

Exploring Nature



Newell Creek Canyon Nature Park

Access nature in all of its wonder.
From tree-lined paths to breathtaking
views of creeks and falls, enjoy these
activities during your next visit to Newell
Creek Canyon or other parks in the
region.

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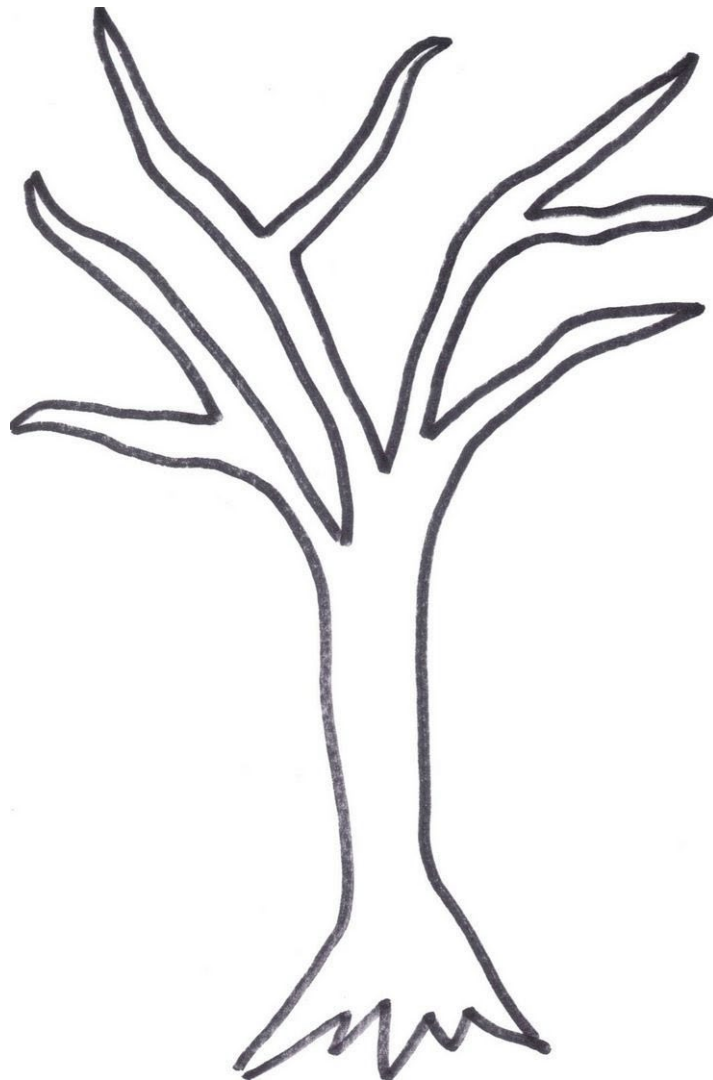
Sneak a peek at a snag

Have you ever noticed a dead tree that's still standing while walking through the forest? That's a snag! Although it may be dead, these trees provide important resources to the ecosystem around them.

Many insects feast on the wood, birds may come for a buggy snack or hole to nest in. Fungi and mushrooms may even grow on them as they decompose.

When you spot a snag in the forest, take a moment to observe what or who is relying on this important aspect of the landscape and draw them on ***the snag illustration below!***

- Do you see any holes?
- Did you see or hear any birds?
- How does the bark feel?
- Are there mushrooms growing?



Bird mapping

Did you know birds have conversations, just like us? Birds sing for many reasons: to sharing their location, warning others about potential predators, even telling their friends about a good food source they find! Do you hear birds on your walk through the trails?

