Animal Activity Packet
Ages 4 through 12

Created by Cadette Girl Scout Troop 60500
# Rosamond Gifford Zoo

## Animal Activity Packet

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The Rosamond Gifford Zoo Animal Education and Activity Packet was designed *by kids for kids.*

**The Packet includes:**

- animal facts
- animal-themed activities such as word searches and word scrambles
- animal-themed healthy snacks
- fitness activities
- conservation-themed challenges.

**Objectives for the activities**

**When completing the packet, children will...**

1. Learn about animals while having fun completing the puzzles and games.
2. Learn how to make healthy, no bake snacks that remind them of their favorite Rosamond Gifford Zoo animal.
3. Exercise while being inspired by some animals at Rosamond Gifford Zoo.
4. Learn about environmental factors that impact animals and people.

**How to use the activity packet?**

*Children under 6 should complete at least four pages, one from each of the four categories:*

- One page should include a word search or word scramble
- One page should include a fitness activity
- One page should include a snack
- One page should include an environmental challenge

*Children ages 7-8 should complete at least six pages that cover each of the four categories.*

*Children ages 9-10 should complete at least eight pages that cover each of the four categories.*

*Children ages 11-12 should complete at least ten pages that cover each of the four categories.*

**Expected time to complete the packet**

It will take younger children a few days to complete the packet. Older children may take as long as a week to complete the packet.
Amur Leopard

**Scientific Name:** *Panthera pardus orientails*

**Characteristics:** Their soft, dense fur keeps them warm in the bitter cold, and their large paws work like snowshoes to let them walk on snow without sinking. They weigh about 80 pounds, 30 pounds less than the average African leopard.

**Habitat:** The mountainous forests of eastern Russia and northern China.

**Diet:** Carnivore – they eat lots of animals. Complete the word scramble to learn some of them.

**Risk:** Critically endangered - with less than 100 surviving.

**Fun Facts:** They were named after the Amur River, which is a body of water that runs between both countries.

*This picture was taken at Rosamond Gifford Zoo*

**Source:**
- [https://kids.nationalgeographic.com/animals/mammals/facts/amur-leopard](https://kids.nationalgeographic.com/animals/mammals/facts/amur-leopard)
- [https://www.worldwildlife.org/species/amur-leopard](https://www.worldwildlife.org/species/amur-leopard)
Amur Leopard Word Search

ESCTNLMWHQTY
CEPNXZEGCPHIPAHJ
ULDFUOCOBBAKN
NVYAUPCNALVBNU
VPTNRALSACAXILR
CAGIERIEHNWTSNCYHEVDMRIKWAS
RRIREOBVNEXTLE
GANERRPEGFCIV
ERADHSGRGTGCOTT
JENUVGMSIETYRAR
RUSSIANNIOOCBERER
AETERRAINYLGSEYE
ZOIPBKFPMKFTWS
XBNSWIMMERSLA

cconservation  endangered  solitary  swimmers
climbers  forests  poaching  blanket
terrain  leopard  Russia  habitat
trees  river  China  rare
prey

Check the box when you have completed this activity
Things Amur Leopards Eat in the Wild

Word Scramble

DRISB
DERE
RABSO
EICM
HSERA
BGDAERS

Check the box when you have completed this activity
Animal Activity Packet

Andean Bear

**Scientific Name:** *Tremarctos ornatus*

**Characteristics:** Has distinctive markings around the eye.

**Habitat:** They live a solitary life in South America. They can be seen together during mating season.

**Diet:** Omnivore. They mainly eat berries, honey, and tree bark. They will sometimes eat small rodents and insects.

**Risk:** Vulnerable

**Fun Facts:** They are also called the spectacled bear. They are the smallest in the family.

These pictures were taken at Rosamond Gifford Zoo

Source: [https://www.nationalgeographic.com/animals/mammals/facts/spectacled-bear](https://www.nationalgeographic.com/animals/mammals/facts/spectacled-bear)

