

Exploring Nature



Winter Nature Activity Book

Libro de actividades de la naturaleza de invierno

Access nature in all of its wonder.
From our parks and natural areas,
to your neighborhood or backyard.
Enjoy these activities anywhere!

Actividades en español.

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oregonmetro.gov/natureeducation

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Ice globe activity

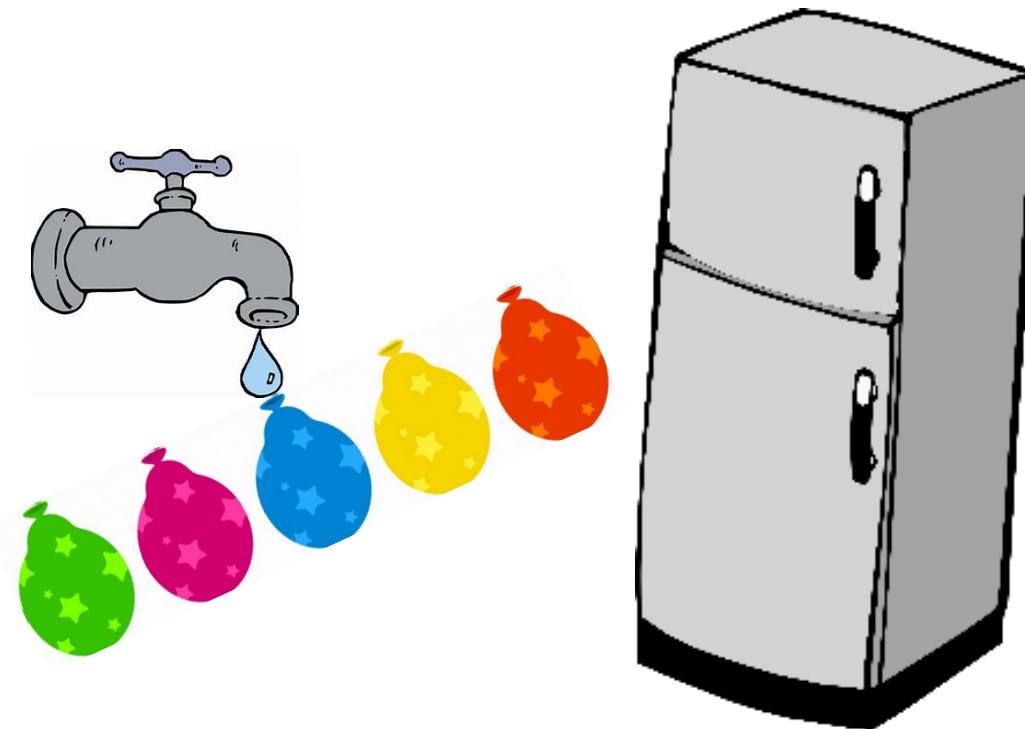
In the Northwest, snow can be hard to come by. But you can still add winter fun to your outdoor space by making colorful ice globes.

Materials:

- Water
- Water balloon
- Freezer or outdoors (temperature outside needs to be below freezing)

Directions:

1. Fill up a water balloon using a sink faucet or an outside water spigot.
2. Add a few drops of food coloring to the filled water balloon. Make them different colors if you want or mix to see what new colors you can create.
3. Place balloons in the freezer or leave them outside. Wait a few hours to let the water in the balloons freeze.
4. Once they are frozen, remove the balloons to reveal beautiful ice globes in your colors of choice! You can now use them to decorate or play with. Be sure to do this outside or in a tub or sink, since the food coloring can stain.



Kindness rocks activity

Making kindness rocks is a great way to brighten up your day and someone else's.

Gather some cool rocks from your yard. Make sure the rocks are dry and brush off any debris before painting.

Materials:

- Rocks*
- Acrylic paint
- Your imagination and kind words!

Directions:

Paint the rocks. Once your base coat of paint dries, paint or write a positive message on them. Keep it simple with bright paint and simple words of kindness such as "Dream" "Courage" or "Hope." Once you're done, let the paint dry

Place the rocks outside where others will see them, being careful to place them where people won't trip over them. This could be alongside the sidewalk in your yard, alongside walking paths in your apartment complex or just where you know they will be seen. Now they can spread kindness and smiles throughout your neighborhood.

