

LITTLE ACTIVITY BOOK

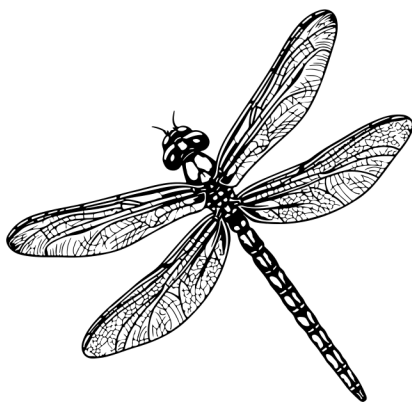
# wetlands

- for kids -





This book belongs to:



# WHAT ARE *wetlands?*

A wetland is a special place where land and water meet, creating a home for many plants and animals.

Here's some of what makes a wetland special:

**Water:** Wetlands are covered with shallow water, either all the time or for part of the year.

**Plants:** You'll find plants in wetlands that love getting their "feet" wet, like cattails, reeds, and water lilies.

**Wildlife:** Wetlands are like a busy city for animals! Frogs, turtles, birds, fish, and insects all love living there because it's a great place to find food and make homes.

# HELPFUL wetlands

Wetlands help people in many ways. Here's a few:

**Clean water:** Wetlands clean the water by trapping dirt and pollution, making it healthier for us to drink and use.

**Flood protection:** Wetlands soak up extra rainwater, which helps prevent floods.

**Fun activities:** Wetlands are great places to go hiking, bird-watching, and kayaking.

**Clean air:** The plants in wetlands help clean the air by taking in carbon dioxide and giving out oxygen.

**Cooling cities:** Wetlands help cool down nearby cities by keeping the air cooler and more comfortable.



## WETLAND ANIMALS:

# frogs

Frogs have smooth, moist skin and long, strong legs for jumping.

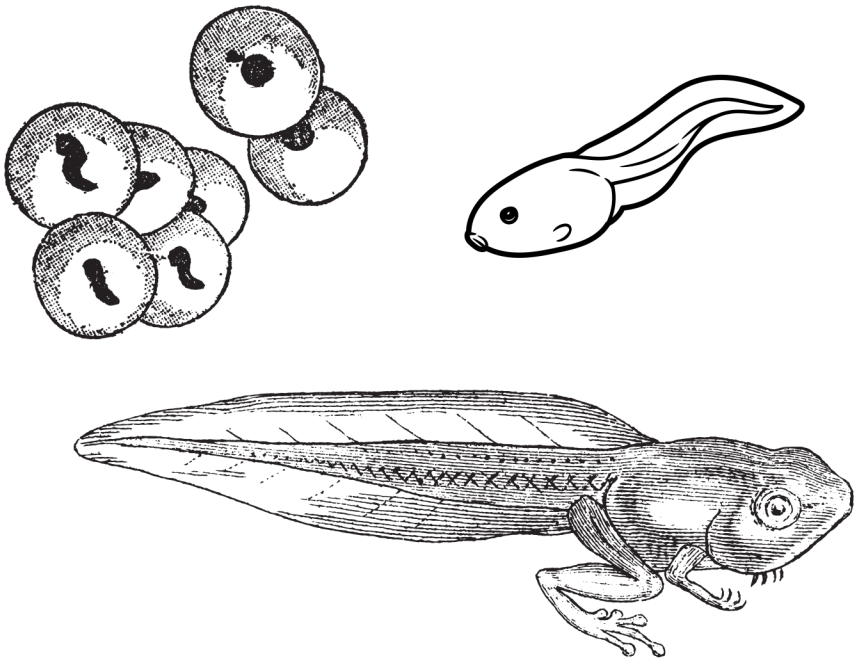


Frogs are great at catching bugs to eat with their sticky tongues. They help control insect populations in wetlands.

## WETLAND ANIMALS:

# frogs

Frogs start their lives as tiny eggs in the water. These eggs hatch into tadpoles, which look like little fish. Tadpoles grow legs, lose their tails, and turn into adult frogs!