[https://www.worldwildlife.org/ecoregions/nt0175](https://www.worldwildlife.org/ecoregions/nt0175)

[https://www.iucnredlist.org/species/22066/123792952](https://www.iucnredlist.org/species/22066/123792952)
Andean Bear Word Search

grasslands  spectacled  platforms  mountain
fruits  forage  mossy  trees
claws  andes  climb  bear
cub

Check the box when you have completed this activity
**Asian Elephant**

**Scientific Name:** *Elephas Maximus*

**Characteristics:** They can weigh 3-6 tons (or 6,000 to 12,000 pounds) and can live up to 60 years in the wild.

**Habitat:** Tropical forests and grasslands of Southeast Asia

**Diet:** Herbivores – They like to eat large amounts of tree bark and leaves.

**Risk:** Endangered. Their population is decreasing and there are less than 50,000 surviving.

**Fun Facts:**
- Weighing nearly 6 tons, that’s heavier than two medium sized cars!!!
- Adult elephants can eat up to 300 pounds of food a day. That’s 75 times more than the average human.

*This picture was taken at Rosamond Gifford Zoo*

Source: [https://kids.nationalgeographic.com/animals/mammals/facts/asian-elephant](https://kids.nationalgeographic.com/animals/mammals/facts/asian-elephant)
[https://www.worldwildlife.org/species/asian-elephant](https://www.worldwildlife.org/species/asian-elephant)
[https://www.iucnredlist.org/species/7140/45818198](https://www.iucnredlist.org/species/7140/45818198)
Asian Elephant Word Search

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

intelligent   mammals   grassy   social
India         ivory      China    tusks
trunk         ears       mud

Check the box when you have completed this activity
Bactrian Camel

Scientific Name:  *Camelus ferus*

Characteristics: Bushy eyebrows and two rows of eyelashes to block the sand.

Habitat: Gobi desert of Mongolia and China.

Diet: Herbivore – they eat various types of plants and vegetables that are available.

Risk: Critically Endangered. Mainly due to habitat loss and competition.

Fun Facts: They use their 2 humps to store fat. Groups of them are called a flock or caravan. A very thirsty camel can drink 30 gallons of water.

Source: [https://kids.nationalgeographic.com/animals/mammals/facts/bactrian-camel](https://kids.nationalgeographic.com/animals/mammals/facts/bactrian-camel)


[https://www.iucnredlist.org/species/63543/12689285](https://www.iucnredlist.org/species/63543/12689285)
Bactrian Camel Word Search

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

Mongolia
rocky
cold
hot
desert
wooly
Asia
wood

Sahara
brown
sand
humps
water
leaf

Check the box when you have completed this activity
Fennec Fox

Scientific Name: *Vulpes zerda*

Characteristics: They have batlike ears.

Habitat: North Africa and Southwest parts of Asia.

Diet: Omnivore

Risk: Least Concern

Fun Facts: They are known to be able to jump in the air 2 feet and leap 4 feet distance!

These pictures were taken at Rosamond Gifford Zoo

*There is an activity for this animal under the animal-themed fitness category on page 28*

Source: https://kids.nationalgeographic.com/animals/mammals/facts/fennec-fox

https://www.iucnredlist.org/species/41588/46173447
**Gray Wolf**

**Scientific Name:** *Canis Lupus*

**Characteristics:** Head and body: 36 to 63 inches; tail: 13 to 20 inches and 40 to 175 pounds

**Habitat:** Canada, Western Greenland, Most of Asia.

**Diet:** Carnivores. They eat lots of different animals. You can learn about some of them in the word scramble activity.

**Risk:** Least Concern

**Fun Facts:** Their howls can be heard from over 10 miles! They use their howls to communicate with each other. They travel in packs.