***Gathering note**

Only gather rocks where allowed since many critters and plants need rocks to make their home. Use rocks from your own yard, or look for signs to help you decide if you can gather rocks where you are.



Mindfulness exercise

Think of a place that brings you happiness. Is it a forest, your house, somewhere imaginary like a winter wonderland?

Draw it in the space below.



Directions:

Think of three to five things you're grateful to have in your life. Is it your favorite blanket during the winter? Or the help that a friend or caregiver gave you in the past? Decide on what makes you feel grateful and add those to the drawing.

When times get hard, stressful or frustrating take the time to look at your happy place and remember what you are grateful for. You can repeat this activity as many times as you would like. All you need is your imagination, a blank piece of paper and something to draw with.

Reflecciones en la naturaleza

El año nuevo es un tiempo especial, simbólico de cambio y reflección. En esta actividad tendrás la oportunidad de reflejar en el año pasado y escribir libremente de tus deseos para este año nuevo.

Instrucciones:

1. Colecta un lápiz, papel y una superficie dura en donde puedas escribir.
2. Sal al aire libre y encuentra un lugar que te traiga un sentido de paz y en donde te puedas sentar confortablemente por algunos minutos.
3. Respira profundamente cinco veces y empieza a escribir abajo.

Agradece las tres cosas mas importantes que has pasado el año pasado:

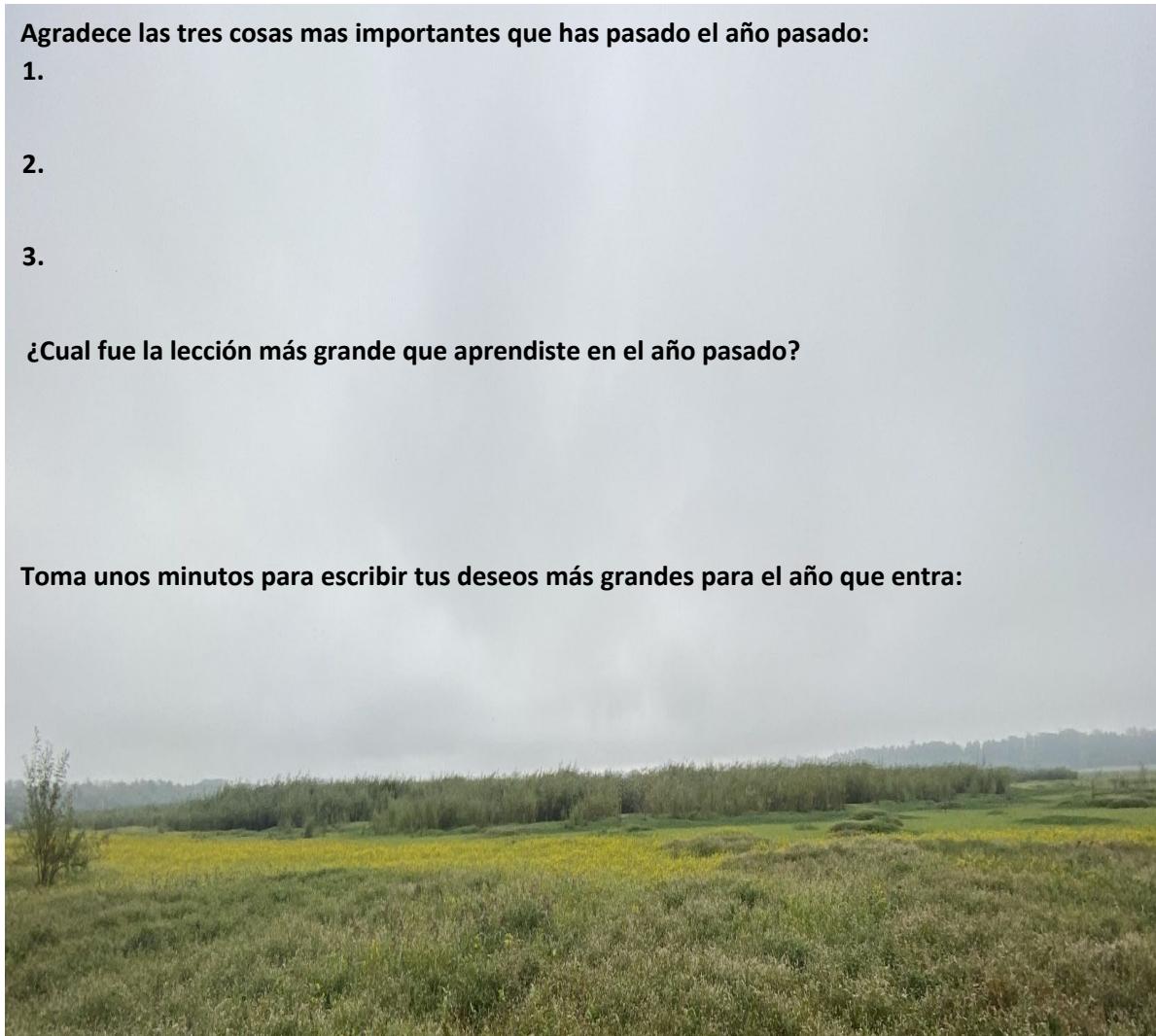
1.

