

Maine Academic Standards

Fourth grade:

- Organisms have both internal and external structures that serve various functions (Life Sciences).
- Document, describe, and represent regional environments (Visual Arts).
- Use precise vocabulary/word choice (Writing).

Fifth grade:

- Identify, describe, and visually document places and/or objects (Visual Arts).
- Demonstrate the movement of matter among plants, animals, decomposers, and the environment (Life Sciences).
- Use precise vocabulary/word choice (Writing).

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2022



Rachel Carson National Wildlife Refuge

Fourth and Fifth Grade

Rachel Carson Trail Hike



Distance: 0.92 miles
Group Members

1.

2.

3.

4.

Rachel Carson Guide

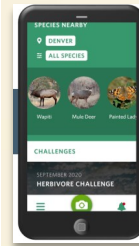
Primarily a forested trail with views of Rachel Carson's iconic saltmarshes

- P** Parking—off of Route 9
- ♿** Restrooms—Outdoor vault toilets at beginning of trail
- ★** Start: Walk South, counterclockwise around the trail (Pg. 1)
- 📍** Beginning of the Trail (Outlook 2): Weather (Pg. 2)
- 📍** Nature Trail (Outlook 5): Try Birding Entire hike (Pg. 3, 4)
- 📍** Shoreline (Outlook 7): Eating with this Beak (Pg. 5, 6)
- 📍** Along the Trail (Outlook 10): Sounds, Wildlife (Pg. 7, 8)



NATURE TECH

Please visit us again and live your wild with the help of these online tools and Apps!



Become a citizen scientist using [iNaturalist](#) and the [Seek App](#) to help us identify the wildlife and plants at Rachel Carson National Wildlife Refuge and in your own backyard!

What is the difference between iNaturalist and Seek?

Both are apps! iNaturalist allows you to post photos of wildlife to be identified and viewed by a world-wide network of community scientists (including you!). Seek is a tool created by iNaturalist that can identify organisms for you, but does not post them automatically to the iNaturalist community

iNaturalist/Seek Etiquette:

- **Always** stay on the trail!
- Be clear what you are trying to identify (point to it and have something in the picture for scale)
- Always attempt to identify the organism in your picture, even if you just call it a "plant"!



Nature Appreciation



Plants

What plants do you see?


Draw a picture of a plant that looks interesting to you and name it if you can



Nature Appreciation

Weather

Maine is famous for its rapidly changing weather. Describe the weather before your hike and at the end. Is it warm or cool? Cloudy or sunny? Windy or calm?

	Warm or Cool	Cloudy or Sunny	Windy or Calm
Start Hike			
End Hike			

What is your favorite weather? How does the weather affect what plants and animals you may see? How can we be prepared for weather when we go outside?



TRY BIRDING!

Whether they call the Refuge home or are just travelling through, many birds can be found at the Carson Trail!

I wonder which birds are here during different seasons



Sleuth it out!
Keep a tally of the birds you see in different seasons.



	Spring (Mar-May)	Summer (Jun-Aug)	Fall (Sep-Nov)	Winter (Dec-Feb)
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Black-capped chickadee

Mallard duck

Red-tailed hawk

Great blue heron

Double crested cormorant

Canada goose



Nature Appreciation



Animals

What animals do you see?
How are they interacting with other living and non-living objects on the trail? Draw these interactions

Wildlife tip: to encourage animals to show themselves, walk quietly on the trail!

