



76 Albert Park Lane San Rafael, CA 94901
415-453-1000 x12 www.discoverwildcare.org

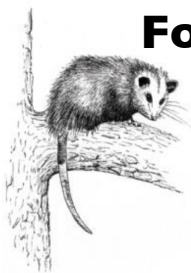
Dear Parents and Guardians,

Welcome to WildCare's Winter Camp! We're looking forward to exploring the wonderful world of wildlife with your camper and expanding their awareness of the natural wonders around us. After the Zoom session each day, your camper can visit the Winter Camp Online Portal for follow-up activity instructions, animal jokes, word puzzles, recipes, and WildCare videos to enjoy at their own pace!

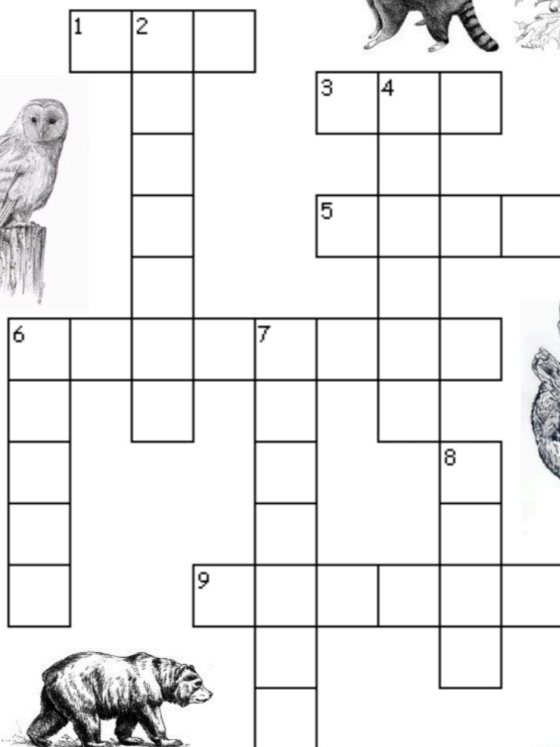
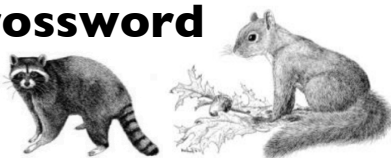
This packet contains print-outs for the crafts we will create together each day during camp, as well as print-outs for the follow-up activities on our Winter Camp Online Portal.

Day	Schedule (bolded items are included in this packet)
Monday 12/28/2020	<i>Winter Survival</i> <ul style="list-style-type: none">• Meet Luna, the Virginia Opossum• Start a Nature Observation Journal• Follow-up activities on the Winter Camp Online Portal: Nature walk bingo, mashed root veggie recipe, WildCare videos, animal jokes and puzzles
Tuesday 12/29/2020	<i>Animal Superpowers</i> <ul style="list-style-type: none">• Meet Sequoia, the Northern Spotted Owl• Make an owl finger puppet• Follow-up activities on the Winter Camp Online Portal: Snowshoe hare camouflage, sound map, WildCare videos, animal jokes and puzzles
Wednesday 12/30/2020	<i>Migration</i> <ul style="list-style-type: none">• Meet our pool birds• Make a raptor decal for your window• Follow-up activities on the Winter Camp Online Portal: Bird fruit salad recipe, birding, WildCare videos, animal jokes and puzzles
Thursday 12/31/2020	<i>Hibernation</i> <ul style="list-style-type: none">• Meet Stryker, the California King Snake• Make a fox mask for a costume dance party• Follow-up activities on the Winter Camp Online Portal: Tortoise greens salad recipe, BioBlitz dance, WildCare videos, animal jokes and puzzles
Friday 1/1/2021	<i>Celebration!</i> <ul style="list-style-type: none">• Meet Trill, the Western Screech Owl• Make a desert tortoise sun catcher• Have a costume dance party!• Follow-up activities on the Winter Camp Online Portal: Ways to be a Wildlife Hero, Cleanup Challenge, WildCare videos, animal jokes and puzzles

Our non-releasable Wildlife Ambassador animal schedule is subject to change if for some reason they cannot be handled on certain days.



Forest Friends Crossword



Across

1. I'm the only canine that can climb trees.
3. I'm a bird that hunts mainly at night.
5. I'm a type of raptor with excellent eyesight.
6. I have a big fluffy tail and like to eat nuts!
9. I'm a wild cat with a short tail.



Down

2. I'm the only marsupial in North America.
4. I have a long and slender body like a ferret.
6. I let out a really stinky spray when in danger.
7. I am sometimes called a bandit.
8. I am a really large mammal that can be quite grizzly.



Something beautiful - What makes it beautiful to you?
Did you find all of the scavenger hunt items?

