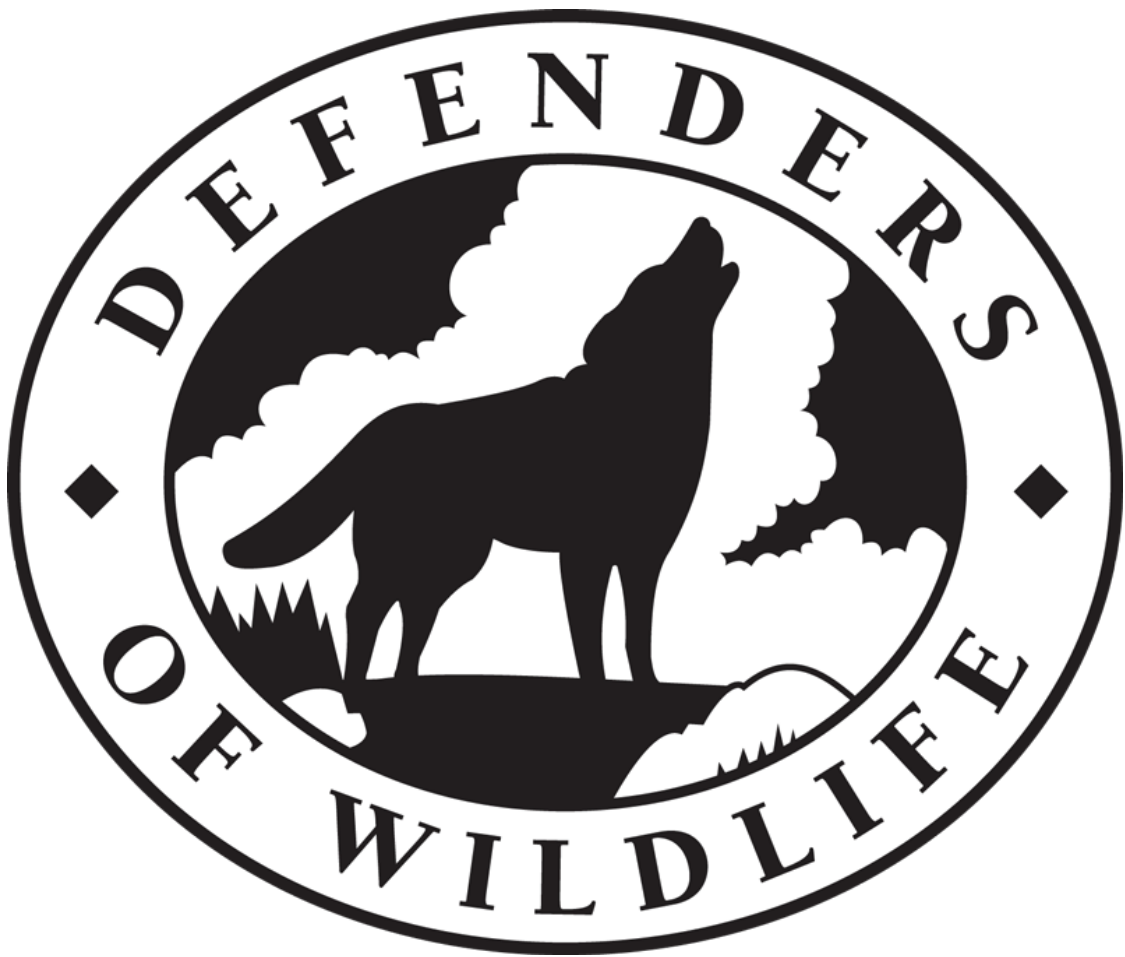


JUNIOR DEFENDERS



ROCKIES
AND PLAINS

Color me!

THIS
WORKBOOK
BELONGS TO:



JUNIOR DEFENDER WORKBOOK

LEARN. EXPLORE. TAKE ACTION.

Do you want to help wildlife? When you learn about the different species and habitats in your own backyard, you are also learning about the systems at work all around this big wild world. Spending time at home with your family gives you a good opportunity to explore and learn more about nature around you!

Do these activities with your parents while you're all home you can even ask your teacher about doing them with your class at school.

Then fill out your very own printable Junior Defenders membership card so everyone will know how much you care about the world around you!



