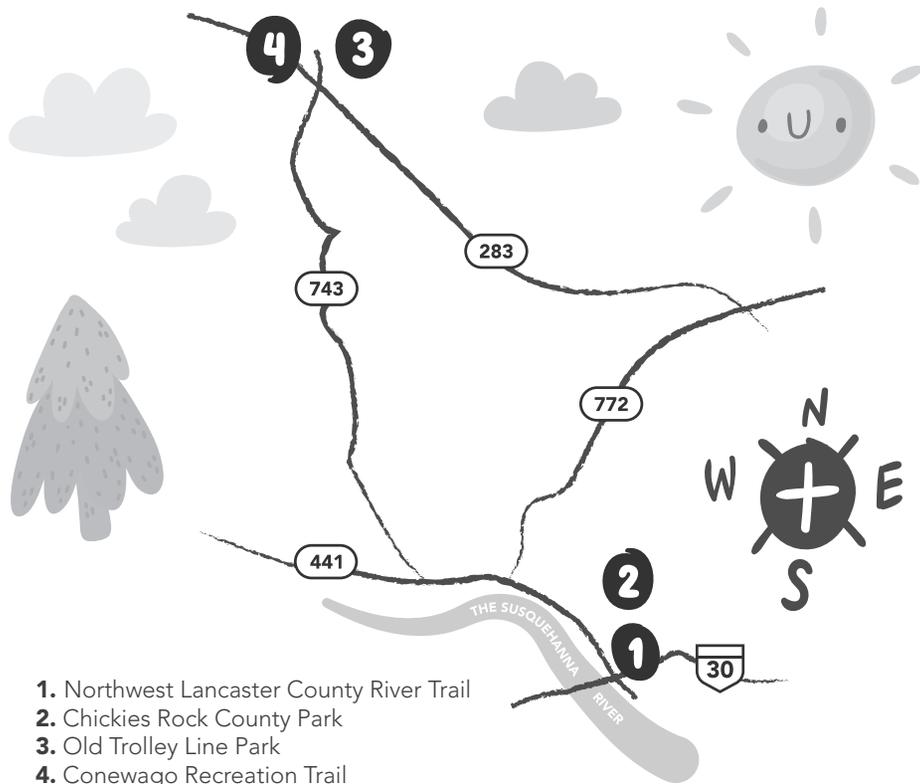


# WESTERN LOCATIONS

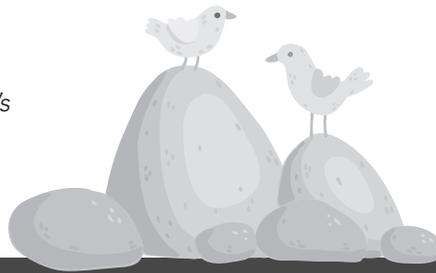


1. Northwest Lancaster County River Trail
2. Chickies Rock County Park
3. Old Trolley Line Park
4. Conewago Recreation Trail

**Reminder:** Your choice of an outdoor place to visit.

## Books at the Library—Reading is a healthy exercise too!

- *Forest Bright, Forest Night* by Jennifer Ward
- *Raindrops Roll* by April Pulley Sayre
- *Trekking on a Trail: Hiking Adventures for Kids* by Linda White
- *Kid's Guide to Fishing: The Young Angler's Guide to Catching More and Bigger Fish* by Dave Maas
- *Tracks, Scats, and Signs* by Leslie Dendy



## REFUEL YOURSELF!

### Owl Cakes

Be creative with how you build your owl! Swap out blueberries for raisins or nut butter for cream cheese. No rice cakes? Try toast or a waffle instead.

- 4 rice cakes 1 banana
- 4 tablespoons nut butter 1 cup blueberries
- 1 apple 1 carrot
- 1 cup whole grain cereal (example: Cheerios)

Place rice cake on a plate or napkin. Spread 1 tablespoon nut butter (peanut or almond) on each rice cake. Slice banana into 8 slices. Place 2 slices on the upper part of each rice cake for the "owl" eyes. For the pupils, add a small dot of nut butter in the banana slice middle, then top it with blueberry. For the "owl" wings, cut apple in half, and then halve again into thin wedges. Put 2 slices of apples with the peels facing outwards, leaving the center of the rice cake open. Slice carrot thinly into a triangle chunk for the nose. Finally, add "owl" feathers between the wing with whole grain cereal.

## REFRESHING MOVES!

What's your favorite move? Circle one or both.

# INSPECT AN INSECT

Listen quietly for different insect noises. How many can be heard? Can you locate the insects making the noise? Turn over any flat stones or logs and observe the creatures there. If the stones and logs are big, be sure to have an adult help! You can look for insects that are flying, or on flowers, that are eating leaves, or walking on the ground. Carefully watch one insect that you see for at least 2 minutes. What is the insect doing? How does it move?

Draw or write about the insect

# STEM ACTIVITIES

Stand underneath a tree. Look below. Are there any seedlings taking root? Are there acorns, tree bark, plants, flowers, or feathers on the ground? Can you identify and name anything you see?

Nature is full of shapes and patterns. Can you find 3 different shapes right now where you are? What are the shapes you see? Do you see any patterns?

# SOME FAMOUS NATURALISTS



## **Maria S. Merian**

- who recorded and illustrated the life cycles of 136 insect species.

## **John James Audubon**

- famous for his paintings and descriptions of American birds.



## **Beatrix Potter**

- a keen observer of rabbits, fox, mice, and for her study and watercolors of fungi.

## **John Muir**

- known as the "Father of the National Parks".



## **Frances Hamerstrom**

- famous ecologist and known for her research on birds of prey.