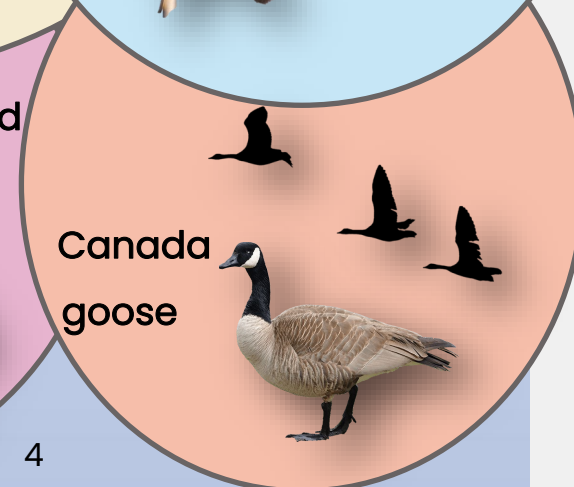
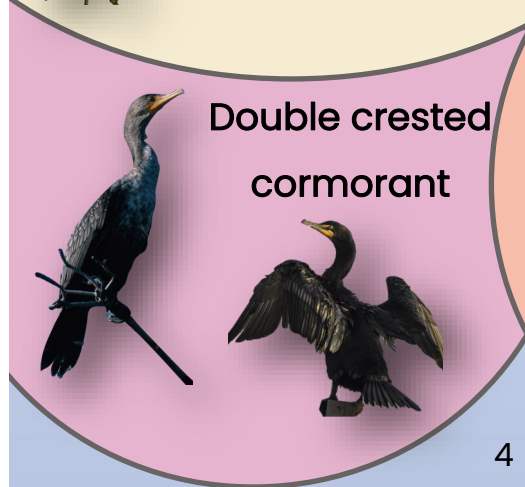
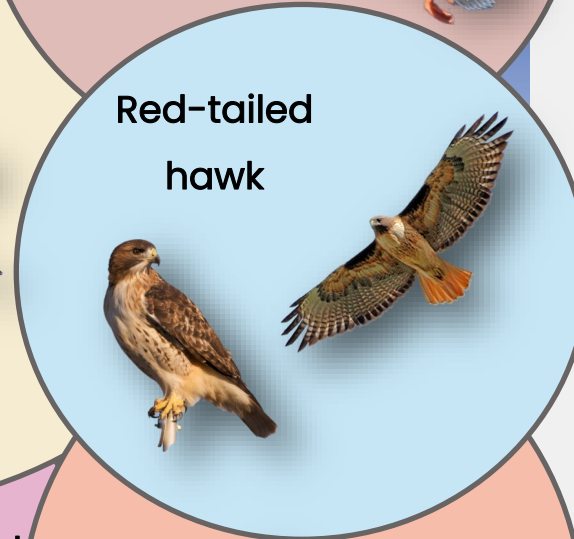
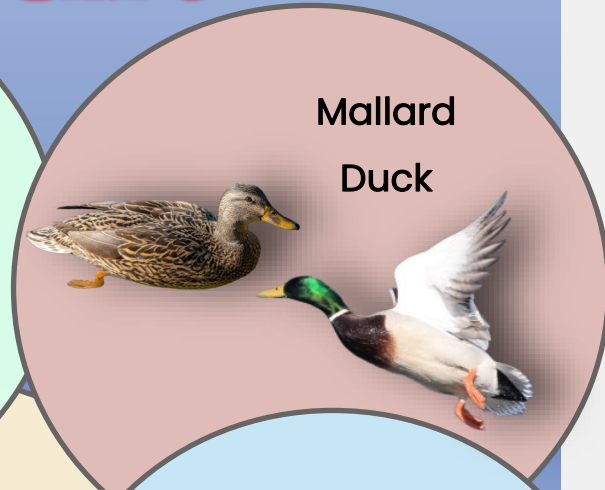
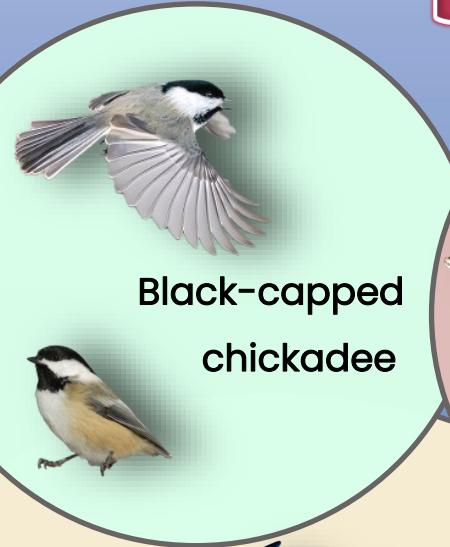
Nature Appreciation

Sounds

Find a spot to stand or sit quietly for five minutes. Try to draw or describe the sounds you hear where they are coming from around you.



FIELD GUIDE TO COMMON BIRDS



Eating with this Beak

In a wetland or on a beach food is everywhere. Even though you cannot easily see it—shorebirds can! Each shorebird species has a uniquely adapted beak to find its food.



Willet: I am a willet. I use my sensitive, longer beak to feed both at night and during the day



Least Sandpiper: I am a least sandpiper. I use my short beak to probe the mud for my prey



Piping Plover: I am a piping plover. I use my very short beak to feed at the surface of mud and sand

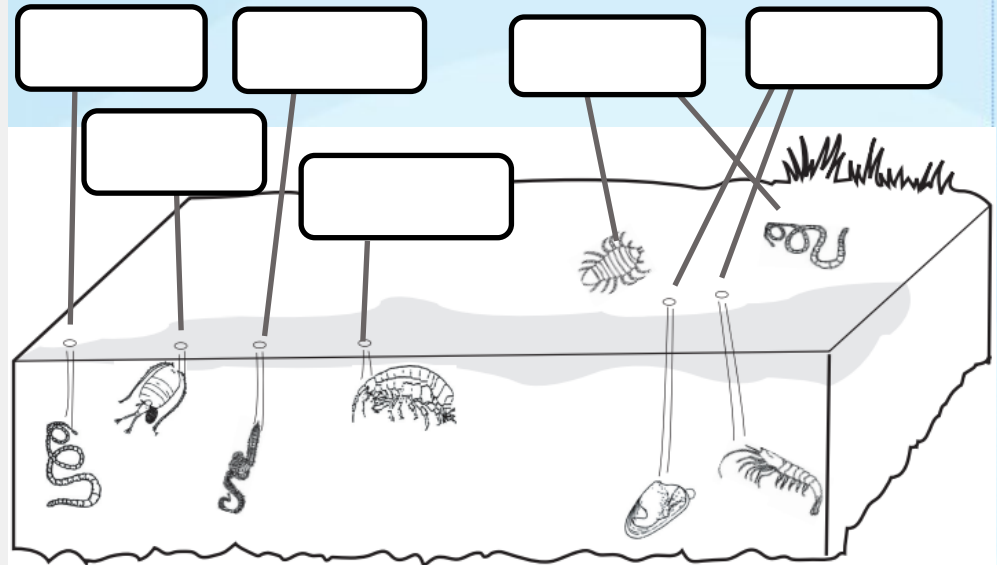


Glossy Ibis: I am a glossy ibis. I use my long, curved beak to probe deep into the mud for my prey

***What is adaptation?** Adaptation is the process in which a living thing develops a characteristic that helps it survive in its environment.



Match the bird to what species you think it would eat (listed in the marsh menu above)! How does each beak allow each bird access to specific species?



Answers on page 2 of the teacher's guide