NATURE JOURNAL

When explorers like Lewis & Clark ventured into new places, they kept careful track of everything they saw. You can do the same – in your own backyard or a local park!

Here's what you'll need:

- a notebook
- pens or pencils
- crayons or colored pencils

Find a natural spot outdoors to explore. You don't have to look far; a great nature spot can be as close as your backyard or your local park. Visit this spot once a week or so and write down the things you observe there. Remember to always go with an adult, or to let an adult know where you'll be. Here are some ideas to get you started:

Using as many different adjectives as you can, describe the area you are in. Adjectives are descriptive words like brown, noisy and soft. Be sure to use more than just your sense of sight. How do things smell? What sounds do you hear?

Sit very still and close your eyes. Try to stay like this for at least three minutes. Listen to all of the noises and sounds you hear around you. Open your eyes again, and write down or draw pictures of what you heard.

Using a crayon and a piece of your journal paper, make leaf and bark rubbings of different trees and plants. You can do this by placing a piece of paper over the bark or leaves and then rubbing your crayon gently over the paper.

Use a field guide or online identification guide. See if you can identify the trees from the rubbings you have.

Come back to the same spot at different times of the day, such as early morning, noon, dusk and night (with an adult, of course). What is different? What is the same? Write down or draw what you find. Try this again under different weather conditions. What changes and what remains the same when it is rainy, sunny, cloudy, windy, cool, warm, cold or hot outside?

Remember to stay safe! Always make sure an adult is either with you, or knows exactly where you are.

Keep a safe distance from wild animals. If an animal feels that you are a threat to its home or its family, it will attempt to protect itself. Remember - wild animals are not pets, they are not tame.

Make sure you know what poison ivy, poison oak, and other poisonous plants look like, and stay away from them!



ENERGY PLEDGE

Every time that you turn on a light or play a video game, you are using energy. Have you ever stopped to think about where all that energy comes from?

The energy you use might be made from burning coal or natural gas, which are resources that have a limited supply - and getting those resources out of the ground so that we can use them can disrupt the habitat of creatures big and small.

Energy use is an everyday fact of life, but even those of us dedicated to defending wildlife can sometimes forget how easy it is to conserve energy and other resources! And while you and your whole family are spending more time at home than usual, it is especially important to remember how much energy you are using.

By conserving energy, you can help fight climate change and protect the wildlife and wild places that you care about. This pledge can help you remember the little things that you can do to put a stop to wasted energy in and around your home.

Just print out the pledge, read it over, sign it and keep it in a handy spot, like on your refrigerator.

Every time you see it, you can remember that you pledged to do your part to save energy. After you've been conserving energy for a while, ask your parents to take a look at the energy bills – do you notice a difference in the amount of energy your household has been using?





I, _____, pledge to help the environment and to save something wild! I promise to:

- ☐ Turn off the lights in empty rooms at home, and ask my teachers to do the same at school.
- ☐ Turn off the radio, television and other electronics when I'm not using them.
- ☐ Ask my parents to buy florescent or LED light bulbs, or light bulbs that are labeled as energy efficient.
- ☐ Open the drapes and window shades on cold, sunny days to let in heat from the sun. This way, my heater won't have to work so hard.

Recycle at home and ask my teachers to start a recycling program at school.

- ☐ Close drapes and window shades on summer days. This way, my air conditioner won't have to work so hard.
- ☐ Make sure the heating and cooling vents in my house are not blocked or covered.
- ☐ Put on a sweater or put an extra blanket on my bed if I get chilly, instead of turning up the heat.
- ☐ Open windows and use fans instead of turning on the air conditioning on warm days. Opening windows that are across from each other will let a nice breeze into the house.

- ☐ Decide what I want to eat before I open the refrigerator door. Standing there with it open too long makes the refrigerator work harder to keep everything cold.
- ☐ Walk or ride my bike to my friends' houses instead of having my parents drive me. (Always ask an adult first!)
- ☐ Ask my parents to carpool when possible and to combine short car trips, such as running errands or driving me to activities, instead of making lots of individual trips.
- ☐ Run dishwashers, washing machines and clothes dryers only when they are full.
- ☐ Turn the water off when I brush my teeth.
- ☐ Look for leaky faucets and ask my parents to fix them.
- ☐ Take short showers instead of baths, and remember not to turn the water on too hot. It takes a lot of energy to heat that much water.
- ☐ Talk to your parents about buying products made from or packaged in recycled materials. It takes less energy to produce a recycled product than a new one.
- ☐ Keep my eyes and ears open for more ways to conserve energy to help the environment.

