St Marks NWR says “Get Outdoors and Have Some Family Fun”

Here are some easy activities for families to do to stay active and healthy. Many of these activities can be completed at the refuge or at home.

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LN March 2020

https://www.fws.gov/refuge/st_marks/
### Nature Scavenger Hunt

Fill in the circle by each item you find on your walk.

<table>
<thead>
<tr>
<th>green leaf</th>
<th>rock</th>
<th>brown leaf</th>
<th>tree stump</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Leaf" /></td>
<td><img src="image" alt="Rock" /></td>
<td><img src="image" alt="Leaf" /></td>
<td><img src="image" alt="Stump" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>log with moss</th>
<th>insect</th>
<th>“y” shaped stick</th>
<th>flowers</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Log" /></td>
<td><img src="image" alt="Insect" /></td>
<td><img src="image" alt="Stick" /></td>
<td><img src="image" alt="Flowers" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>spider web</th>
<th>acorn</th>
<th>pine cone</th>
<th>grass</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Web" /></td>
<td><img src="image" alt="Acorn" /></td>
<td><img src="image" alt="Pine Cone" /></td>
<td><img src="image" alt="Grass" /></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>animal tracks</th>
<th>fern</th>
<th>mushroom</th>
<th>pine needles</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Tracks" /></td>
<td><img src="image" alt="Fern" /></td>
<td><img src="image" alt="Mushroom" /></td>
<td><img src="image" alt="Pine Needles" /></td>
</tr>
</tbody>
</table>
Nature Journal

Today’s Date is ________________________________
The time is ________________________________
What is the weather like? _______________________
___________________________________________________________________________________
Where are you? ________________________________
Who is with you? ________________________________
___________________________________________________________________________________
What do you see? ________________________________
___________________________________________________________________________________
What do you hear? ________________________________
___________________________________________________________________________________
What is special about what you are observing? ________________
___________________________________________________________________________________
___________________________________________________________________________________
___________________________________________________________________________________
Nature Journal

Record what you are observing using sketches, pictures or words.
St Marks NWR Animal Bingo

Place an X in each wildlife box as you find it on the refuge. Connect three to win!
Because St. Marks is a National Wildlife Refuge, every living and non-living thing found on the refuge is protected by law to help preserve the wildlife, habitat, and special resources. As you hike through the refuge, try to find as many Wildlife Checklist items as you can. Mark off each item on your list, but leave everything as you find it, so other visitors can have the same opportunity to discover it for themselves. Then see if you can answer the bonus questions.

Wildlife Checklist

Black Bear

Fox

Bobcat

Wild Turkey

---

___ A water source for wildlife. What drinks here? _______________________________________

___ A food source for wildlife. What is it? _____________________________________________

___ A home for wildlife. What lives here? _____________________________________________

___ Tracks. What made them? _______________________________________________________

___ Scat. What animal left it? _______________________________________________________

___ Animal sound. What is making it? _______________________________________________

___ Trampled grass. What might have done it? _________________________________________

___ Snag (A standing dead tree). What lives here? ______________________________________

___ Bones. What did they belong to? _________________________________________________

___ Nest. Who lives here? ___________________________________________________________

___ A flying animal. What is it? _____________________________________________________

___ A running animal. What is it? ___________________________________________________

___ A crawling animal. What is it? __________________________________________________
Alphabet Observation

Look around you as you walk outside and find things that start with letters of the alphabet. See if you can find something for all 26 letters.

Example: A for Armadillo, F for Fox Squirrel

A ____________________
B ____________________
C ____________________
D ____________________
E ____________________
F ____________________
G ____________________
H ____________________
I ____________________
J ____________________
K ____________________
L ____________________
M ____________________
N ____________________
O ____________________
P ____________________
Q ____________________
R ____________________
S ____________________
T ____________________
U ____________________
V ____________________
W ____________________
X ____________________
Y ____________________
Z ____________________

How many letters were you able to match?
1-7: Keep your eyes peeled.
8-14: Looking good.
15-21: Superior Sighting!
22-26: Eagle Eyes!
While observing birds, check off the behaviors you notice and record the rest of the information.

### Record Your Bird Observations

<table>
<thead>
<tr>
<th>Check</th>
<th>Behavior</th>
<th>Specific Location</th>
<th>Identification</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Singing or Calling</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Preening</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bathing</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soaring</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flying</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Swimming</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Walking or hopping on the ground</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wading in water</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A flock of birds perching together</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A flock of birds flying together</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Diving or tipping up its rump in the water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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FUN OUTDOOR ACTIVITIES FOR ALL AGES

• Make bark rubbings
• Make shell rubbings
• Nature alphabet hunt
• Start pollinator plants in egg cartons/paper cups
• Draw a sound map
• Take a listening walk
• Pitch a tent
• Make s’mores
• Fly a kite
• Go fishing
• Lay on a pallet and watch clouds, how many shapes or images can you find
• Lay in a hammock and listen to the birds
• Paint a picture outside
• Play follow the leader
• Play kick the can
• Ride a bike
• Play hula hoop
• Make mud pies
• Climb a tree
• Look for animal signs
• Nature Painting (dip natural object in paint then paint with it.)
• Fly swatter painting
• Make a photography journal
• Camp out in your back yard
FUN OUTDOOR ACTIVITIES FOR ALL AGES

- Design a fairy house
- Bug hunt
- Stargazing
- Rock art
- Seashell art
- Make sun melted crayons
- Investigate your yard with magnifying glass
- Paint the fence with water
- Make a bird feeder
- Have a family meal outside
- Dig in the dirt
- Jump in puddles
- Make stepping stones for your garden
- Plant a garden
- Make a garden sun dial
- Go on a sound safari
- Stack and balance rocks
- Make a nature collage
- Play an outdoor game
- Read a book outside
- Play nature I spy
- Have a pretend picnic
- Play math games outside
- Hopscotch
- Make a solar oven