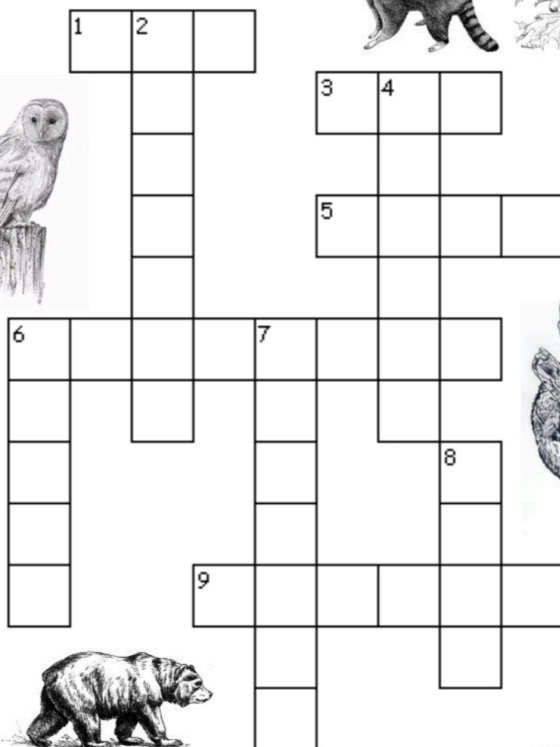
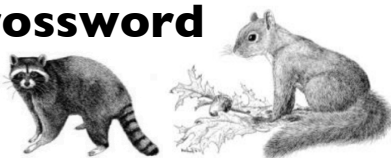


Forest Friends Crossword



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



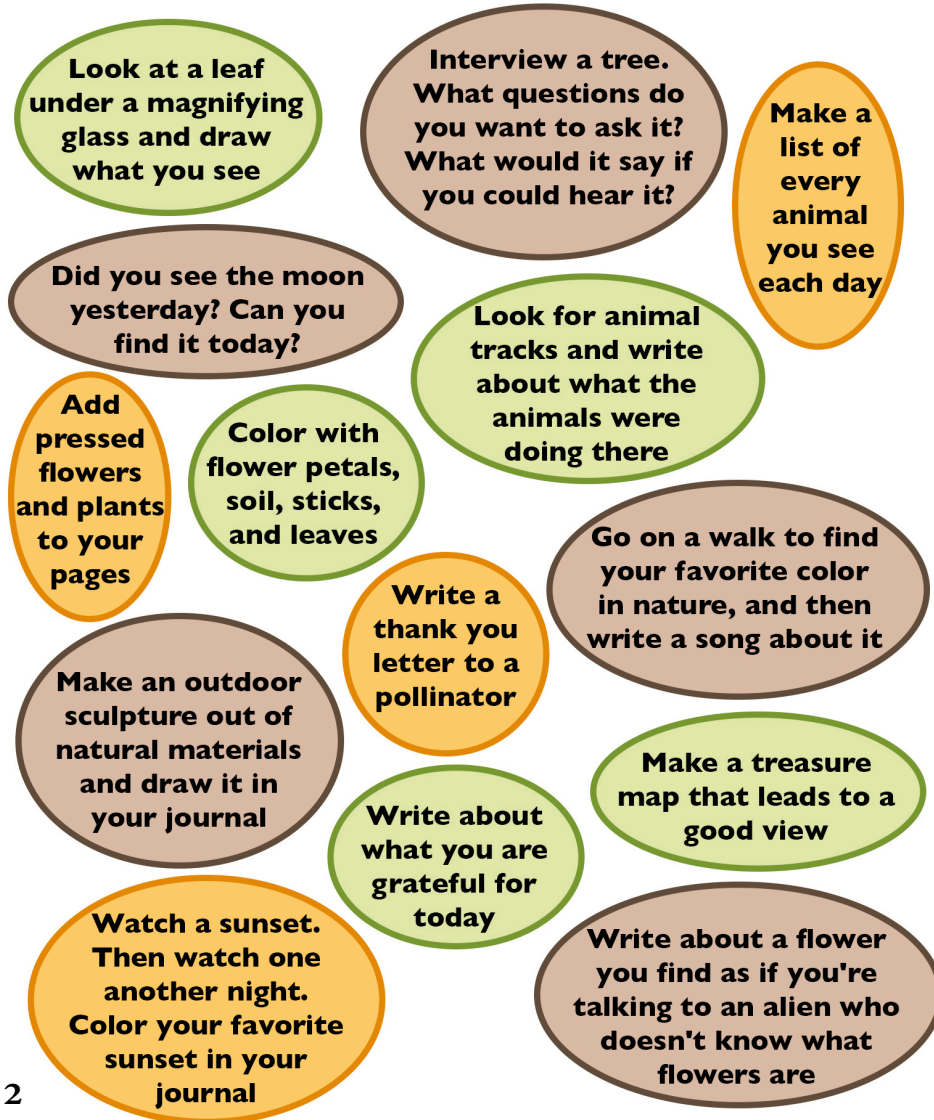
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Everyday, try to notice something new about a place in nature near you, whether it is a plant outside your window, an animal passing by, or changes in the sky.

