



Journal Prompt: What does nature mean to you?





Animal of the Week: Great Blue Heron

Great Blue Herons are up to a metre tall and can have wingspans that stretch over 1.5 metres! They live in wetlands along the coast and southern interior. Fun Fact: nesting occurs in colonies called heronries that may include up to 400 nests!

At Home Activity: Backyard Nature Surveys

If a scientist was studying a forest, would it take a long time to look at every tree? Yes! So, scientists study smaller sample areas! You can use this method too!

What you need:

- Shoelace
- Paper
- Something to write with

How To:

- 1. Tie shoelace ends together to form a circle
- 2. Go out and place your shoelace anywhere in
- a green space
- 3. Collect your data! Write down or draw
- everything inside!
- 4. Move to another area and repeat

Other Resources:

Plant a native garden! Planting a garden can be a great stress reliever. Habitats greatly benefit from native plants. Habitat Acquisition Trust has a great guide to choosing native plants for your garden. <u>https://www.hat.bc.ca/attachments/HAT_Garden_Brochure_web.pdf</u>

Watch wildlife from home! Hancock Wildlife Foundation has set up lots of eagle nest webcams across BC. Get an up-close look at these beautiful birds while staying safely at home. <u>https://hancockwildlife.org/project/live-cams/</u>

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