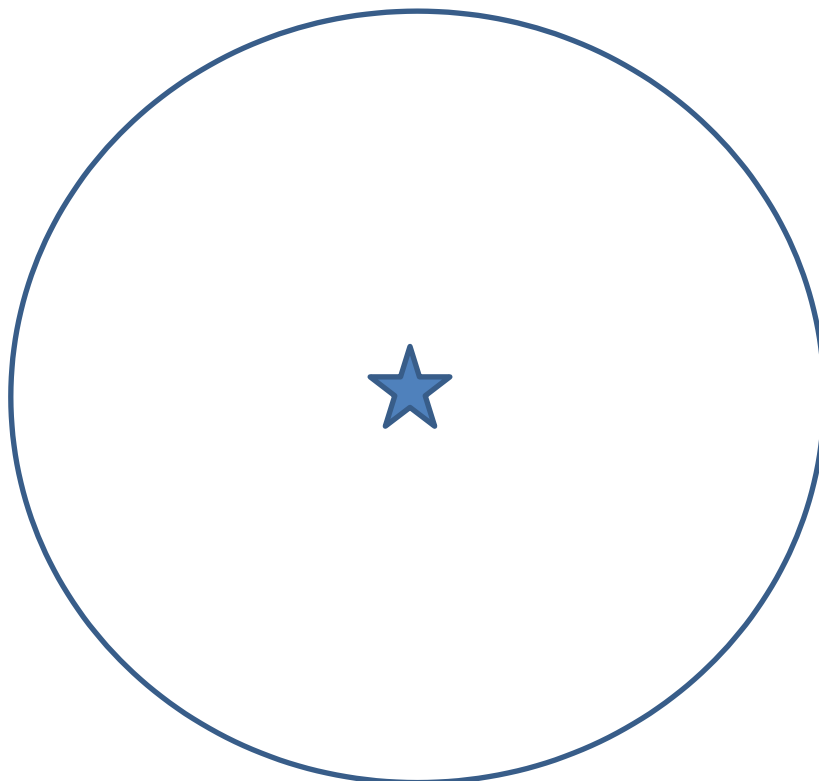
Create your own bird map in the space below. Once you've made your map, you may even have a little insight into the exciting world of the birds around you.

Directions:

1. Use yourself as the central point (the star) on the map.
2. Mark the location of the bird calls relative to you, using symbols listed below. What do they sound like? Are they excited? Angry? Surprised?

Some types of bird calls, and examples of symbols you can use on your map:

- **Alarm Call (!)**: high pitched and abrupt, to warn others about danger. Can be repetitive and often changes in response to type of threat.
- **Contact Call (→←)**: made to keep in touch with each other, often while foraging for food. These sounds are usually short, quick, and quiet.
- **Songs (♪)**: longer, more elaborate, and generally more musical strings of syllables that have many purposes.



Sketch and identify nature

Bird sketching

Materials: Paper, pencils, colored pencils, crayons, internet or bird identification app (optional)

1. Sit in a spot of your choice. This can be in a forested area, an open space, or even your backyard!
2. As you sit and listen for birds, notice what sounds you hear and where they are coming from. When you see a bird, sketch what you notice about them, such as its shape, color, or whatever draws your attention!
3. Also pay attention to where you see your bird. Is it on the ground? In a tree? Flying in the sky?
4. When you are finished with this activity, try identifying the types of birds you sketched. Use resources like the internet or an app like The Cornell Lab's Merlin Bird ID app.



Mushroom hike & sketch

Materials: Pen, pencil or marker, paper, mushroom identification book (optional)

1. During your walk, keep an eye out for mushrooms. Remember they come in many sizes, shapes, and colors!
2. When you see a mushroom, stop and sketch it on your paper. Note where they are growing. On a log? On the ground? On a tree? Repeat this for all the mushrooms you see on the trail.
3. Once you've finished your mushroom hike, use a mushroom identification book or the internet to see if you can identify the type of mushrooms you saw!

Note:

- It is important to remember that while you can touch any mushroom, it is generally not safe to eat every mushroom.