Signed

Date



COLOR



WORD SEARCH

#StayHomeStayWild

P D N D L F E R S I T P K N N
R E W N A T U R E H C L I O O
A F R O M O D W I O M A L S E
M E R E L O W I L D L I F E O
S N O I B V O H B E R N R B E
O D C P L O E E A E T S I M T
W I K L U V C R R N A S T O A
H C I O A R E A I R O V T U M
B F E R R E T R G N E D E T I
L A S I V R I O G R E N D R L
P R A I R I E D O G T P S S C

FIND THE FOLLOWING WORDS

Climate	Bison	Wolf
Nature	Rockies	Wolverine
Defend	Plains	Beaver
Wildlife	Ferret	Prairie Dog



DRAW

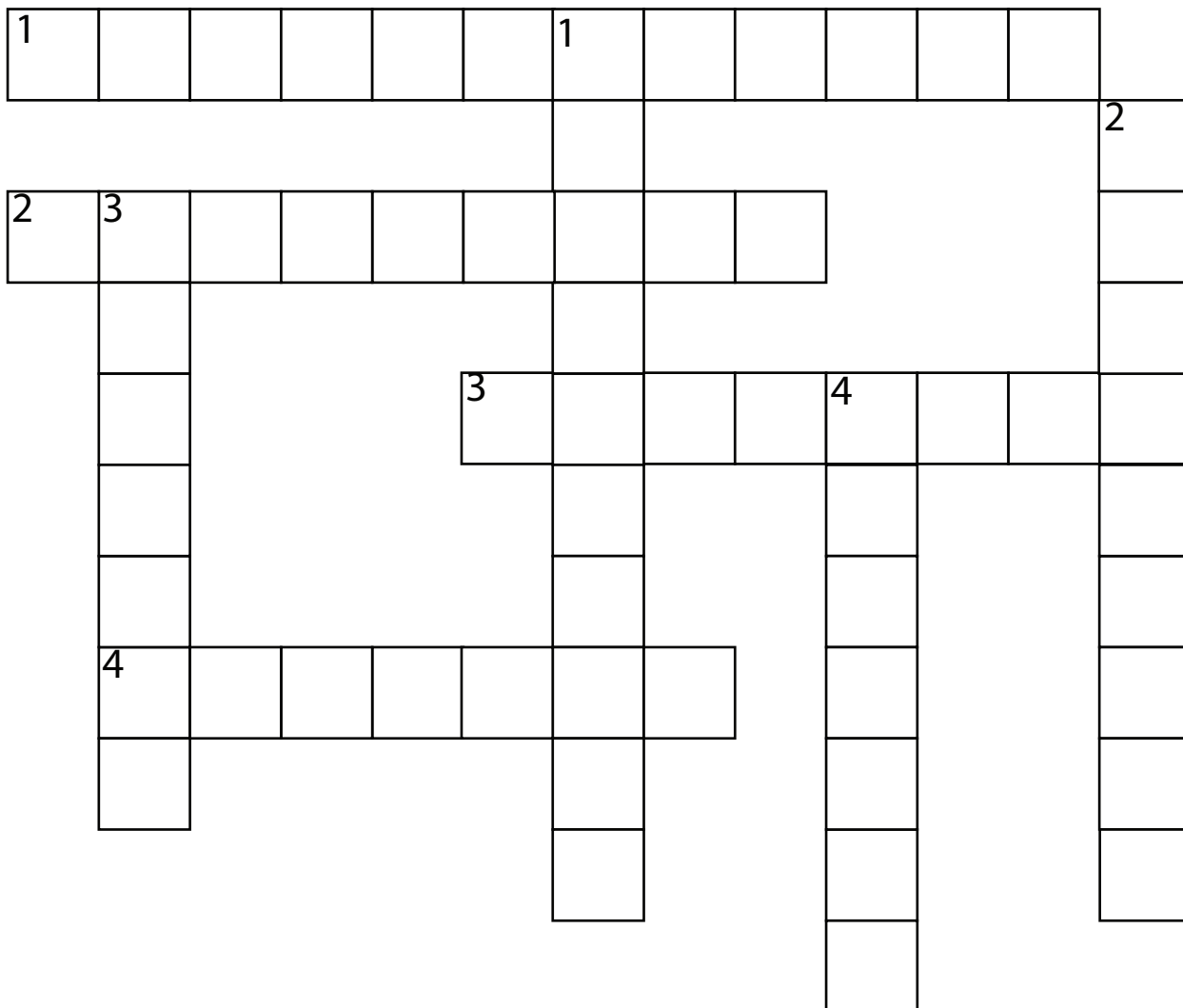
Share with #WildKidArt

Draw your favorite endangered species or wildlife habitat! Have your parent help you check out our website for ideas!



CROSSWORD

#StayHomeStayWild



ACROSS

1. The variety of life on earth
2. All of the living things and their physical environment
3. A species that is not native to an area and may disrupt the ecosystem
4. Usually followed by "cascade" to describe changes in an ecosystem triggered by a change in the top predator's population

DOWN

1. When the last individual of a species dies and the species ceases to exist on earth (think about the dinosaurs)
2. What we label energy that comes from green sources (like solar power or wind power)
3. Currently warming because of fossil fuel use
4. A group of animals or plants that all share the same characteristics

Use the clues to fill in these wild words!



TIPS FOR SPRING WILDLIFE ID

Spring is a great time for identifying species: wildflowers are blooming, trees are budding, birds are migrating, and amphibians are coming out from their winter burrows. Here are 5 tips for figuring out what species you are looking at when you're exploring.

1. Learn. Familiarize yourself with the colors and calls for birds and other wildlife in your area using apps like Merlin for birds or Seek by iNaturalist, online field guides, or hard copies of field guides.

2. Practice. Practice searching for wildlife high and low. You can use binoculars to look at wildlife from a distance, and you'll be more successful finding wildlife if you practice using and focusing binoculars.

