



Chehalem Ridge Nature Park

Activity book

Access nature in all of its wonder. Offering an array of wildlife habitats and stunning views of the Tualatin Valley and the Coast Range, enjoy these activities during your next visit to Chehalem Ridge or other parks in the region.

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Create a sound map

Sound mapping is a fun activity that can instill a deeper awareness of the nature that surrounds you.

In an outdoor environment, listen closely to the melodic sounds of bird conversations and rustling grasses. These sounds can help us relax and deepen our appreciation for the life around us.

1. On a blank sheet of paper, or sound map, mark an **X** in the center. The **X** represents where you are sitting.
2. When you hear a sound, make a mark on the paper to represent the sound. The location of the mark should indicate the direction and distance of the sound from where you are seated.

Example:

- If you hear a bird northwest of where you're seated, you will make a mark around the top right corner of your paper. Repeat this step for all the sounds you hear.

Tips:

- Try not to draw a detailed picture for each sound. For example, a few wavy lines could represent a gust of wind, or a musical note could indicate a bird call. Making simple marks keeps the focus on listening rather than on drawing.
 - Close your eyes while listening for sounds to increase hearing ability.
 - Cup your hands behind your ears. This hand position will create a greater surface area to capture sounds. You can also cup your hands in front of your ears (palms facing backwards) to hear sounds behind you more easily!
3. When you are done, answer the following questions:
 - What sounds were the most familiar to you?
 - What sound had you never heard before?
 - Do you know what made the sound?
 - What sound did you like best?

Cehalem Ridge

Use this page to create your sound map.

Raptor report

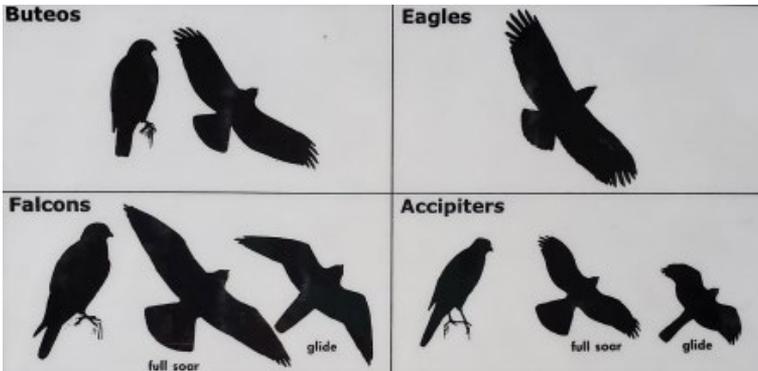
Raptors are characterized by their sharp talons and bone-crushing, curved beaks.

Carnivorous raptors soar high in open spaces near farms, highways, and fields searching for rodents, smaller birds, or even fish to eat. Raptors can be differentiated by the style of their wings and body shapes.

Directions: Match any of the silhouettes of different types of raptors below to the birds you see flying high above you. Which ones do you see?

Fun fact: There are many sizes and shapes of raptors, the world’s smallest measuring only 15 centimeters long!

Examples in greater Portland



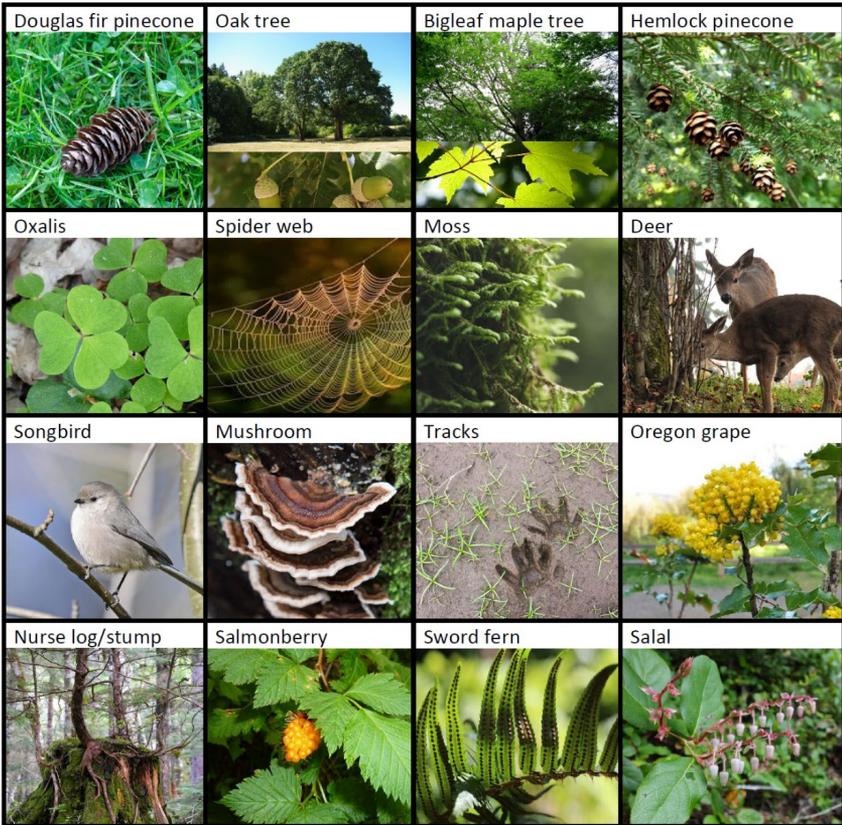
[Image Credit: Field Guide to Western Birds by R.T. Peterson and Hawks in Flight, Dunne et al.]

Accipiters		Falcons		Buteos
Cooper’s hawk	Sharp-shinned hawk	Peregrine falcon	American kestrel	Red-tailed hawk
				

Forest scavenger hunt

Connecting with nature and surrounding yourself with the energy of the natural world can help you ease stress and think more clearly.

Directions: See how many of the following you can find.



Color and discover

Evergreen trees retain their leaves throughout all seasons.

Much of Chehalem Ridge Nature Park was a tree farm for 30 years. Restoring the land includes creating the prairies and open spaces found in healthy forests. The diversity of habitats supports a greater variety of plants and animals.

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



Chehalem Ridge

Plants

Black cap raspberry	Red elderberry	Sword fern
Miner's lettuce	Serviceberry	Trailing blueberry
Oregon grape	Snag	White oak

Animals

Bobcat	Gopher snake	Red eyed vireo
Black-throated gray warbler	Kestrel	Red shouldered hawk
Coyote	Lizard	Sharp shinned hawk
Dark eyed junco	Mourning dove	Stellar's jay
Deer	Northern flicker	White crowned sparrow
Douglas squirrel		



New point of view

Exploring your favorite trails and local parks is a great way to exercise, relax, and connect to nature.

Finding new perspectives in these places can be an energizing way to help work out a problem, meditate, or simply take in the change of view.

- I. Hike to the overlook atop a hill, climb a fallen tree, take in the sky while lying on the ground, or view the world upside-down using a bench or play equipment.



Deer ears, sit, spot

- I. Enjoy nature in one spot! Pick a comfortable spot and sit quietly. Observe your surroundings.
 1. Are you surrounded by trees?
 2. Or are you in an open field?
 3. What sounds do you hear?
 4. Do you hear birds? The wind?
- II. Cup your hands behind your ears to make deer ears.
 1. What do you hear now?
 2. Can you hear better than you did before?
- III. Look around.
 1. What do you see?
 2. Have any animals come out from their hiding places?