2.

3.

¿Cuál fue la lección más grande que aprendiste en el año pasado?

Toma unos minutos para escribir tus deseos más grandes para el año que entra:



Cómo hacer té del árbol abeto de Douglas

Con el clima frío afuera y noches calientitas adentro, es el momento perfecto para prepararse a usted y a sus queridos una taza de té del abeto de Douglas.

Instrucciones:

1. Recolecta puntas de abeto verde oscuro cerca de las puntas de las ramas del árbol abeto de Douglas. (Pregúntale a la planta por permiso y di gracias por su regalo.)
2. Limpia ramas en agua corriente fría, asegurándose que no quede tierra o telarañas.
3. Pon una olla con agua a hervir.
4. Agrega puntas de abeto y palitos de canela al agua.
5. Deja hervir entre 5 a 7 minutos.
6. Cuando haya pasado el tiempo de ebullición, retira del fuego.
7. Deja reposar el té para unos minutos. (opcional: Agrega limón y miel)
8. Sirve el té en una taza.
9. ¡Relájate y disfruta!

Nota

Recuerda solo consumir té de plantas que conozcas. ¡Asegúrese de consultar una guía, clave dicotómica u otra fuente confiable antes de ingerir cualquier té de plantas que pueda encontrar afuera!



Evergreen ID and coloring sheet

Evergreen trees retain their leaves throughout all seasons.

Learn how to identify four local evergreens by their distinctive features in this tree ID sheet. Color in their silhouettes and cones while you learn!

Douglas fir: Thin needles stick in all directions from its twigs like a bottle brush. Cones have three-pointed bracts sticking out of the scales, resembling mouse tails!



Hemlock: Needles have two white stripes on the underside. Has conical to egg-shaped fine branches, giving it a lacier appearance. Topmost branch often points to a side.



Cedar: Has scale-like green leaves that form flat sprays. Small, slender cones and brown bark with fissures run the length of the trunk. Its aromatic leaves emit a pineapple scent when crushed!



Oregon white oak: This tree produces a typical acorn. There are two distinctive types of leaves on the same tree — some have smooth edges while some are spiked like holly leaves.