Winter Camp

Nature Observation Journal



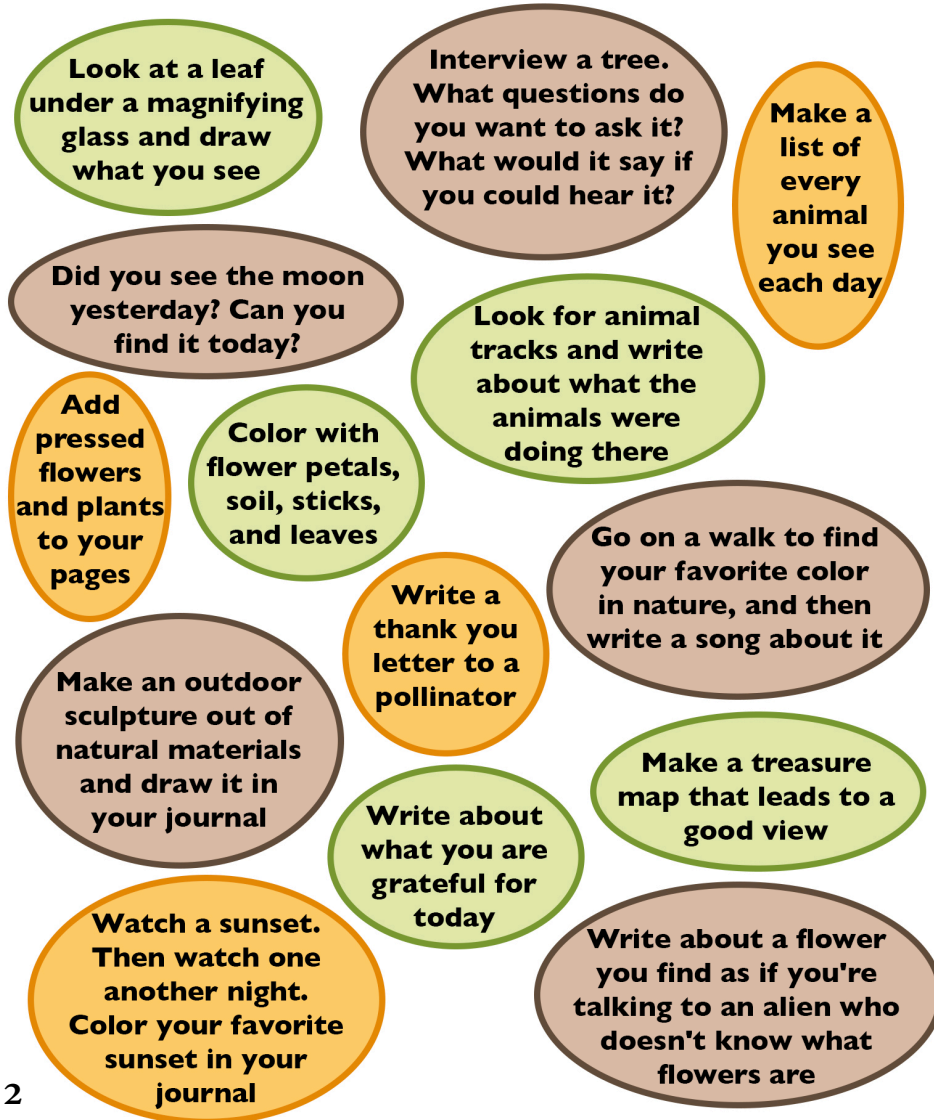
76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org



Everyday, try to notice something new about a place in nature near you, whether it is a plant outside your window, an animal passing by, or changes in the sky.

Record your observations in your nature journal by writing, drawing, painting, or even making up a song or poem!

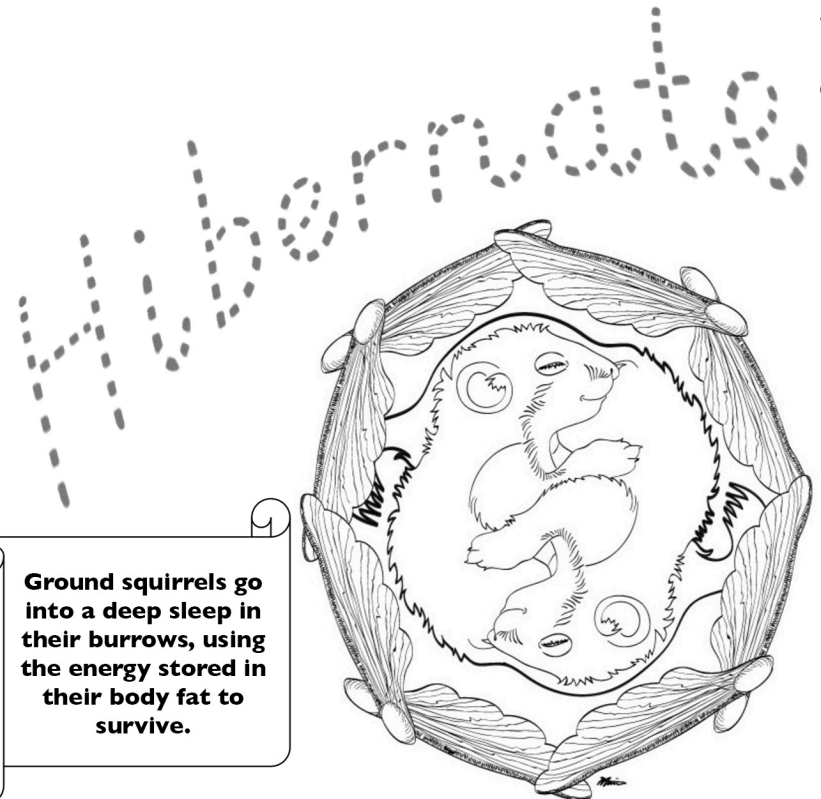
Here are some ideas for what to include in your nature journal:



Something a human left behind - Can you clean it up to help the habitat?

Something damp - What would change if it were dry?

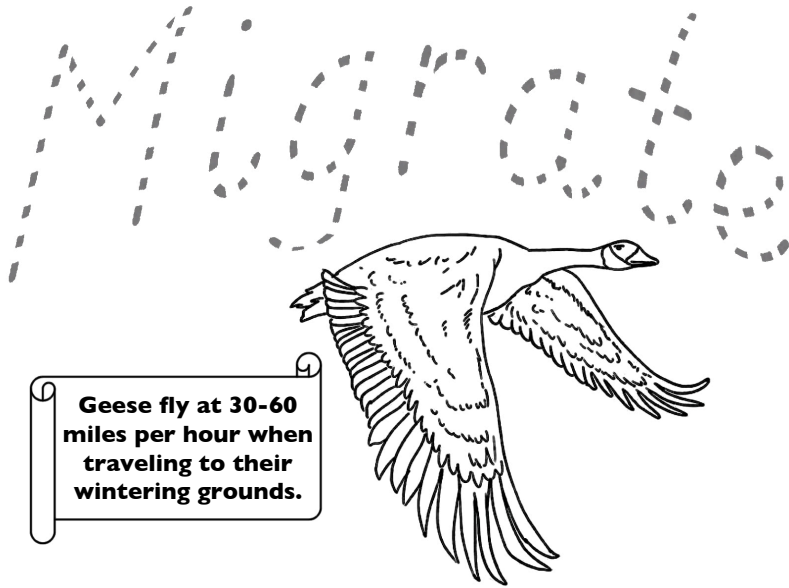
Some animals hibernate to survive winter. Some go into a deep sleep and don't even wake up to eat or go to the bathroom! How colorful can you make the word "hibernate"?



Something an animal left behind - What was the animal doing?

Something very dry - What would change if it were wet?

Something **open** - Is this object ever closed?



Some animals migrate to survive winter. Some even travel thousands of miles to get to their warmer wintering grounds! How colorful can you make the word “migrate”?

Something **closed** - Is this object ever open?

Something **sharp** - Be careful! Was this object originally sharp or did it break?

Something **smooth** - What caused the object to be smooth?

Nature Observation Scavenger Hunt

There is a scavenger hunt challenge on the border of the journal pages! Use the blank space to record your observations. On your next journey outdoors, look closely to find...

Something **spiky** - Why do you think it has spikes?

Something **soft** - What makes it soft? What does it look like under a magnifying glass?

Nature Sit Spot

A Sit Spot is a quiet place somewhere in nature where you just sit and don't do anything else. You might notice special things around you that you would have missed if you were moving around or talking! Can you think of a place outside you want to try a Nature Sit Spot in?

*Sit outside for 10 minutes.
What do you hear, smell, see, or feel?
How does the sun feel on your face?
How about the breeze?
What are the clouds like today?
Draw yourself sitting in nature:*

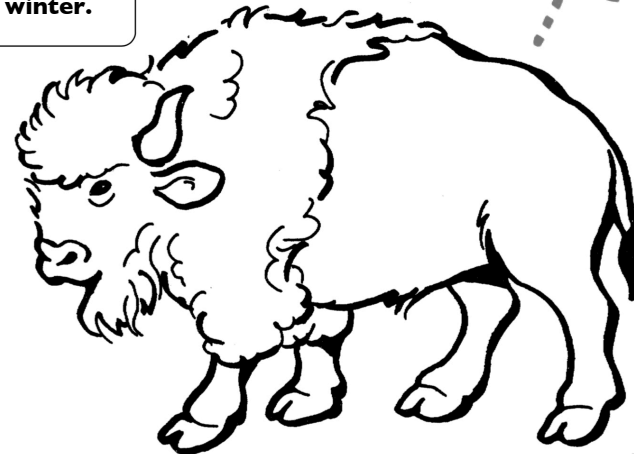
Something fragile - What keeps it from being damaged?

