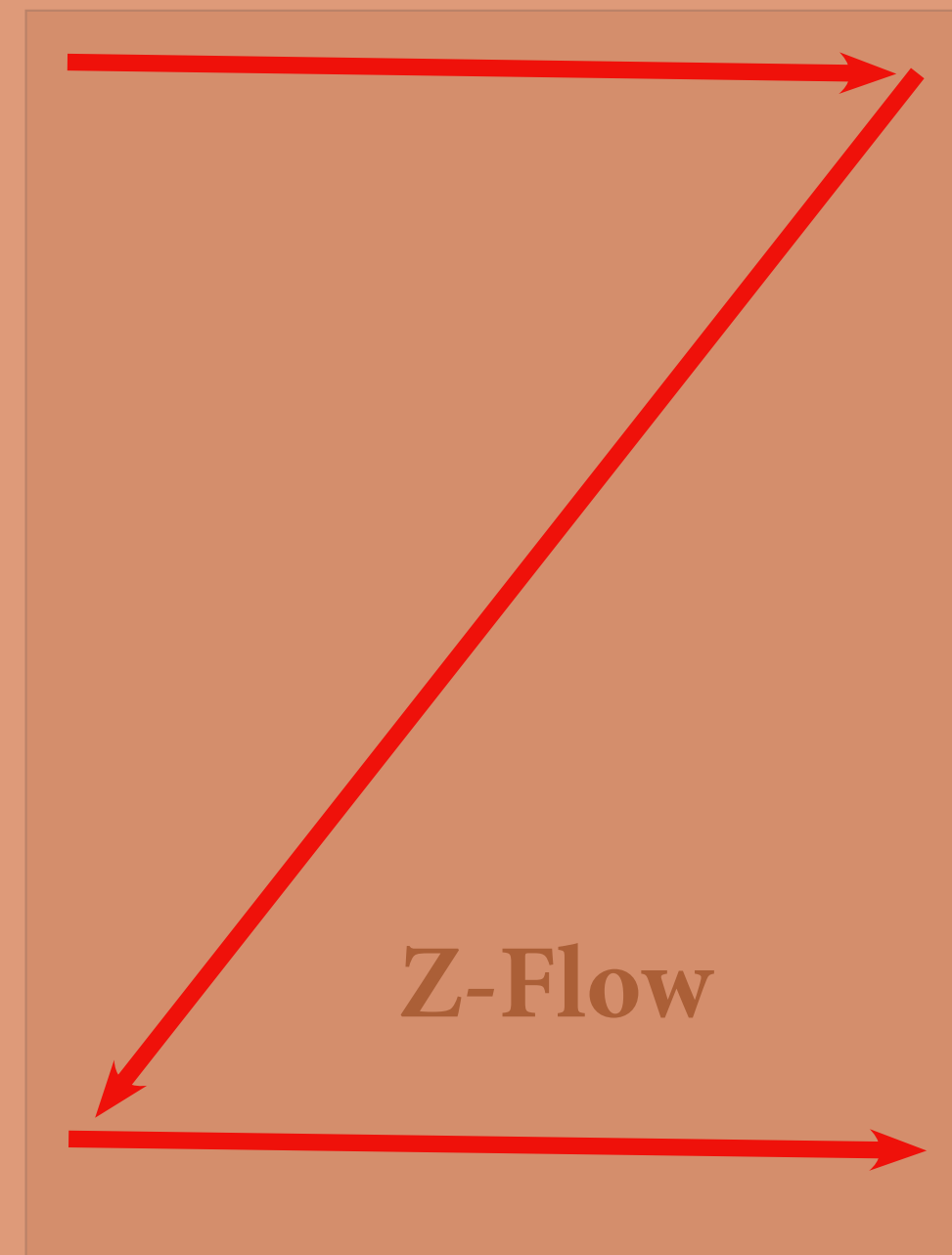
Not sure he
all the
(He only
other
HOFI, PIS
okay!)