3. Scout. Find a few favorite local spots - the further off the beaten path, the better. You can use eBird to check for hotspots and recent sightings. At this time, don't use public transportation or busy trails and make sure you keep a safe distance from other people (you'll be more likely to spot wildlife anyway).

4. Listen. Be as quiet as possible. You'll hear bird songs, frog calls, and movement.

5. Record. Writing down the species you see and hear will help you remember and track changes through time. Scientists call these records "Life Lists", or all the species you see during your life (or a day or a year). You can compare your lists with friends, record your sightings on eBird and iNaturalist, or compete with your family.

Recover and repeat! Wash your hands, rest your legs and prep for your next adventure!



BACKYARD

B I N G O

See the first flowers	Use a guidebook to identify a bird	Spend 10 minutes writing down everything you observe out the window	A butterfly on a flower	Look for animal tracks
Plant something in your garden or on your windowsill	Take a walk	Find buds or berries	Identify a bird by its song	Take a photo of the landscape
Take in the smells after the rain	Read a book about nature	#StayHome StayWild	Listen for frogs	Figure out what your state bird is and try to find it
See a bird soaring or riding thermals	Take a close-up photo	See a bird sitting in a nest	Write a journal entry about how being outside makes you feel	See a line of ants
Learn something new about Defenders of Wildlife	Find a cloud shaped like an animal	Nature in action - whatever that means to you	A brightly colored bird	See a baby animal

Are you stuck at home and feeling restless? Try to get open a window, head out into your backyard or take a hike safely. See what you can find!



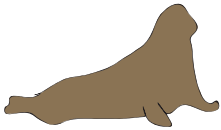
FOOD WEBS

Food webs are models of the interactions between living things in an **ecosystem**, showing who eats whom. We can learn about them through **observation** - watching what animals eat. **Carnivores** eat meat, **herbivores** eat plants, and **omnivores** eat both.



Orca: eats almost anything including birds, fish, and other marine mammals

Is it a Carnivore, Omnivore, or Herbivore?