Something old - How can you tell that the object is old?

Some animals adapt to survive winter by growing thick fur or even changing their fur to white in order to camouflage in the snow! How colorful can you make the word "adapt"?





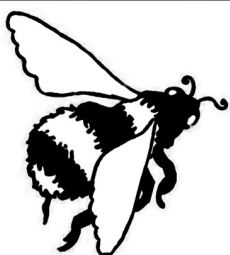



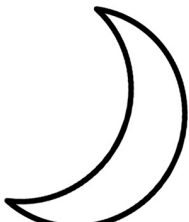








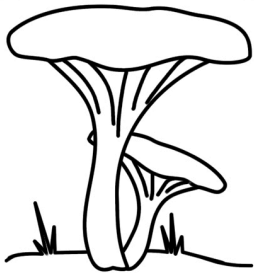


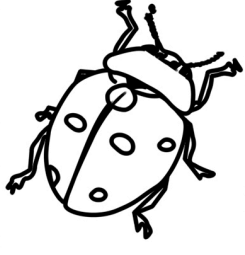

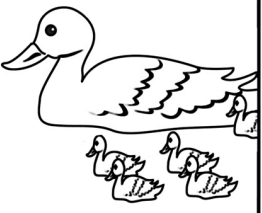

Something strong - Does it protect something fragile?

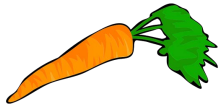
Bison grow a thick fur coat that helps them keep warm during winter.



Something new - How can you tell that the object is new?

Nature Walk Bingo

 hummingbird	 flower bud	 foot prints	 berries or fruit	 buzzing bee
 feel the wind	 spider web	 butterfly	 moon	 nest
 pick up trash	 listen to a bird singing	FREE SPACE	 4 different leaves	 ant
 cricket sound	 cloud that looks like an animal	 feather	 mushroom	 dew drops
 dandelion	 ladybug	 a really COOL ROCK	 baby animal	 animal tracks



Mashed Root Veggies



Vegetarian ~ Dairy-free ~ Nut-free ~ Egg-free ~ Gluten-free

Gophers are small rodents that live in underground burrows which they dig with their massive front teeth, called incisors. Their lips close behind their teeth when they dig, which stops dirt from getting into their mouth. They pull roots, bulbs, and leaves down into the safety of their burrow to avoid predators. Some irresistible root vegetables include sweet potatoes, carrots, parsnips, and turnips, which are packed with nutrients that keep gophers (and people) healthy and energized.

Gophers do not hibernate in the winter, but they do spend a lot of time in their burrows feasting on all of the roots, tubers, and stems they have stored in chambers.

Try this Mashed Root Veggie recipe to see why gophers are always on the search for tasty roots!

Steps:

Add in any of your favorite root veggies like fennel, sunchoke, celeriac, or rutabaga for a variety of flavors and nutrients.

Ingredients:

- 1 sweet potato
- 1 parsnip
- 1 turnip
- 1 carrot
- 1 tsp salt
- ¼ cup olive oil
- ¼ cup vegetable broth
- Salt and pepper to taste
- **Optional:** garlic powder

1. Wash your hands!
2. Wash all of the root veggies.
3. With the help of an **adult**, cut all of the root veggies into about 2 inch pieces.
4. Place all the veggies in a large pot and fill with cool water to cover. Add a teaspoon of salt.
5. **Adult:** Bring the pot of veggies to boil over medium heat and simmer for about 30 minutes, or until the veggies are very tender. Then drain the veggies and place them in a large mixing bowl.
6. **Adult:** Heat up vegetable broth in the microwave or in a small saucepan until warm.
7. Now for my favorite part: Mash the veggies! Use a fork or a potato masher to mash the veggies. Stir in the warm vegetable broth and olive oil until the liquid is absorbed and the veggies are smooth.
8. Season with salt and pepper, and add any yummy seasonings like garlic powder or smoked paprika.



76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org

Top with your favorite mashed potato toppings and enjoy!

Owl Finger Puppet

1. **Color in the owl.**
2. **Cut out the owl.**
3. **Cut out two holes for the owl's feet where it says "Cut out."**
4. **Put your index finger and middle finger through the back of the foot holes and start walking!**



What sounds does your owl make as it walks?

What will you name your owl?