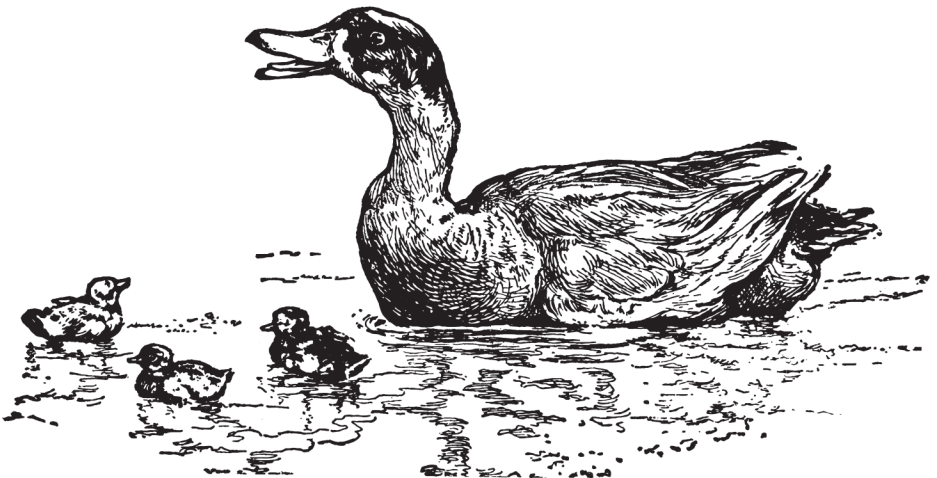
## WETLAND ANIMALS:

# ducks

Ducks have waterproof feathers that keep them dry while swimming. Their webbed feet help them glide through the water.

In wetlands, ducks look for plants, seeds, insects, and even small fish to eat. Some ducks, like mallards and wood ducks, have bright, colourful feathers.

Ducks are great at flying too! They migrate to different places depending on the season.





## WETLAND ANIMALS:

# *red-winged blackbirds*

Male red-winged blackbirds have shiny black feathers with bright red patches on their wings. They show off these colourful patches to impress females and protect their homes.

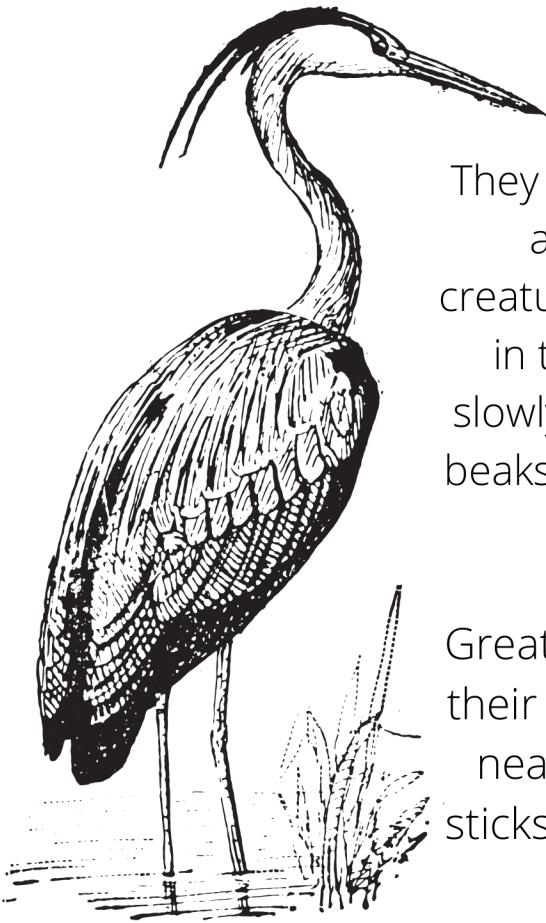
They build their nests in tall grasses and reeds, weaving them together with plant stems and leaves.



## WETLAND ANIMALS:

# great blue herons

The great blue heron is tall and slender with long legs, neck, and beak.



They hunt for fish, frogs, and other small creatures. They stand still in the water or walk slowly, using their sharp beaks to catch their food very quickly.

Great blue herons build their nests high in trees near wetlands, using sticks and other plants.

## WETLAND PLANTS:

# *blue flag iris*

Blue flag iris is a beautiful plant with blue flowers! These flowers have six petals and yellow markings that guide insects to their nectar. Blue flag iris grows tall and has long, sword-like leaves.

In wetlands, blue flag iris grows in shallow water or in damp soil along the edges. It's a favourite spot for insects like bees and butterflies to visit for food.