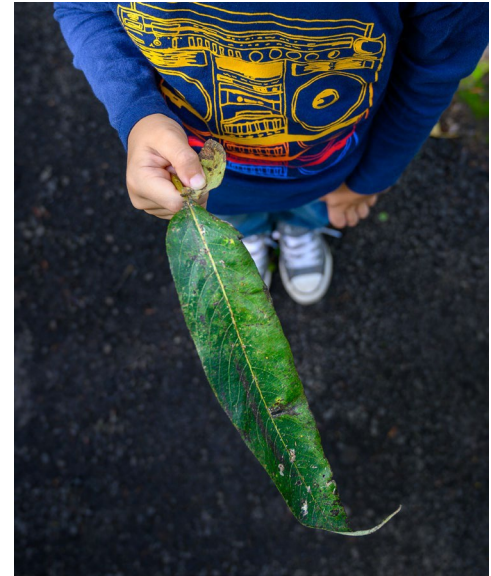
Leaf and bark tracing

Observe and compare the colors and texture of different trees.

Leaf tracing

Materials: A few fallen leaves, paper, pencils or crayons

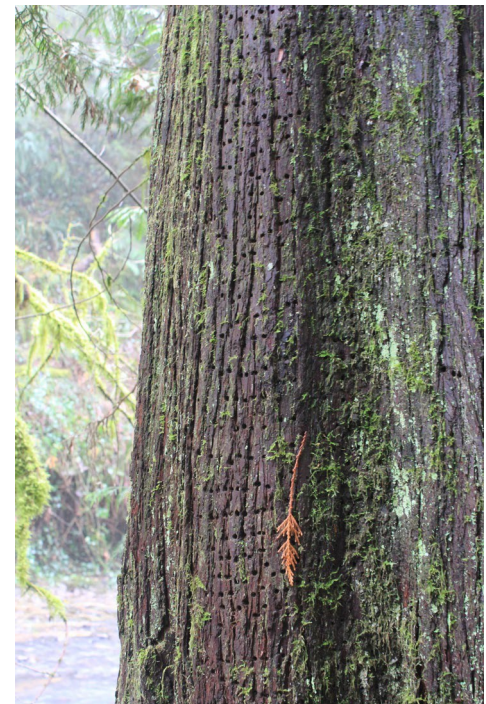
1. Find a relatively sturdy leaf on the ground (no need to pick a living leaf). Place the leaf on a flat surface with the bottom side up.
2. Then put a piece of paper over the leaf. Use a pencil or crayon to lightly color in the area over the leaf. The outline of the leaf, stem, and leaf veins will appear on the paper. Repeat the process with a couple of different leaves.
3. Look closely at your finished pieces. How are they different? How are they the same?



Bark tracing

Materials: Trees, paper, pencils or crayons

1. Hold a piece of paper up against the bark of a tree.
2. Use a pencil or crayon to lightly color the area touching the bark so that the texture of the bark will appear! Repeat the process with a few different trees.
3. Look closely at your finished pieces. What is similar between the bark? What is different?



Whispering to waterfalls

Are you naturally drawn to the sound of running water, lapping waves, and bubbling brooks? Many find the sight and sound of water, even the smell, to be soothing. The presence of water can even help us clear our minds and be present in the moment; calming our own emotional and mental states, helping us gain clarity to what's been troubling us, or letting go of something that has been weighing us down.

Meditation may look different for every person. At its core, meditation is a practice to help build attention, awareness, and an emotionally calm and stable state.

When you find a quiet spot or a place near water in the park, try this:

- Take a moment and meditate for a few minutes.
- Scan the QR code for five minutes of meditation.



Color and discover

All along the canyon, small streams – some seasonal, some year-round – cascade down to Newell Creek Canyon. This is a good area to look for woodpeckers on snags, bird-hunting hawks flying in the trees, and maybe even raccoons and other larger animals walking by the streams.

Directions:

Identify all the wildlife as you fill this illustration with color.



Get social  

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

Wildlife

| | | | |
|---------------------------|----------------------|------------------------|-------------------------|
| 1. Vine maple | 5. Red-osier dogwood | 9. Hazelnut | 13. Red-legged frog |
| 2. Pileated woodpecker | 6. Brown creeper | 10. Pacific waterleaf | 14. Raccoon |
| 3. Cooper's hawk | 7. Pacific wren | 11. Rough-skinned newt | 15. Pacific chorus frog |
| 4. Red-breasted sapsucker | 8. Bewick's wren | 12. Striped skunk | 16. Salmonberry |