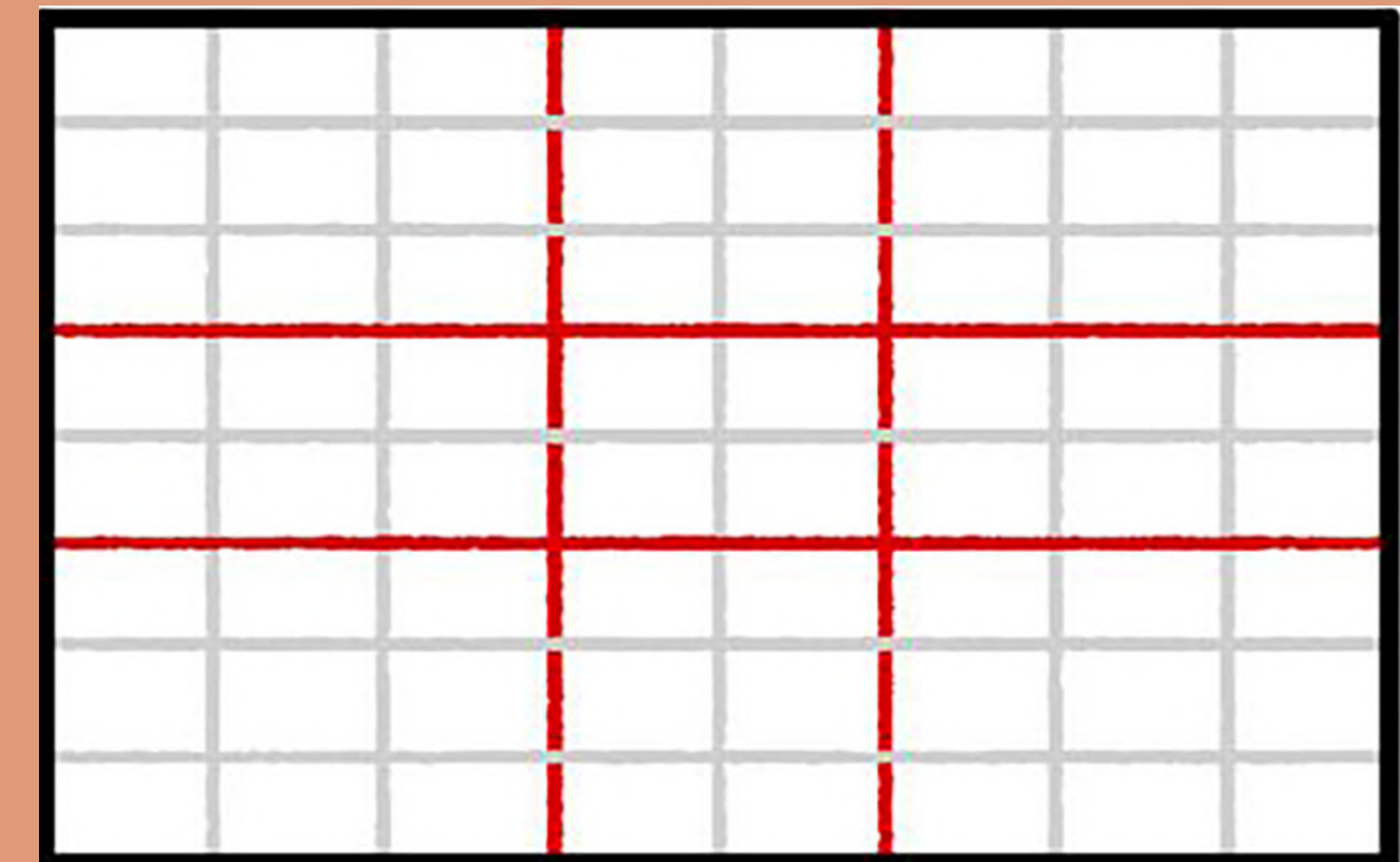
The big eucalyptus...
shadows of
leaves play
on the
smooth
surface.

REVIEW:

1. Eye-flow
2. Key Elements
3. Proportions
(simple and complex)



Rule of Thirds



Golden Rectangle

Key Elements:

- Size
- Color
- Contrast
- Repetition
- Whitespace
- Odd Numbers

PROCESS:

1. Choose a **LAYOUT** (Horizontal or Vertical, Rule of Thirds / Golden Rectangle / Columns / Squares / Circles, etc.)
2. Think about your **FLOW**
3. Choose one or two main **VISUAL ELEMENTS** (size, color, contrast, repetition, whitespace)

Mark in those elements ahead of time

4. Choose **HARMONY** (especially odd numbers and Golden Ratio)
5. Then **RELAX** and concentrate on observation and recording!