Harbor Seal: eats a variety of fish



Sea Otter: eats crabs, sea urchins, and clams



Salmon: eats other small fish, plants



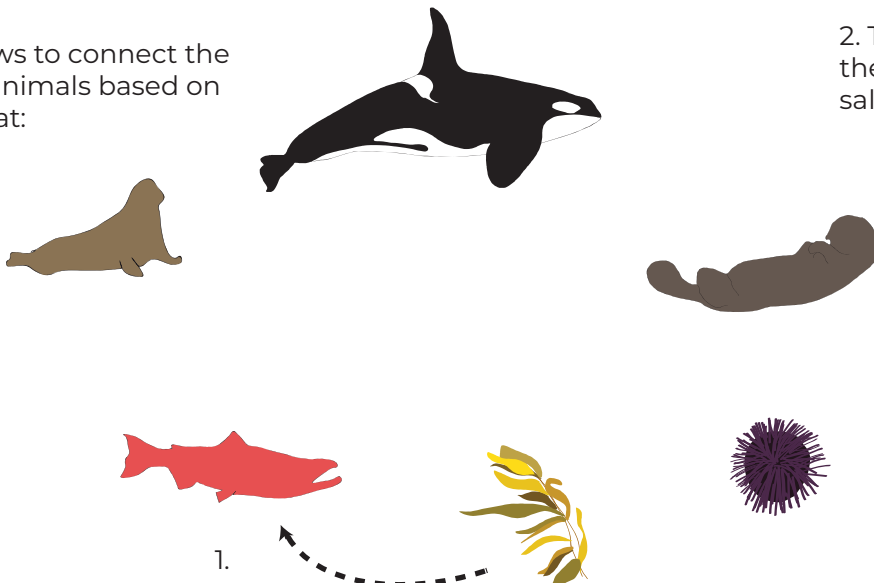
Sea Urchin: eats kelp



Kelp: makes its own food using sunlight

Kelp is a PRODUCER because it makes its own food.