Snowshoe Hare

Camouflage Activity



76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org

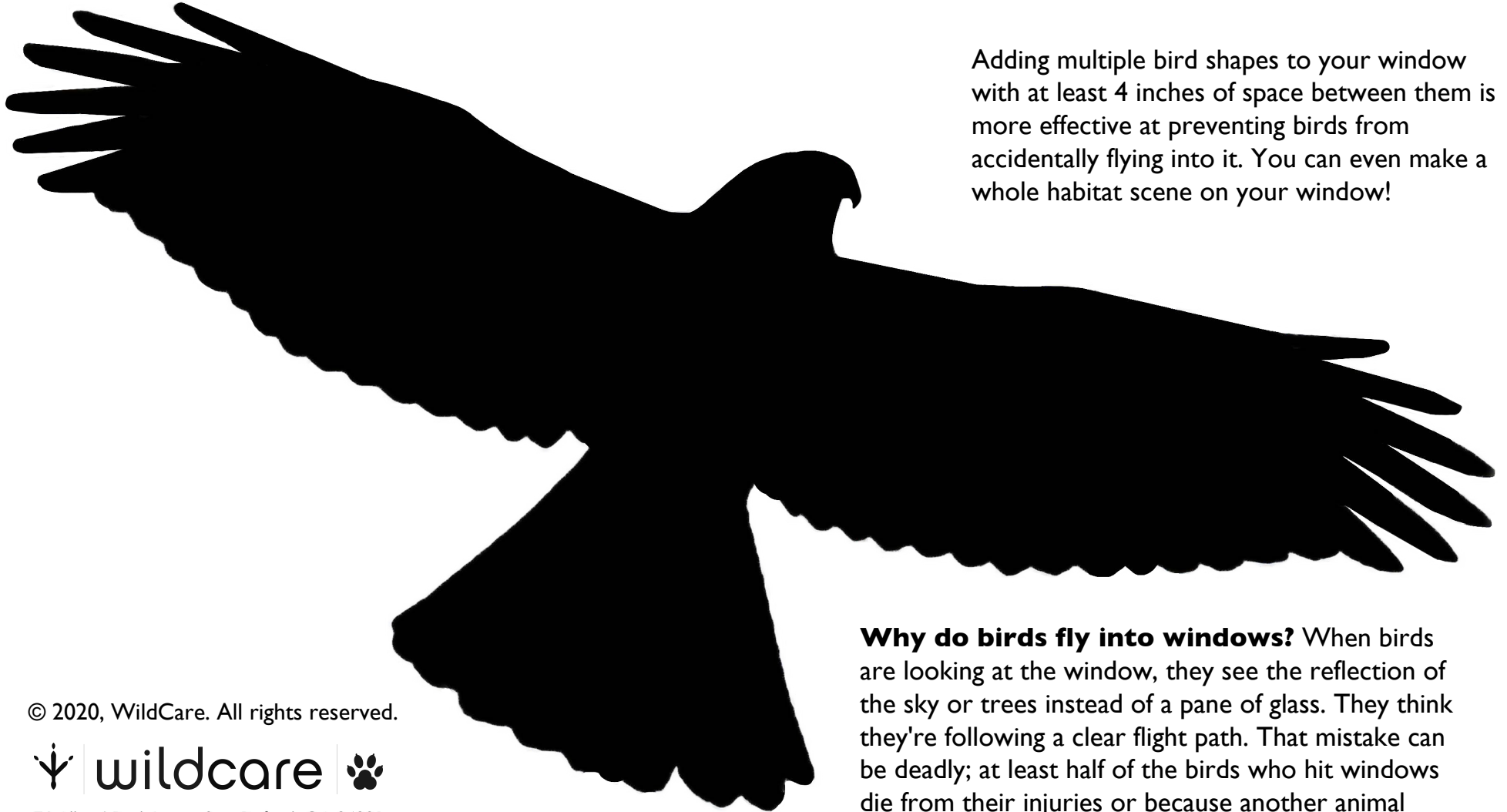
Birds and Windows

Help wild birds around your home with this Nature Super Hero activity!

Simply create hawk-shaped cut outs to display in windows to discourage birds from flying into them and causing injury.

1. Carefully cut out the hawk shape.
2. Decorate the white side of your hawk cut-out however you like, by drawing, coloring, or collaging on it.
3. Tape the hawk to the inside of your window so that the black side of the cut-out faces outside, and the decorated side faces inside.

Adding multiple bird shapes to your window with at least 4 inches of space between them is more effective at preventing birds from accidentally flying into it. You can even make a whole habitat scene on your window!

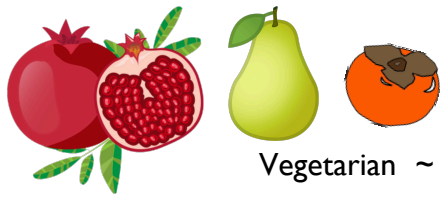


Why do birds fly into windows? When birds are looking at the window, they see the reflection of the sky or trees instead of a pane of glass. They think they're following a clear flight path. That mistake can be deadly; at least half of the birds who hit windows die from their injuries or because another animal preyed upon them while the bird was stunned.