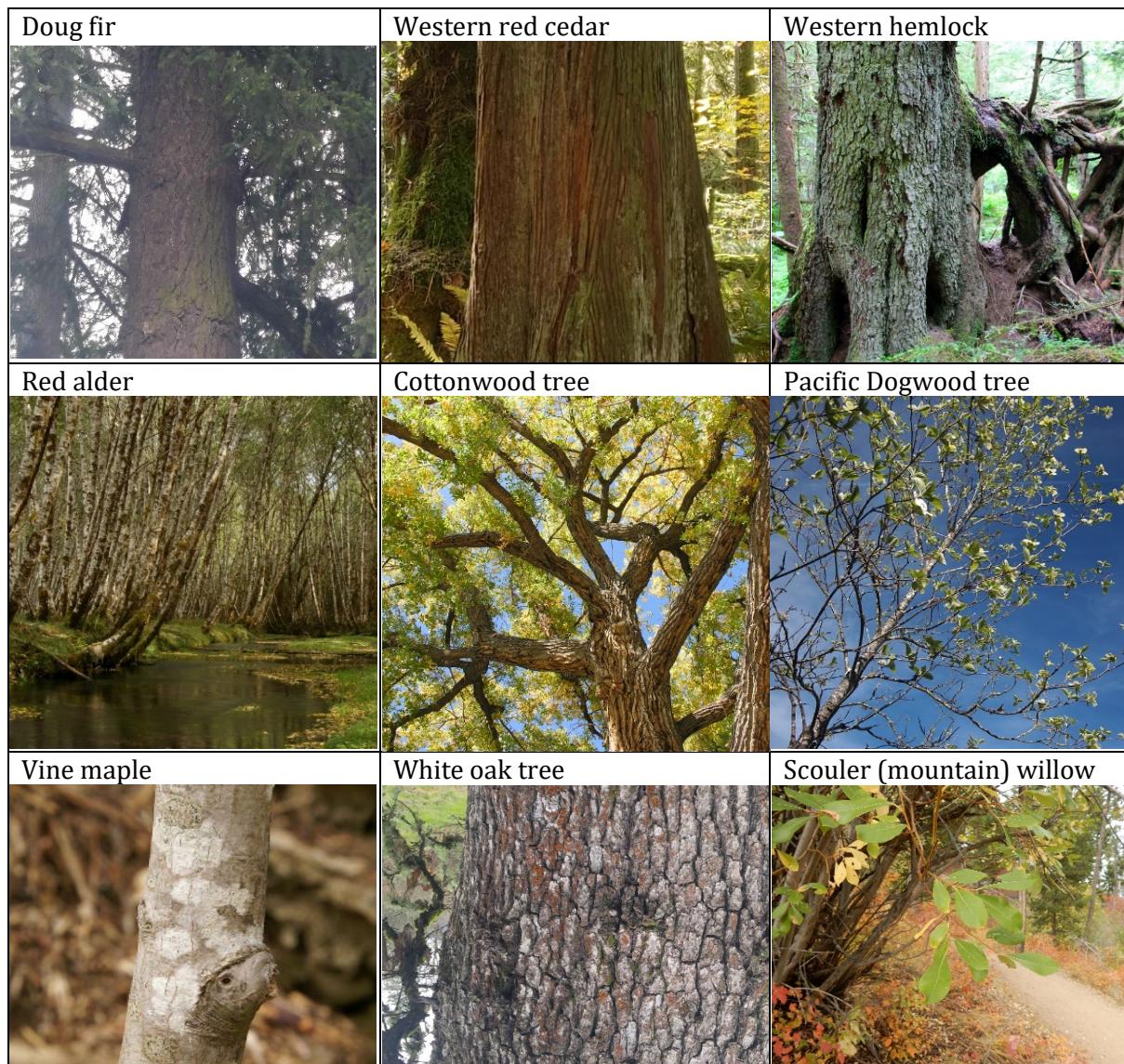
Winter bark scavenger hunt

When the leaves have fallen and the foliage is decomposing, how do you identify a tree? Looking at a tree's bark is a fun way to familiarize yourself with the trees in the area.

Test your identification skills and see if you can find these trees in your neighborhood or in a Metro Park.

Things to look for when identifying different trees:

- **Texture** – Is the bark smooth? Stringy? Hard? What texture does the bark have?
- **Color** – The color of the bark is a great identification tool, not all bark is brown! Look for red, black, green and brown tones.
- **Foliage** – Foliage is another word for leaves. Are there fallen leaves around the trees that can help you identify the tree? If the tree is an evergreen its leaves will remain on the tree year round.



Photos from top left: Cottonwood by Laertes, Pacific dogwood by Bushman.K, vine maple by Native Heart Collections Debbie Ballentine, Scouler willow by Matt Lavin, all Flickr CC.

Backyard birding

Enjoy nature from the inside looking out. Hang a bird feeder outside your window and see if you can identify your visitors. Did any of the following species stop by?



Pine siskin

These rangy finches with speckled chests and slivers of yellow in their wings most love seeds, but they'll go for suet too. They're a territorial group, who don't seem to like anyone much.



Ruby-crowned kinglet

A bouncing ball of a bird, this tiny insect predator keeps his crown under wraps, so look for the white bars on its shoulders and the stripes of gold on its wings and tail.



Bewick's wren

That white eyebrow distinguishes this elegant little bird, but so do its scimitar beak and flat, straight tail. A feeder offers one of the few chances to see this bird out of the shadow of shrubs.