## WETLAND ANIMALS:

# beavers

Beavers are amazing builders that make wetlands their home! They are the largest rodents in North America, with stout bodies, large teeth, and flat tails.



Their front teeth never stop growing, so they gnaw on trees to keep them from getting too long.

## WETLAND ANIMALS:

# beavers

Beavers build dams across streams using branches, mud, and rocks. The dams create ponds where they build lodges. These lodges are like cozy homes, with underwater entrances to keep them safe from predators.

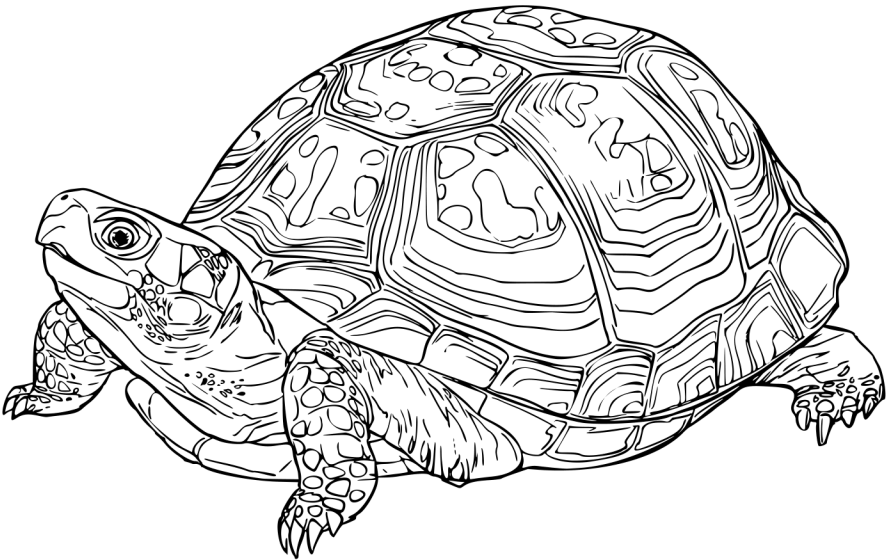
Beavers are known as "ecosystem engineers" because their dams create wetlands that provide homes for many other plants and animals.



## WETLAND ANIMALS:

# turtles

Turtles have hard, protective shells that keep them safe from predators. They can be small, like the painted turtle, or big, like the snapping turtle.



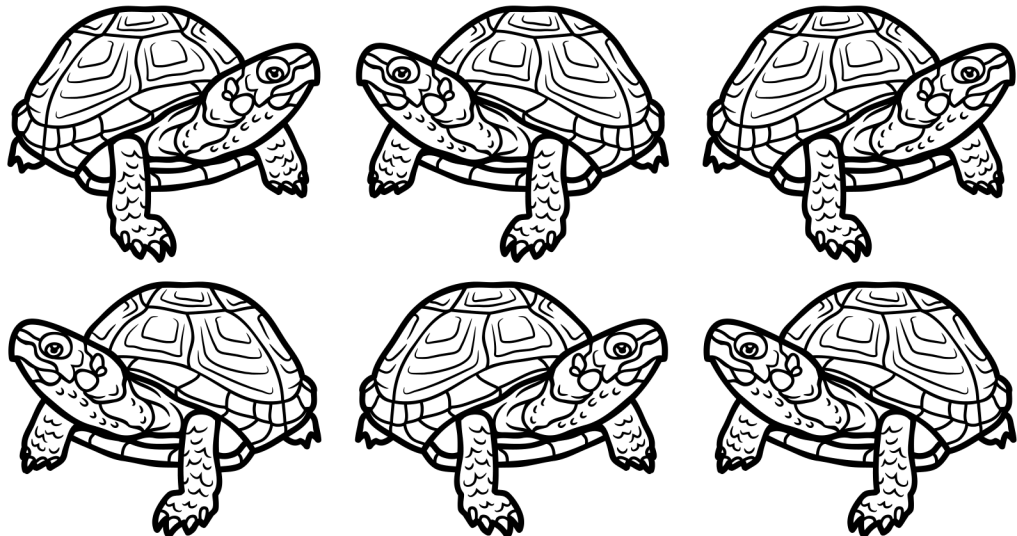
In wetlands, turtles bask in the sun on logs or rocks to warm up their bodies. They also swim in the water, using their webbed feet to paddle.