1. Draw arrows to connect the plants and animals based on what they eat:



2. Think about what would happen to the system if humans ate all of the salmon.



MAD LIBS

Name: _____

Same Name: _____

Adjective: _____

Time: _____

Science Equipment: _____

Food: _____

Weather: _____

Adjective: _____

Adjective: _____

Plural Noun: _____

Animal: _____

Adverb: _____

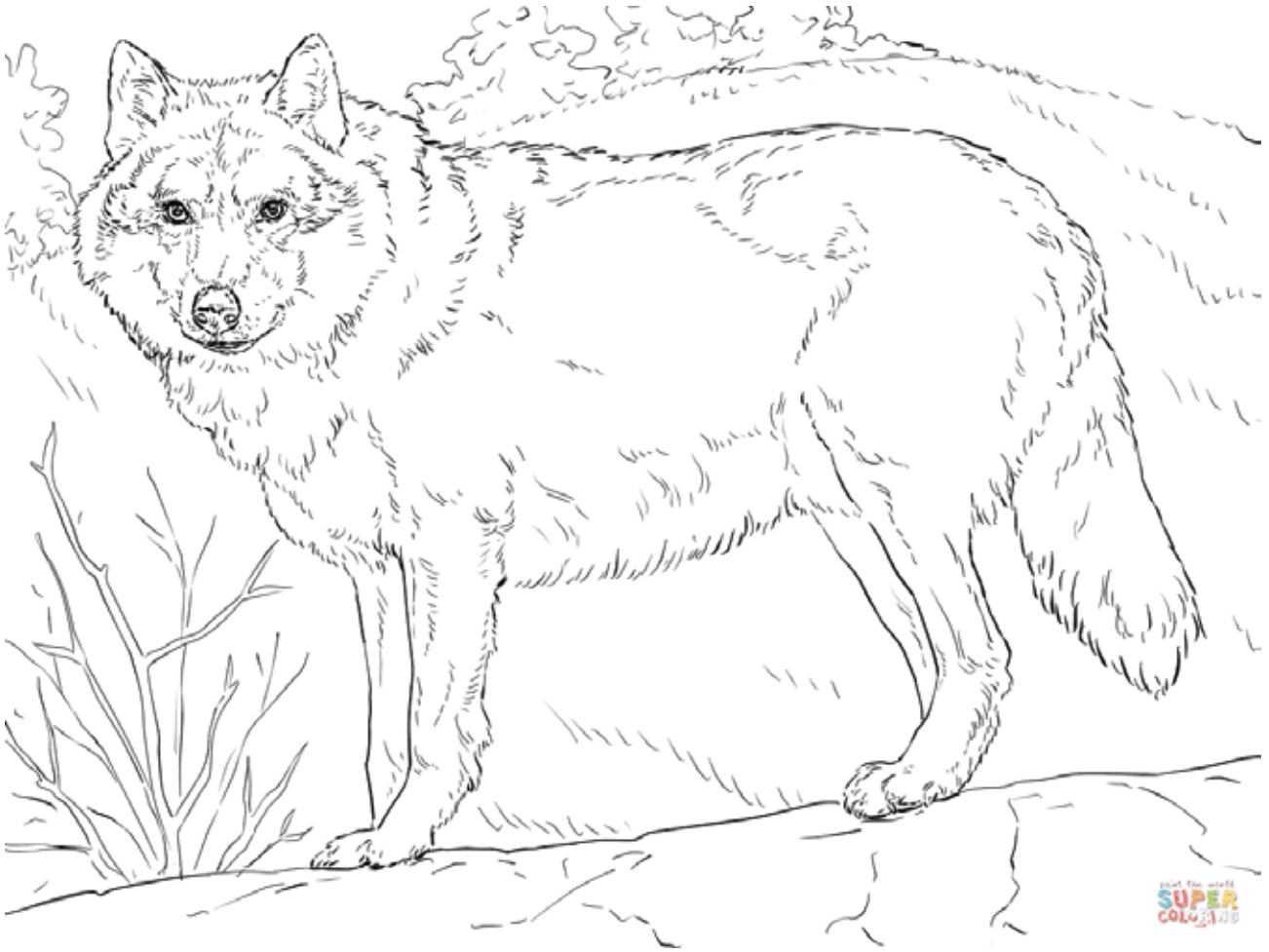
Verb: _____

Past Tense Verb: _____

_____ the biologist was getting ready for a big day. Today, _____ and a
(Name) (Same Name)
group of other scientists were going to help reintroduce a pair of black footed ferrets
and they were so _____! Everyone one woke up at _____, so early that the
(Adjective) (Time)
sun had not risen yet. The scientists loaded their trucks with _____
(Science Equipment)
and with _____, just in case the ferrets got hungry. It was _____ out,
(Food) (Weather)
which was perfect for reintroduction. After a _____ drive, they arrived at the
(Adjective)
grassy field where the _____ ferrets would be reintroduced. The field had
(Adjective)
plenty of _____ and of _____ which made it ideal habitat. When the
(Noun) (Animal)
scientists opened the crates, the ferrets _____
(Adverb)
_____ out of their cages and _____ off
(Verb) (Past Tense Verb)
into the tall grass. THE END!

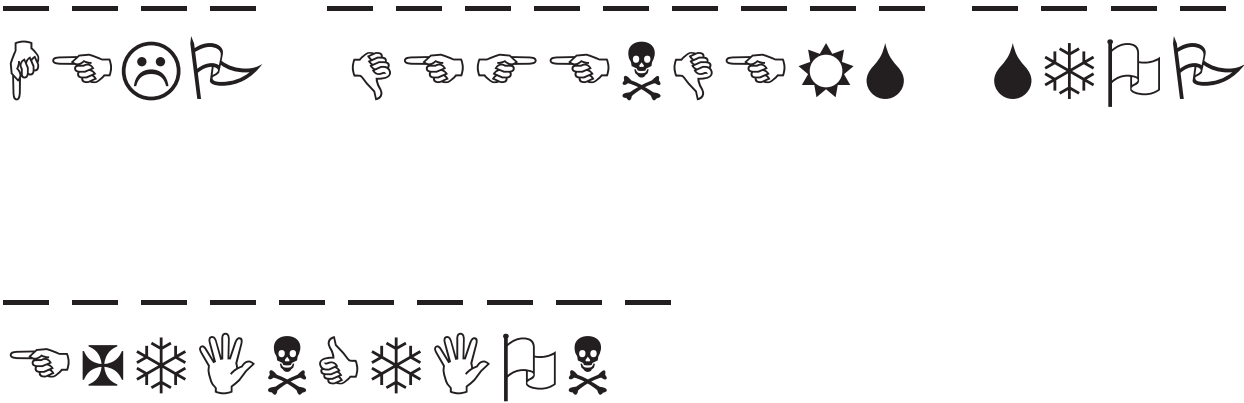


COLOR



SECRET MESSAGE

Use the key to find out what the wolf wants you to do!