Bushtits

A bitty gray and drab bird that looks like a ping-pong ball sprouted wings, bushtits mob feeders. They'll hang from any angle, and may even get themselves stuck inside the crate.

Color and discover: Nurse log habitat

When a huge tree falls down, it's the beginning of a new habitat: a nurse log. Identify all the wildlife as you fill this drawing with color!

Share your coloring creation with Metro! Snap a picture and tag @OregonMetro on Instagram and Facebook to be featured.



Red huckleberry
Licorice fern
Galerina marginata
Bird's nest fungus
Fairy cup lichen
Liverwort
Banana slug
Western hemlock cones
Veined cup fungus
Long-toed salamander
Orange jelly mushroom
Pacific wren

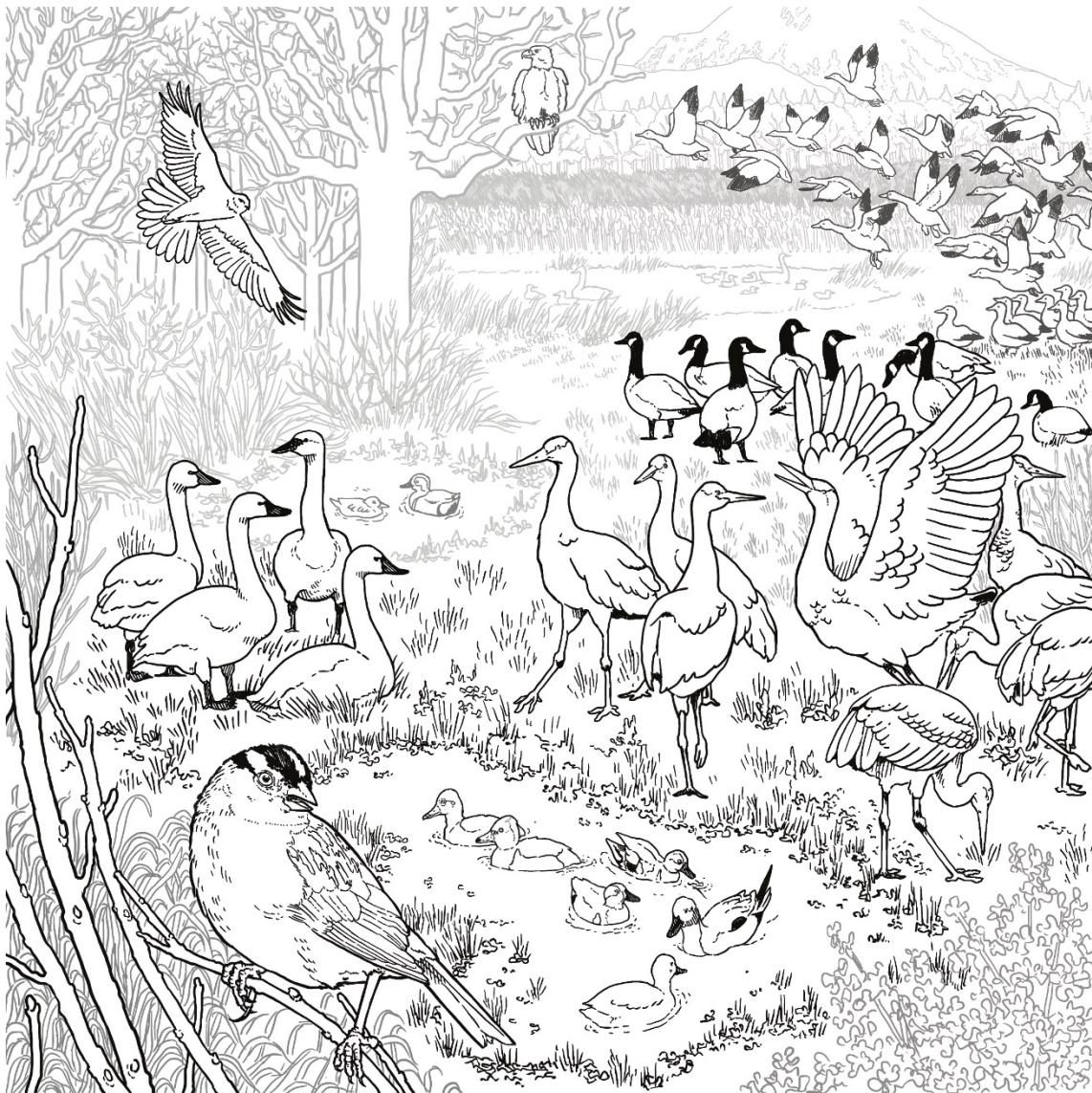
Red huckleberry	Licorice fern	Galerina marginata
Pacific wren	Bird's nest fungus	Fairy cup lichen
Orange jelly mushroom	Liverwort	Banana slug
Long-toed salamander	Veined cup Fungus	Western hemlock cones