PROCESS:

Sunday, June 23, 2019

68.8% 1119p → 1129a
misty, clear 0700a → 0558p

Okavango / Meremi
to Maun

19.18°S, 23.41°E

3/53' clear

45°F, 82°F

0750 left Xakanaxa
Camp, where last
night an elephant foraged 30 feet
from our campfire.

At about 430am, heard foot-
falls - found fresh lion
tracks on road directly in
front of the truck. Prob.
♀, from the size.

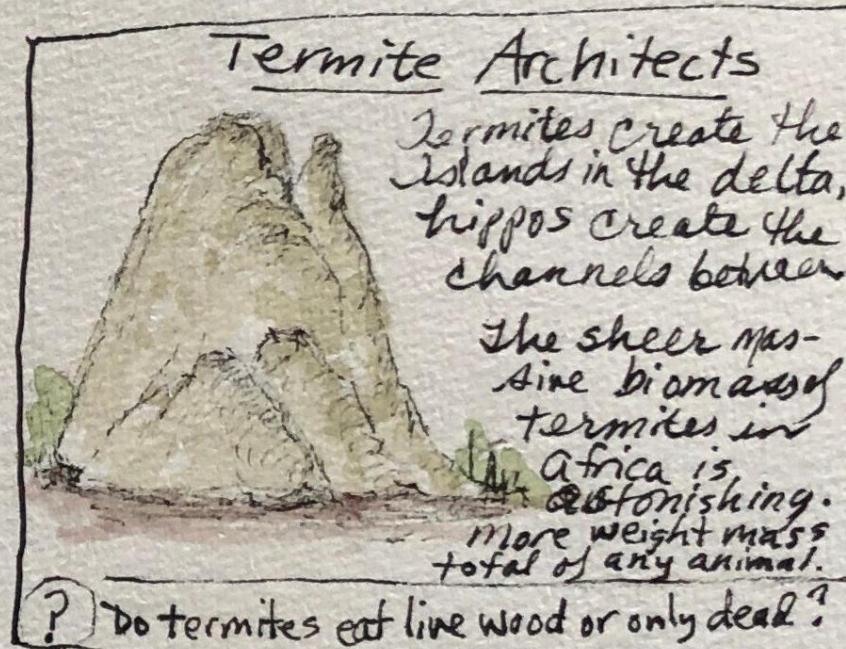
Zebras here have brown
interstix stripes, & a distinct
breast-bar, like a saddle
strap.



Martial Eagle ?
Zebras - walking
head-tossing
& flapping
lips -
why?
cooling?
?



Impala's gait -
straight-legged spring &
down. Distinctive
Lechwe run like llamas*
& hold their necks
similarly (*curved)
(*alternating feet)



? Papyrus @ Third Bridge -
native?

Russet-cinnamon fork-tailed
swallows.

? Very large group of
balloons in dry-grass
pan - feeding, poss.
hermites? ± 65

Wow!

Species 4/23

- African Fish Eagle
- Chacma Baboon
Troop x 12±
- Impala x 100+
- Hammerkop
- Vervets - with
young babies
- Gray Louries
- Red-billed Hornbill
- Cape Glossy
Starling
- Fresh hippo tracks
[photo]
- Fresh leopard tracks
- Plains Zebra
- Lechwe (by water)
- Blacksmith Lapw.
- Wildbeest
- Hippo
- Gray Heron?
- Magpie Shrike
- Bateleur
- Crocodile
- Spoonbill -
feeding by
running
- Open-billed Stork
- Jacana
- Little Bee-eater
- Harlebeest
- Ground Hornbill
- Black-backed
Jackal

LAYOUT = Horizontal / Rule of Thirds / with 3 Columns / accent box

Sunday, June 23, 2019

68.8% 1119p → 1129a

misty, clear 0700a → 0558p

Okavango / Meremi to Maun

19.18°S, 23.41°E

3/53' Clear

45°F, 82°F

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At about 11am, heard foot falls — found fresh lion tracks on road directly in front of the truck. Prob. ♀, from the size.

Zebras here have brown interstix stripes, & a distinct breast-bar, like a saddle strap.

Martial Eagle ?

Zebras — walking head-tossing & flapping lips — why? Cooling? ?

Species 6/23

African Fish Eagle

Chacma baboon 12±

Impala x 100+

Hammerkopf

538

13

Termite Architects

Termites create the islands in the delta, hippos create the channels between.

the sheer mass of termites in Africa is astonishing. more weight mass total of any animal.

Do termites eat live wood or only dead?