## WETLAND ANIMALS:

# turtles

Turtles lay their eggs in nests they dig in sand or dirt near water. The eggs hatch, and baby turtles, called hatchlings, make their way to the water, where they start their lives.

Turtles can live a long time, with some species living for over 50 years!



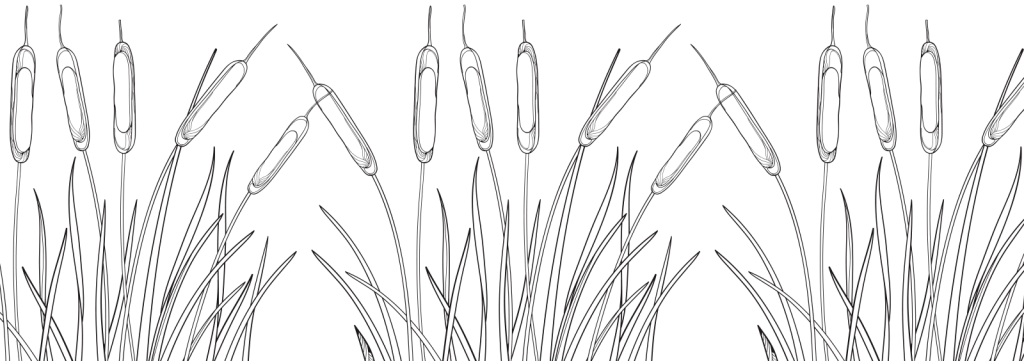
## WETLAND PLANTS:

# cattails

Cattails have fluffy brown flowers that look like hotdogs! These flowers release seeds that can float in the wind and water, helping cattails spread to new places.

Cattails are food and shelter for lots of animals. Birds like red-winged blackbirds and ducks build their nests in their leaves, and insects like dragonflies and damselflies lay their eggs on them.

Cattails help keep wetlands clean by filtering the water and stopping soil from washing away with their thick roots.

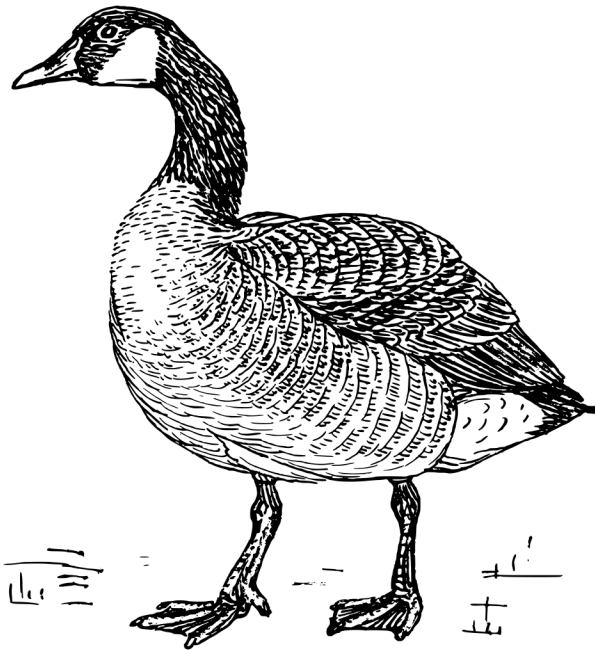




## WETLAND ANIMALS:

# Canada geese

Canada geese are large birds with long black necks. They love to swim and find food like grasses and small creatures in the water.