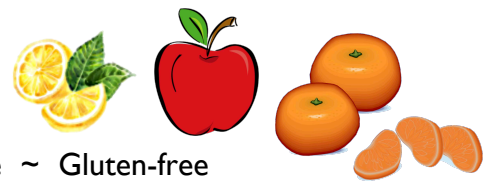
© 2020, WildCare. All rights reserved.



76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org



Bird Fruit Salad



Vegetarian ~ Dairy-free ~ Nut-free ~ Egg-free ~ Gluten-free



Photo by Richard Cronberg

Substitute any of these seasonal winter fruits for your personal favorite fruit salad ingredients. This recipe makes enough salad for 2-3 people to share.

Ingredients:

- ½ pomegranate
- 1 pear
- 1 apple
- 2 fuyu persimmons
- 2 clementines

For the dressing:

- 1 Tablespoon honey
- 2 Tablespoons freshly squeezed lemon juice
- ½ teaspoon lemon zest
- A few chopped mint leaves

Many birds will feast on fruits and berries to fuel up during their migration. Other birds that don't migrate will also eat fruits and berries to have enough energy to stay active throughout the day and stay warm throughout the cold winter night. Different plants grow at different times of year, and this recipe includes some of winter's tastiest seasonal fruits.

Try this Bird Fruit Salad recipe to find out just how tasty some birds' meals are!

Steps:

1. Wash your hands!
2. Wash all of the fruit.
3. With the help of an **adult**, prepare all of the fruit. Remove the seeds from the pomegranate. Cut the pear and apple into slices or bite size pieces. Peel the persimmons and cut into bite size pieces. Peel the clementines and separate the sections.
4. Add all of the cut fruit into a bowl.
5. Mix the honey, lemon juice, and lemon zest in a small mason jar. Make sure the lid is on tightly, and then shake to combine.
6. Pour the dressing over the fruit salad and gently toss to combine.
7. Add a few chopped mint leaves on top, and it's done!

Enjoy your Bird Fruit Salad!