KEY

A B C D E F G H I J K L M

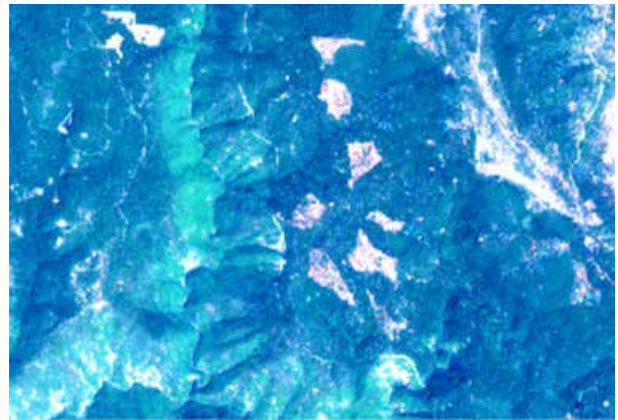
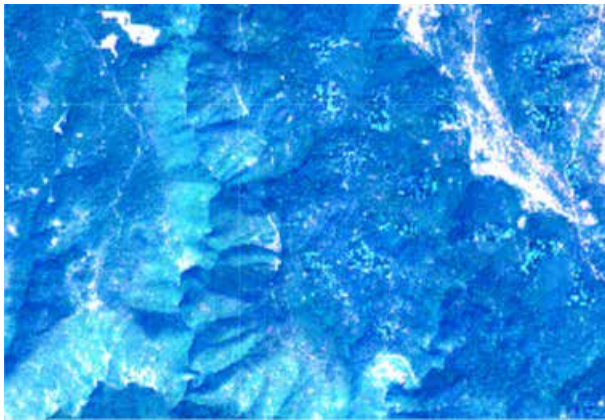


N O P Q R S T U V W X Y Z



SPOT THE DIFFERENCE

Defenders of Wildlife tracks changes to animals' habitat from space! Some changes are natural, like wildfires, but some are man-made, like logging. Each pair of pictures below is of the exact same place on Earth taken by a satellite at two different times. Can you spot the changes between these pairs of pictures?



SPOT THE DIFFERENCE



Finding the man-made changes to wildlife habitat is important to make sure animals aren't losing the places they need to live. Don't worry if you can't spot all the differences - at Defenders we use computer programs to help us! Check out the answers at the end of this book to see if you got them all and to learn what each change was caused by!



KEEP LEARNING

Are you interested in learning more about wildlife, habitat, conservation or Defenders of Wildlife?

Have your parents help you go online!

On our website (www.defenders.org) you can explore:

- our wildlife fact sheets with everything you need to know about your favorite species
- pages about each of our regional offices and the species and habitats we focus on nearest to you
 - ways to take action to help us defend wildlife
 - our most recent blog posts and news articles