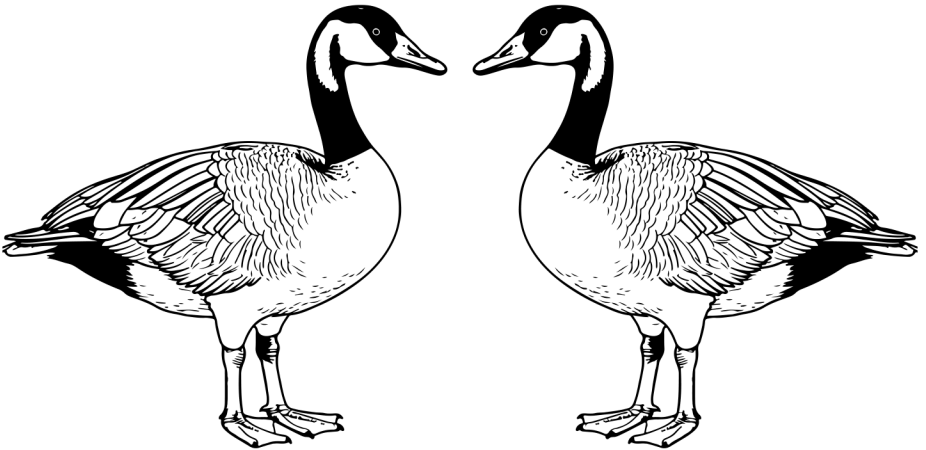
In the spring, they build nests near the water and take care of their fluffy yellow goslings.

## WETLAND ANIMALS:

# Canada geese

Canada geese are famous for flying in a V-shape during their long migrations to find warmer places in winter and return in spring.

Listen for their honking next time you visit a wetland!



# WETLAND

## scavenger hunt



maple



mosquito



spruce



cattail



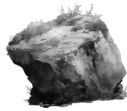
red-winged  
blackbird



beaver



chickadee



moss



alder



American red  
squirrel



duck



duckweed



turtle



bee



lichen



fern



blue flag iris



Canada goose



woodpecker  
excavation



animal tracks



mushroom



frog



dragonfly



burdock



nuthatch

# HOW TO *critter dip*

Critter dipping is like going on a mini-adventure to discover tiny water animals!

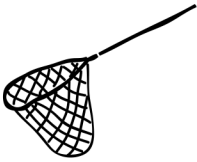
You use a small net to scoop up creatures from ponds, streams, or wetlands, and then you can look at them up close in a tray or bucket of water.

It's a fun way to see tadpoles, little fish, bugs, and other interesting critters that live in the water.

Remember to be kind and gentle to all the critters you find.

# Critter dipping

**Gear:** You'll need a small net and a container. A magnifying glass can help you get a closer look!



**Find a spot:** Go to a pond, stream, or wetland with an adult.

**Scoop:** Gently scoop up some water with your container. Use your net to catch tiny water creatures and put them in your bucket for a better look.

\*\* The critters need water to live, so put them in your bucket fast!

**Watch:** Watch how the critters move and behave. You might see tadpoles wiggling, bugs swimming, or little fish darting around.

**Be gentle:** After you've had a look, carefully put the critters back in the water where you found them.

## WHAT DID YOU SEE?

# fieldnotes

Fieldnotes are like a special journal where you write down everything you see and learn when you're exploring nature.

Imagine you're a detective, but instead of solving mysteries, you're discovering cool things about plants, animals, and the outdoors!

Today I saw:

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*draw*



Day: ..... Time: .....

*notes*



Today I saw:

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*draw*



Day: ..... Time: .....

*notes*

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Today I saw:

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*draw*



Day: ..... Time: .....

*notes*



Today I saw:

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Day: ..... Time: .....

*notes*



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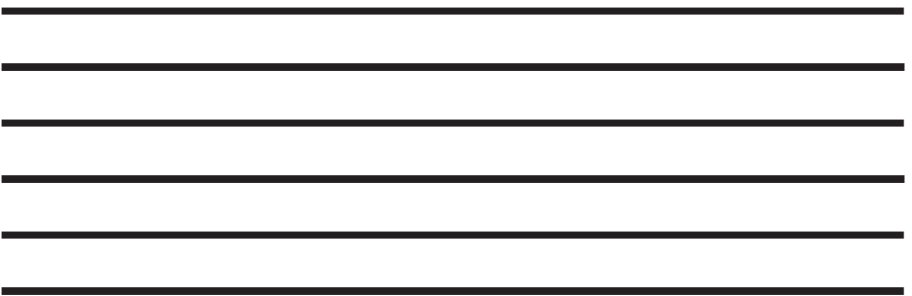
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*draw*



Day: ..... Time: .....

*notes*



Today I saw:

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*draw*



Day: ..... Time: .....

*notes*



Today I saw:

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*draw*



Day: ..... Time: .....

*notes*



Today I saw:

.....

*draw*



Day: ..... Time: .....

*notes*



**THIS BOOK WAS MADE BY:**

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