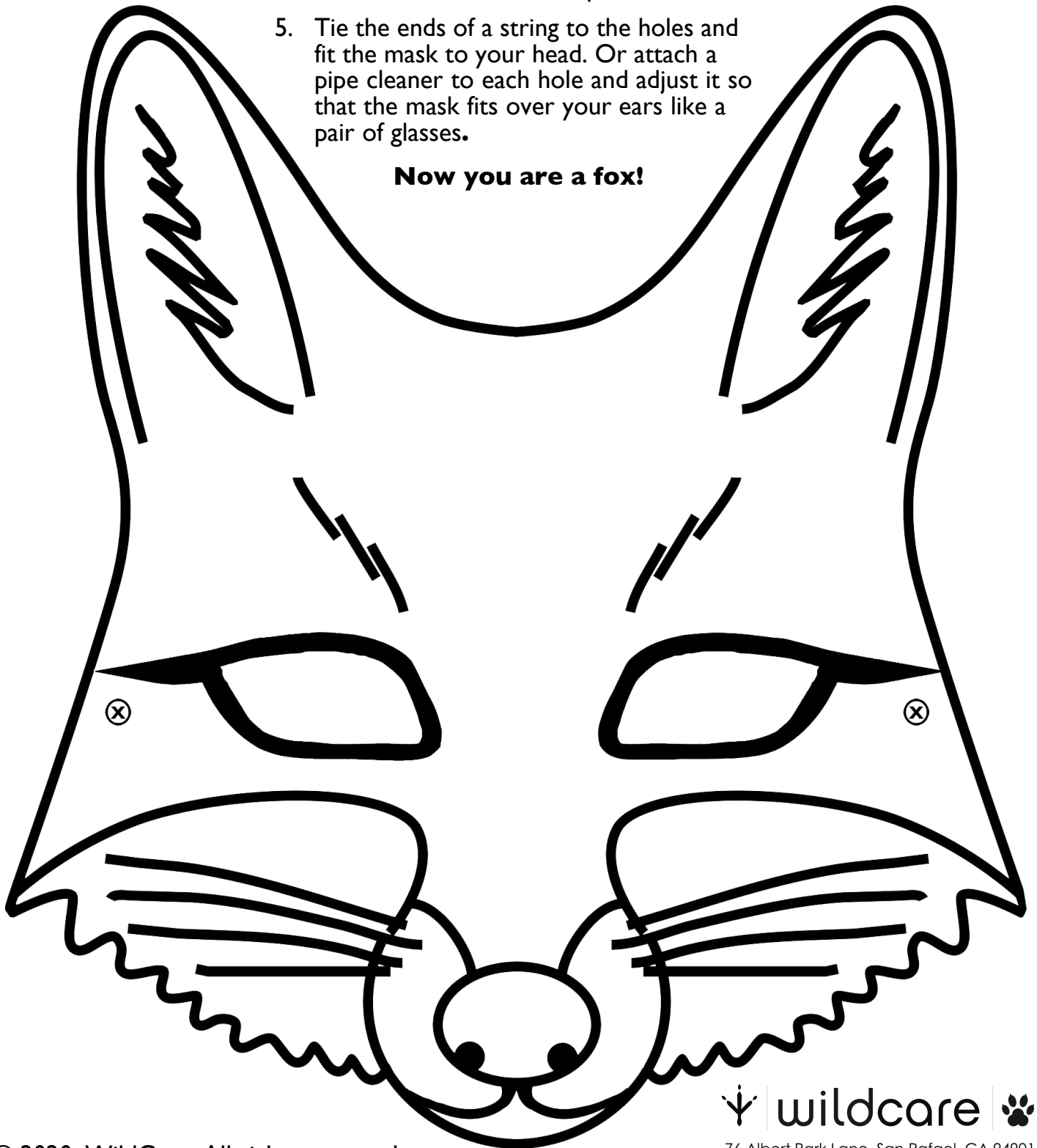


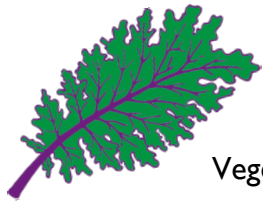
76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org

Fox Mask

1. Color in the mask.
2. Cut out the mask.
3. Cut out the eyes.
4. Punch a hole in the two spots marked X.
5. Tie the ends of a string to the holes and fit the mask to your head. Or attach a pipe cleaner to each hole and adjust it so that the mask fits over your ears like a pair of glasses.

Now you are a fox!





Tortoise Greens Salad

Vegetarian ~ Dairy-free ~ Nut-free ~ Egg-free ~ Gluten-free



Mohave the Desert Tortoise is an herbivore, which means he only eats plants! Desert Tortoises eat a variety of leaves and grasses that grow in their habitat, as well as other plants like cactus and wildflowers.

Try this seasonal Tortoise Greens Salad recipe to find out just how tasty an herbivore's meal can be!

Substitute any of these for your personal favorite salad ingredients. This recipe makes enough salad for 2-3 people to share.

Ingredients:

- ½ bunch of kale
- 2 cups baby spinach
- 1 apple
- 1 carrot
- ¼ cup dried cranberries
- A sprinkle of salt
- A dash of olive oil

For the dressing:

- 1 Tablespoon olive oil
- 1 teaspoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon Dijon mustard

Steps:

1. Wash your hands!
2. Wash your kale, spinach, carrot, and apple.
3. Remove the kale stems. Rip up the kale into 1 inch pieces and place into a bowl. Sprinkle salt and a dash of olive oil over the kale and massage it with your hands for about 1 minute.
4. With the help of an **adult**, grate the carrot and slice the apple into bite size pieces. Add spinach, dried cranberries, grated carrot, and sliced apples to the bowl.
5. Mix the olive oil, apple cider vinegar, honey, and Dijon mustard in a small mason jar. Make sure the lid is on tightly, and then shake to combine.
6. Pour the dressing over the salad and gently toss to combine.