These pictures were taken at Rosamond Gifford Zoo

Source: [https://kids.nationalgeographic.com/animals/mammals/facts/gray-wolf](https://kids.nationalgeographic.com/animals/mammals/facts/gray-wolf)

[https://www.iucnredlist.org/species/3746/163508960](https://www.iucnredlist.org/species/3746/163508960)
Gray Wolf Word Search

communication    ancestor    growling    dominant
caribou           tundra       social     alpha
wolf              howl         forest     prey
pack              hunt

Check the box when you have completed this activity
Things Gray Wolves Eat in the Wild
Word Search

SREIREB
IEMC
SOMEO
PHEES
SIHF
EERVBA

Check the box when you have completed this activity
Red Panda

Scientific Name: *Ailurus fulgens*

Characteristics: Lives for about 8 years in the wild.

Habitat: Mountains in Nepal and northern Myanmar (Burma), as well as in central China.

Diet: Red Pandas like to eat leaves, bamboo, insects, and fruit.

Risk: Endangered

Fun Fact: The pandas use their ringed tails as wraparound blankets in the chilly mountain heights.

Picture taken at Rosamond Gifford Zoo

Source: [https://www.nationalgeographic.com/animals/mammals/facts/red-panda?loggedIn=true](https://www.nationalgeographic.com/animals/mammals/facts/red-panda?loggedIn=true)
[https://www.iucnredlist.org/species/714/110023718](https://www.iucnredlist.org/species/714/110023718)
Red Panda Word Search

crepuscular  Himalayas  wristbone  adorable
wildlife  fulgens  ailurus  mountains
trails  litter  waddle  thirteen
trees  pounds  found  they
tail  bamboo  zoo  can
in  be  seven  the
on

Some of the words in the list describe where you can find Red Pandas in the Rosamond Gifford Zoo. Write the message here. One word is used twice.

Check the box when you have completed this activity
Red Panda Word Scramble

IONMATSNU  _______________
ETSRE  _______________
BMAOOOB  _______________
RED NPAAD  _______________

Find out how to snack like a panda on page 31

Check the box when you have completed this activity
Red Wolf

Scientific Name: *Canis rufus*
Characteristics: 4 feet long and 45 to 80 pounds
Habitat: Alligator River National Wildlife Refuge in eastern North Carolina
Diet: Carnivore
Risk: Critically endangered
Fun Facts: They can eat up to 5 pounds of food a day!

Source: https://www.nationalgeographic.com/animals/mammals/facts/red-wolf
https://www.iucnredlist.org/species/3747/163509841

Check the box when you have completed this activity
Black and White Ruffed Lemur

Scientific Name: *Varecia variegata*

Characteristics: Average life span up to 18 years.

Habitat: Southern Madagascar

Diet: Herbivore – They really like fruits

Risk: Critically endangered

Fun Facts:
- They like to nest and forage in large trees, preferring to stay 150 feet in the air.
- They are very social and can be very loud when communicating with each other.

*This picture was taken from the Rosamond Gifford Zoo Webpage*

*There is a snack related to this animal you can make later in the packet on page 32*

Source: [https://lemur.duke.edu/discover/meet-the-lemurs/black-white-ruffed-lemur/](https://lemur.duke.edu/discover/meet-the-lemurs/black-white-ruffed-lemur/)

[https://www.iucnredlist.org/species/22919/115574404](https://www.iucnredlist.org/species/22919/115574404)
**Snow Leopard**

**Scientific Name:** *Panthera uncia*

**Characteristics:** They are hard to see and are nicknamed the ghost of the mountains or ghost cats.

**Habitat:** Include Russia/Siberian Mountain ranges. Diet: Carnivore – they eat a lot of animals

**Risk:** Vulnerable

**Fun Facts:**
- They can jump up to 50 feet.
- They can make different sounds, but they can’t roar.

*This picture was taken at the Rosamond Gifford Zoo*

Source: https://kids.nationalgeographic.com/animals/mammals/facts/snow-leopard
https://www.iucnredlist.org/species/22732/50664030
Snow Leopard Word Search

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

camouflage  Himalayas  Mongolia  leopard
habitat  weather  Russia  stealth
forest  scavenger  ghost  cats
India  snowy  coat