538

13

Crocodile

Spoonbill

feeding by

Open bill 538

Jacana

Little Bee-eater

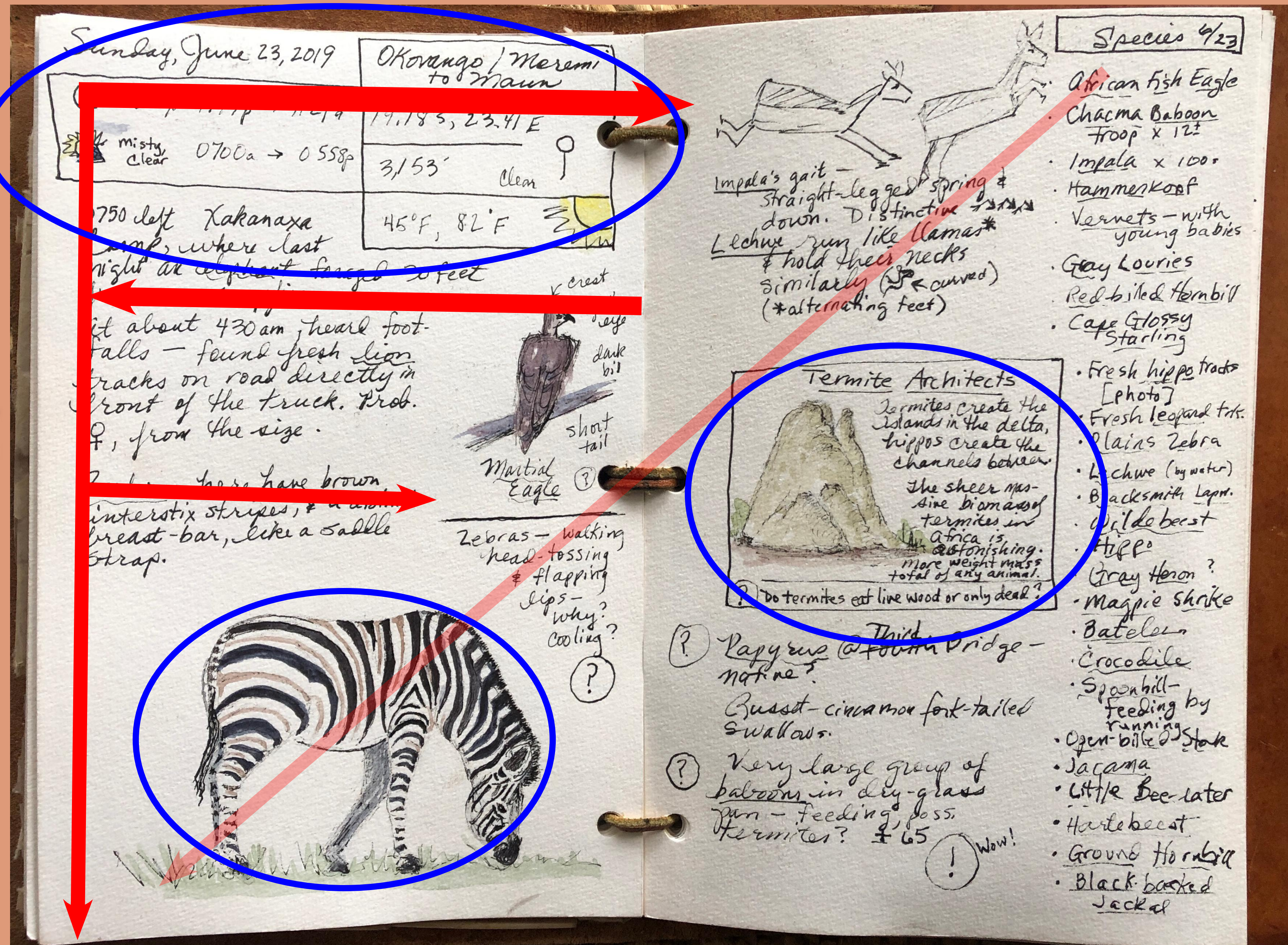
Unstated

538

13

FLOW = F - Z hybrid ELEMENTS = metadata, focal sketch, box