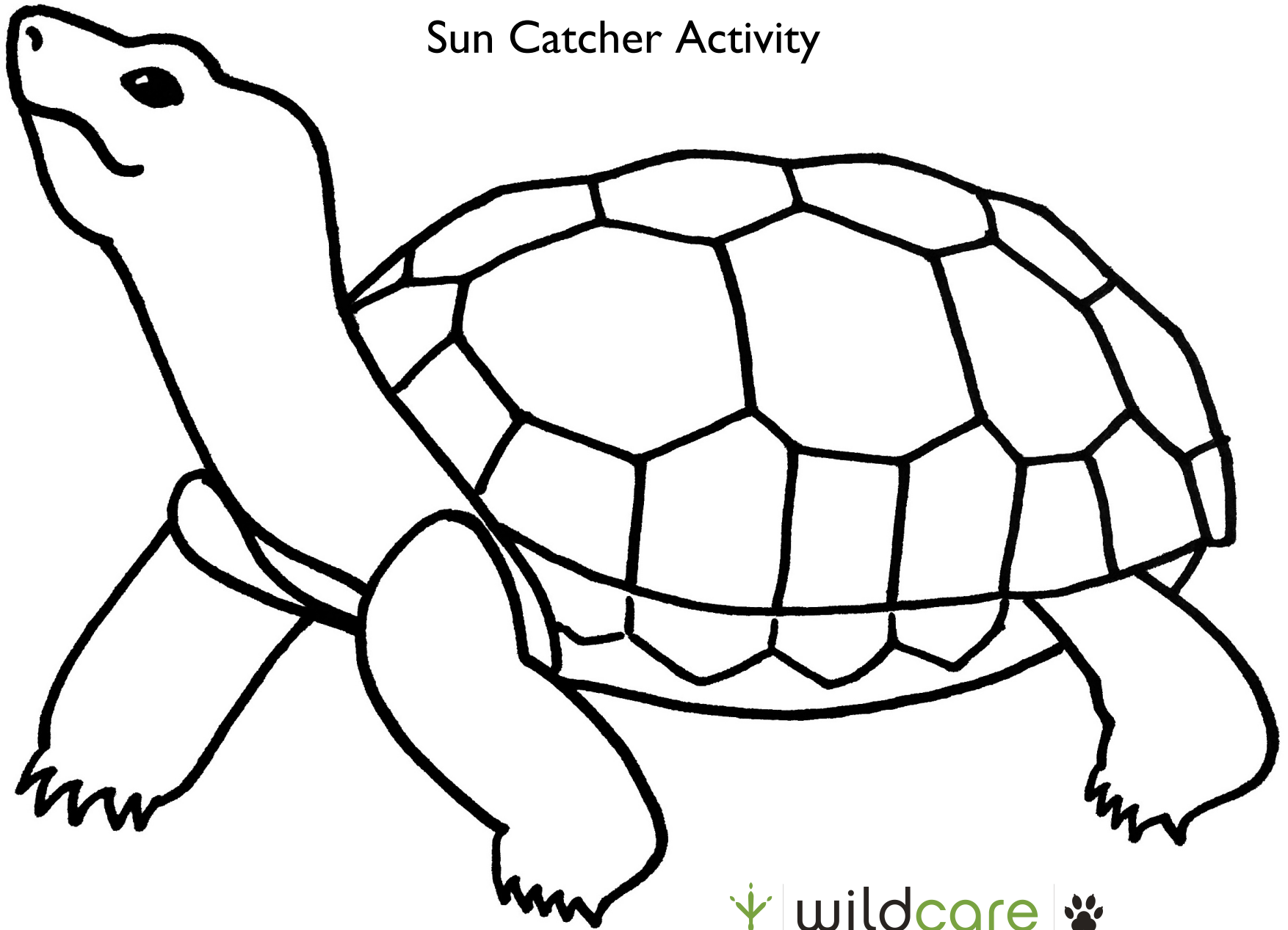
Enjoy your Tortoise Greens Salad!



76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org

Desert Tortoise

Sun Catcher Activity



76 Albert Park Lane, San Rafael, CA 94901
415-453-1000 www.discoverwildcare.org

Ways to be a Wildlife Hero!

Organize a beach, park, school yard, or neighborhood clean-up! Not only will you help wildlife, but you will see how beautiful the things around us can be.

Have big windows at home or in your classroom? Cut out shapes to decorate the glass so birds don't accidentally fly into it!

Slow down!
Cars and bikes can be a big danger for animals just trying to cross to the other side.

Going to the beach?
If you see any loose fishing line, cut it up into small pieces and throw it away! Pelicans, gulls and other wildlife can get tangled in the line.



Photo by Carlos Porra

Build a nesting box for owls or bats, and they might thank you by eating some critters you don't want around like bugs or rats!
Visit www.hungryowls.org for instructions!

Done with that yogurt or other food container? Rinse it out before you recycle it, so wild animals don't stick their heads inside—sometimes they can get stuck!

Wild animals can be cute, but these animals should not be our pets. Wild animals do best when they are in their own homes in nature, instead of in our homes.



Photo by Dana Terry

Always keep your cats inside and dogs on leash when they are outside, so they can't harm wild animals!

If you find a sick or hurt wild animal, before you go near it, be sure to tell an adult! They can call WildCare for more help.



Photo by Greg Wilson





If you find a baby wild animal, call WildCare before trying to move it. Baby jackrabbits and fawns may spend the whole day alone while mom gets food, and might just need to be left alone.

Use your reusable bags! Your backpack works great, too!

Host a bake sale, lemonade stand, or ask for donations for your local animal rescue instead of birthday presents. Every penny helps feed and care for wild animals in need!

Throwing a party? Try making your own party decorations instead of buying balloons. Wild animals often mistake balloons for their food.



Photo by Amy Woodward

Spot any six-pack soda rings? Help wild animals from getting caught in them by cutting all of the rings before throwing away.

Don't throw that apple core out the car window! Opossums, skunks, and other wildlife may try to eat it but can get too close to the road. This can cause accidents for both people and animals!

Never feed wild animals people food or your pet's food! They have their own food in nature that they should be eating instead. Our foods and our pet's foods can make them very sick.

Don't chase the birds! Birds and other animals may need a quick break before migrating to a new home. Enjoy watching them rest and relax instead!

Trash isn't good for us, and it's not good for wildlife! Help make sure garbage can lids are on nice and tight. If you see an outdoor bin without a lid, ask for one to be added!

Share what you've learned! Make signs, tell a family member, and keep talking to friends about all the ways that YOU can be a Wildlife Hero!



Photo by Trish Carney