On our YouTube channel

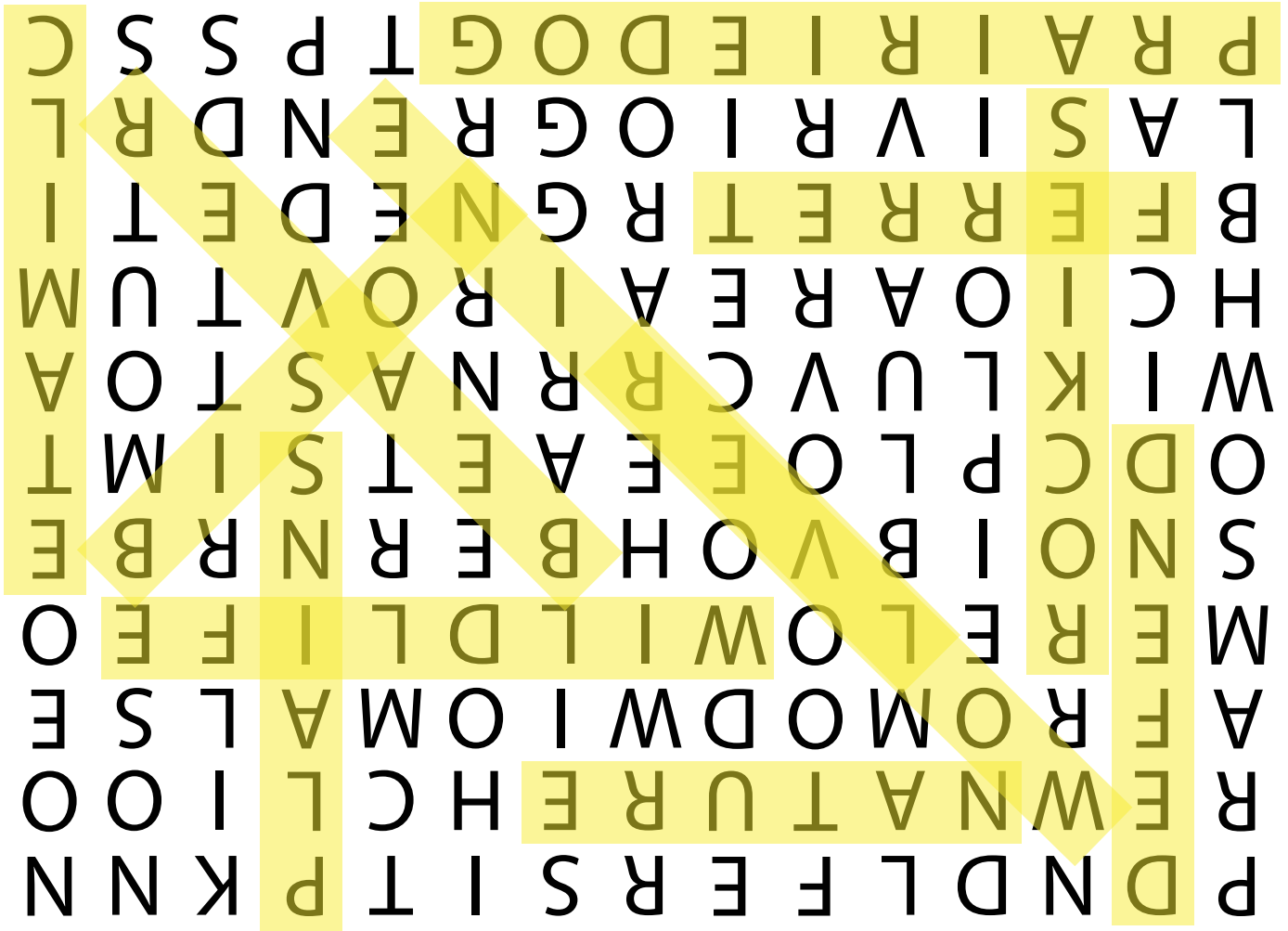
(www.youtube.com/defendersofwildlife) you can explore:

- what a day in the life looks like at Defenders
- how we celebrated the Year of Coexistence in 2019
- what we use storymaps and other technology for
- how we're defending wildlife remotely during this pandemic

AND SO MUCH MORE



ANSWERS



Food Webs:

Orcas are CARNIVORES
Harbor Seals are CARNIVORES
Sea Otters are CARNIVORES
Salmon are OMNIVORES
Sea Urchins are HERBIVORES



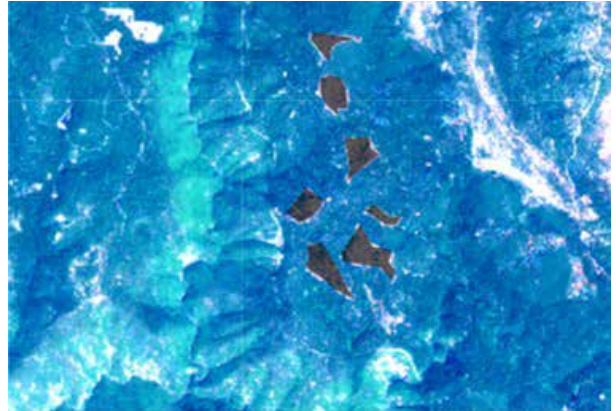
ANSWERS

SECRET MESSAGE:

HELP DEFENDERS STOP EXTINCTION



Wind Farm in Oregon



Logging in California



Landfill in Florida



Oil Drilling in Texas