HARMONY
= balanced
text /
sketches



RELAXED:
focused on
observation,
questions

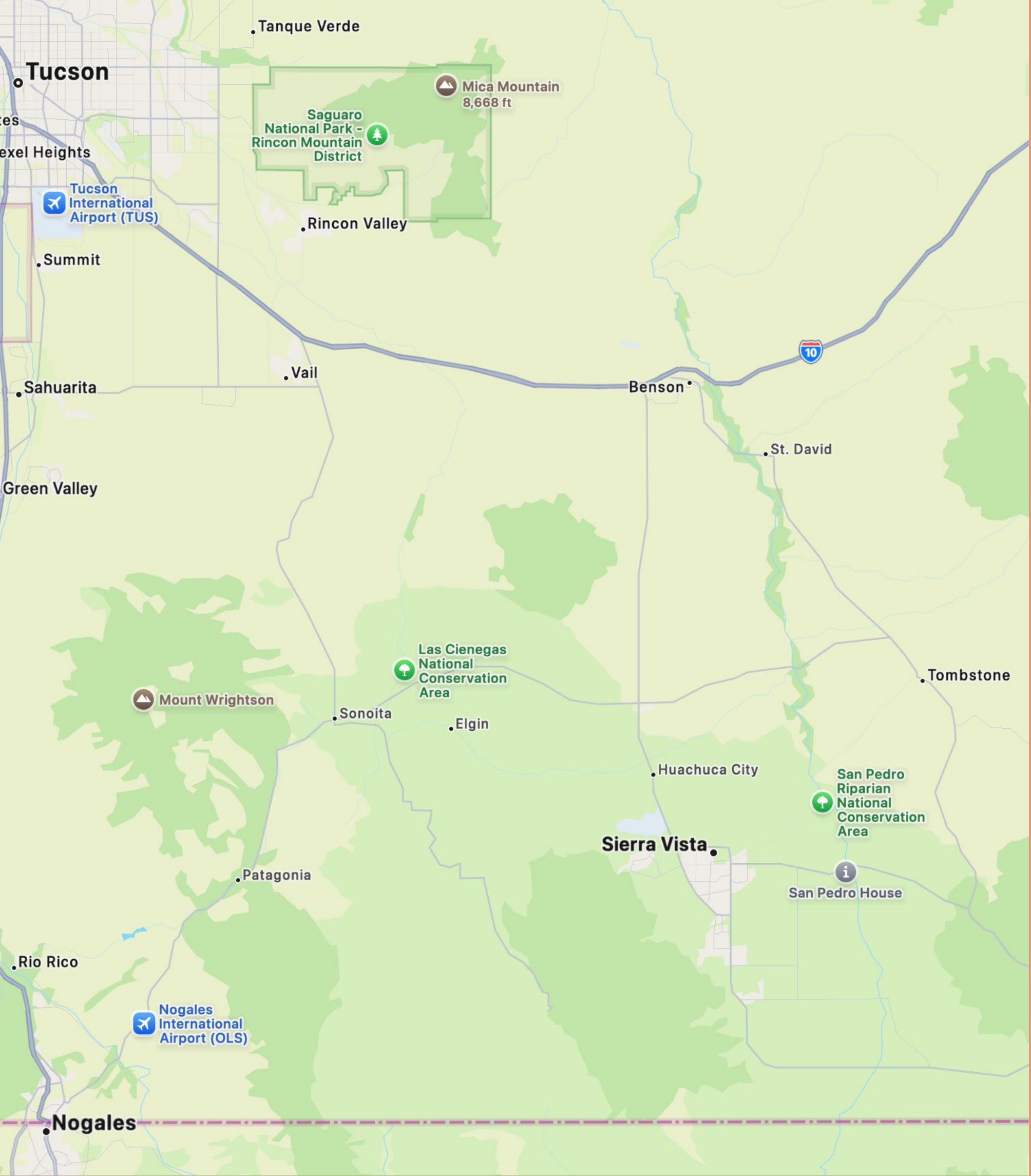
Let's Practice Organic
Page Flow!



