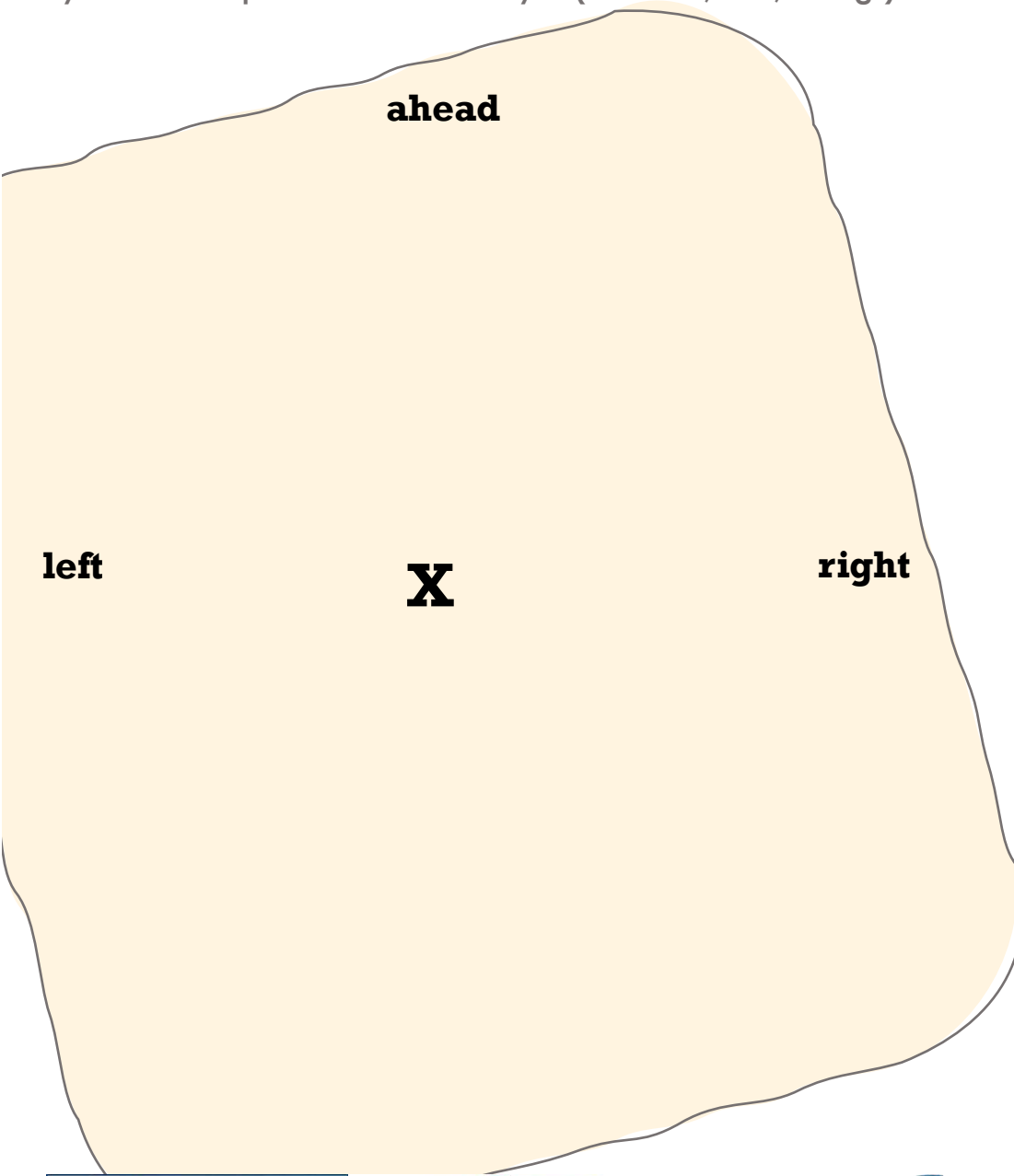


Find a quiet spot to sit. Listen to the sounds of nature for five minutes. Use this space to make a map of what you hear.

The X on the page marks the spot where you are. Create your own symbols to map the sounds around you (like birds, cars, or frogs).



Ready, Set Explore!



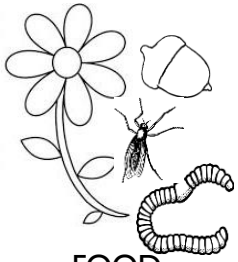
An Activity Guide for Families Exploring
St. Lucie County Preserves



A good habitat has everything wildlife needs to survive.

There are four important parts to a habitat: food, water, cover, and space.

Put a check next to each part you see.



FOOD

Just like you, animals need a healthy diet. Different birds eat different foods, such as seeds & insects.



WATER

From a puddle to a pond, or a ripple to a river, Wildlife needs clean water for drinking and bathing.



COVER

Wildlife needs safe places to sleep, raise young, and shelter from bad weather and predators.



SPACE

Wildlife needs room to grow and live! They need to be able to find enough food, water, and cover in the place they call "home."

Observe the habitat around you closely.
How many of these can you find?
Circle them.

insect

spider web

place where a bird can hide

plant that is as tall as you

leaf bigger than your hand

animal making noise

something a bird can eat

animal track

hole in a tree

bird nesting material

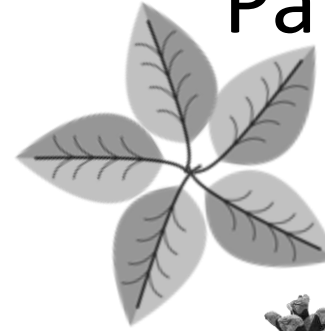
water for animals

What was the most colorful thing you found?

What was your favorite ?

What would you name the habitat you are in?

Pattern Play!



Collect a variety of fallen leaves and create your own patterns! Remember- do not pull any living parts of trees, bushes or flowers in the preserve. Take a picture! Leave all natural items in the preserve.



Look up! Draw any clouds you see. If there are no clouds, draw the tallest tree or a bird flying by!

St. Lucie County preserves are a great place to stretch, exercise and play! Put a star next to the activities you did!

GET MOVING!

march in place for 60 seconds

squat and stand 7 times

touch your toes 15 times

take 5 deep breaths

touch your knees to your elbows 12 times

20 jumping jacks

reach for the sky 10 times

draw TWO stars here if you did them all!