Drawing by Zoe Keller

Color and discover: Sauvie Island

When the cold weather comes, more than 200,000 birds migrate to Sauvie Island to overwinter. Identify all the migrating birds as you fill this drawing with color!

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- Northern harrier
- Bald eagle
- Snow geese
- Canada geese
- Sandhill cranes
- Green-winged teal
- Tundra swan
- Ring-necked duck
- White-crowned sparrow
- Northern pintail



Drawing by Zoe Keller

Printed on recycled-content paper.

Hibernation matching game

Draw a line matching the hibernating animal to their winter den.



A den under tree stumps or under roots of fallen trees are just a couple spots for this animal.



Hibernates in rock crevices and caves. (Photo: Miles Barger, CC)



A burrow for this animal that hibernates in a grass nest. (Photo: aecole2010, CC)



Little holes in the ground could be a sign of this creature. (Photo: Zeynel Cebeci, CC)



Bumblebee (Photo: digital cat, CC)



Bears



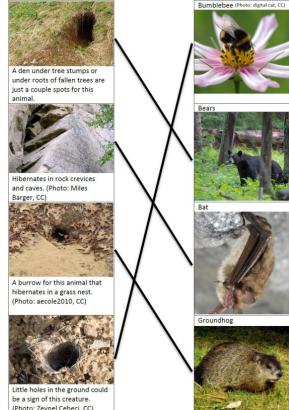
Bat



Groundhog

		The bumblebee's colonies die in late fall. Their queens hibernate and emerge in spring to lay eggs and create new colonies. (Photos: digital cat and Zeynel Cebeci, CC)
		Some bat species migrate, while others hibernate. This bat hibernates anywhere from rock crevices, to caves, to abandoned mines. (Right photo: Miles Barger, CC)
		Before bears retire to their den, they go through a period of excessive eating called hyperphagia. During this time, they can eat up to 20,000 calories and gain up to three pounds a day. In colder areas, they are known for hibernating in caves.
		Groundhogs create burrows in the ground for hibernation. During the winter, they are completely inactive. A holiday is named after this special critter. (Right photo: aecole2010, CC)

Answer key:



Pájaros comunes del invierno

Utiliza esta lista de aves y sus características para identificar pájaros comunes en la temporada del invierno.



Mirlo de pecho cinchado

Medida: 9 ½"

En el invierno busca a este pájaro en áreas como tu patio o parque local. En esta temporada este pájaro busca bayas, semillas, bellotas, insectos e invertebrados para nutrirse. Busca estos alimentos primariamente en el suelo. Sus colores son similares a los petirrojos, pero tienen color anaranjado en su pecho, alas y una raya alrededor de los ojos.



Reyezuelo de corona roja

Medida: 4"

Puedes encontrar este pájaro en jardines o en cualquier área que tiene concentración de árboles coníferos. Este reyezuelo pequeño es casi completamente color aceituna, pero los machos tienen una corona roja vibrante que está presente cuando buscan a su pareja en la primavera.



Dominico pinero

Medida: 5"

A este pájaro le encanta quedarse en grupo, cuando está volando y también cuando busca su comida en jardines y en la naturaleza. Sus alas y cola tienen rayas amarillas vibrantes mezcladas con colores café, gris, blanco y negro.



Junco de Oregon

Medida: 5.5"

Este junco es quizás uno de los pájaros más comunes que puedes ver en áreas verdes de la región. Buscan semillas en áreas bajas, cerca de musgo o en áreas densas con coníferos y hojas perennes. Prefieren estar en espacios que ofrecen mucha sombra y protección. Sus alas son color gris oscuro, su panza blanca y su espalda café. La hembra tiene una cabeza gris y el macho una cabeza negra oscura.