Field Trip: San Pedro River

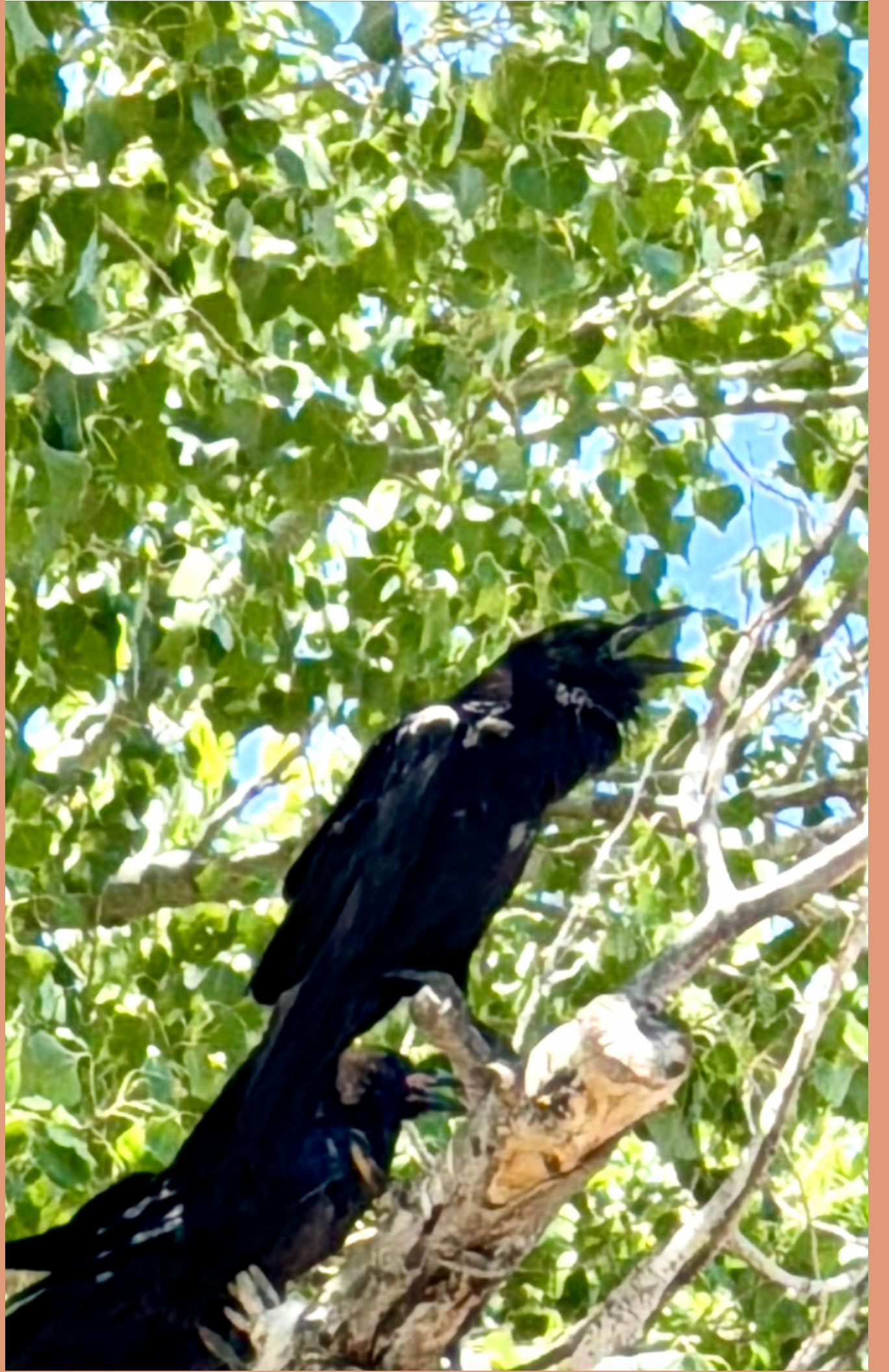
National Riparian Conservation Area

https://www.google.com/maps/@31.5295171,-110.1479135,7090m/data=!3m1!1e3?entry=ttu&_ep=EgoyMDI2MDgyMy4wKXMDSoASAFQAw==









NEXT WEEK we will:

- Spend 30 minutes checking in with color and landscapes / plants.
- **GO BEYOND: CREATIVE BOOK ARTS WITH TIFFANY LEVY**—Don't be constrained by just flat pages—learn how to get creative by using windows, cutaways, captures, and special folds to extend and enhance your journaling real estate.

Keep a Routine Pledge:

I will make quiet time in my life;

I will turn off phones and computers and TVs;

**I will establish a routine time, even 15 minutes,
(nearly) every day to write in my journal.**

Self-Care Pledge:

- It's okay to be busy, have obligations, & other interests**
- It's okay to also want to embrace creativity**
- I will be kind to myself**
- I will not judge**

The FIELD ARTS INSTITUTE's
Nature Journal
ACADEMY

2026

Saturday, August 8, 2026

9 am Pacific time