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

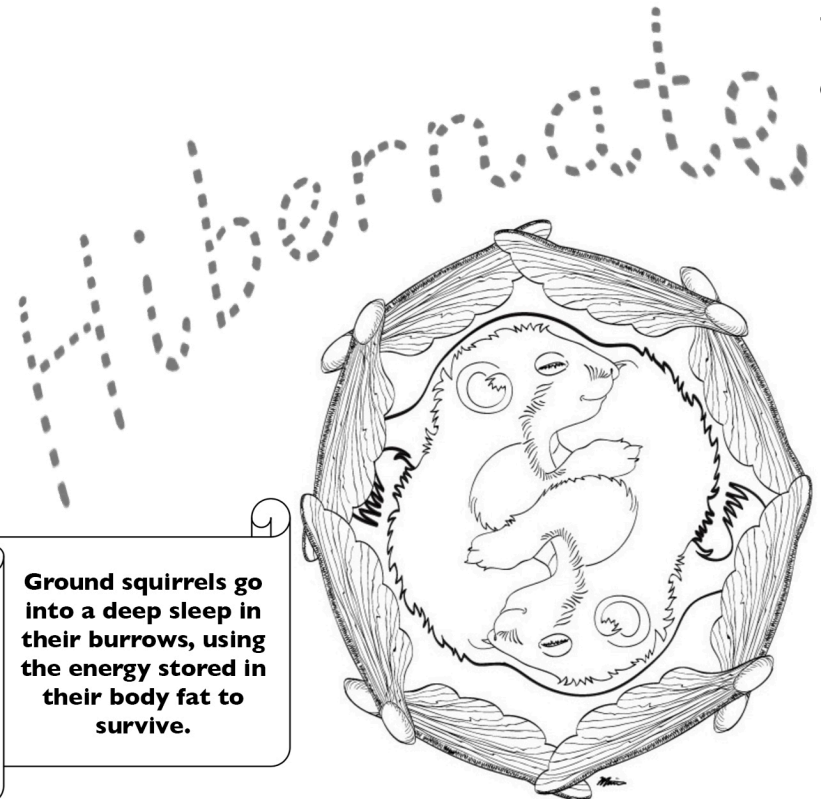
Here are some ideas for what to include in your nature journal:



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

Something damp - What would change if it were dry?

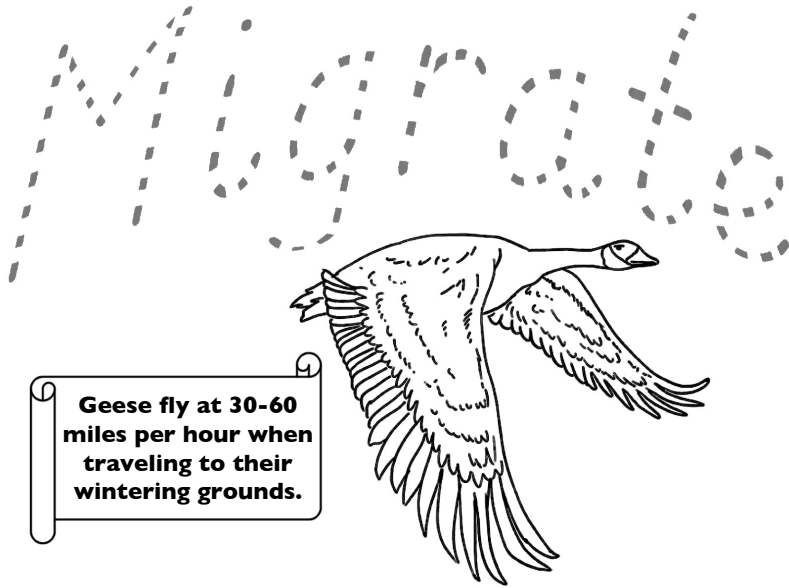
Some animals hibernate to survive winter. Some go into a deep sleep and don't even wake up to eat or go to the bathroom! How colorful can you make the word "hibernate"?



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:*

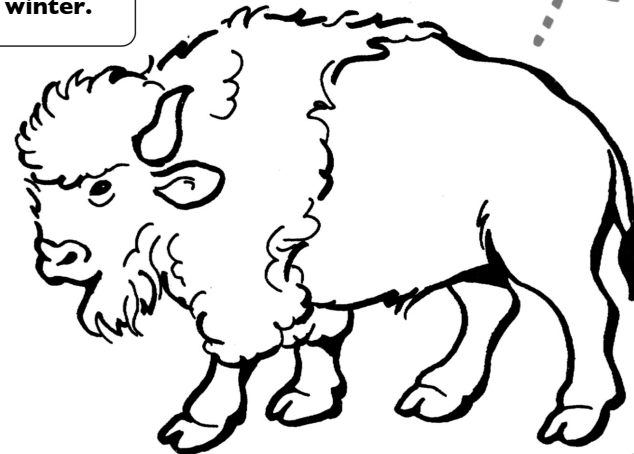
Something fragile - What keeps it from being damaged?

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"?





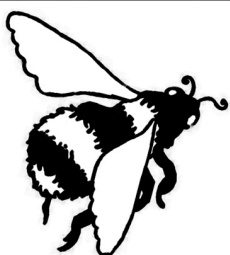



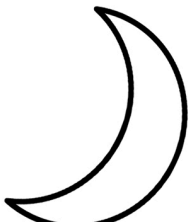








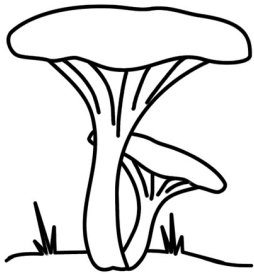


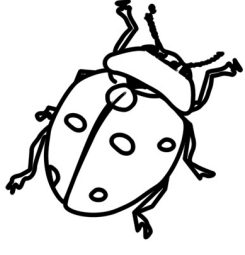

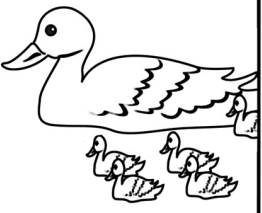

Something strong - Does it protect something fragile?

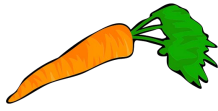
Bison grow a thick fur coat that helps them keep warm during winter.



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.



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Top with your favorite mashed potato toppings and enjoy!