Check the box when you have completed this activity
Snow Leopard Word Scramble

SWON DOARLEP
HLAAYIAMS
TLHTAES
TGOHS

For a Snow Leopard inspired snack activity turn to page 35

Check the box when you have completed this activity
### Rosamond Gifford Zoo

#### Animal Bingo Scavenger Hunt

<table>
<thead>
<tr>
<th>Task</th>
<th>Task</th>
<th>Task</th>
<th>Task</th>
<th>Task</th>
</tr>
</thead>
<tbody>
<tr>
<td>Find a species of animal that lives in Madagascar</td>
<td>Try counting the up to 30 waterfowl</td>
<td>Take a break and pay attention to the weather</td>
<td>Take a break and to the sounds, sights, or smells around you</td>
<td>What is the name of the trail where the Andean Bear lives?</td>
</tr>
<tr>
<td>Walk around the zoo</td>
<td>Take a break to stretch like your favorite animal</td>
<td>What is the save the rain project about?</td>
<td>What animals live in the Rainforest part of the zoo?</td>
<td>Which animal shares a home with the Red Pandas?</td>
</tr>
<tr>
<td>Take a picture on the Tiger sculpture</td>
<td>What are the names of three animals you saw at the zoo?</td>
<td>Free Space</td>
<td>Learn what other creatures share a home with the octopus</td>
<td>Take a picture on the Elephant sculpture</td>
</tr>
<tr>
<td>See the Elephants</td>
<td>See the Penguins</td>
<td>Draw your favorite animal on the back of this sheet</td>
<td>Write down 3 things you see animals eat while you are at the zoo</td>
<td>Write down 3 facts from the fact posters near the animal exhibits</td>
</tr>
<tr>
<td>Thank someone that works at the zoo who helps you learn something new</td>
<td>Which social animal is your favorite?</td>
<td>Stop by a Curious Cub Cart to learn something new</td>
<td>Listen to a Keeper Talk</td>
<td>Stop by the gift shop with your bingo sheet</td>
</tr>
</tbody>
</table>

You can get BINGO if you get **Five Down**, **Five Across**, or **Five Diagonally**

Check the box when you have completed this activity
Look and Find Gray Wolf

*Circle it when you see it*

Check the box when you have completed this activity
Look and Find Snow Leopard

Circle it when you see it

Check the box when you have completed this activity
Walk or Run Fitness Activity One

Plan a walk or run with your family.

How long (in minutes) would you like to walk or run?
How far (in miles) would you like to walk or run?

Circle one of the three animals that you think you can match the best in speed?

<table>
<thead>
<tr>
<th>Animal</th>
<th>Speed (miles/hour)</th>
<th>Distance (miles) in Minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>ANDEAN BEARS</td>
<td>30</td>
<td>0.5 in 1, 1 in 2, 1.5 in 3, 2.0 in 4, 3.0 in 5, 3.5 in 6</td>
</tr>
<tr>
<td>SNOW LEOPARDS</td>
<td>40</td>
<td>0.5 in .75, 1 in 1.5, 1.5 in 2.25, 2.0 in 3, 3.0 in 3.75, 3.5 in 6</td>
</tr>
<tr>
<td>FENNEC FOXES</td>
<td>20-25</td>
<td>0.5 in 1.5, 1 in 3.0, 1.5 in 4.5, 2.0 in 6, 3.0 in 7.5</td>
</tr>
</tbody>
</table>

How close were you after walking or running?

Log your time and distance here______________________________ Date ________________

Check the box when you have completed this activity
Stretching Fitness Activity

**Stretch Like a Sloth in a Tree**
Lay on your back with your arms and feet pointing directly up

Take it outside!

It is more fun with an adopted sloth! Get yours in The Curious Cub Gift Shop.

Check the box when you have completed this activity
Walk or Run Fitness Activity Two

Plan a walk or run with your family.
How long (in minutes) would you like to walk or run?
How far (in miles) would you like to walk or run?
Circle one of the three animals that you think you can match the best in speed?

ASIAN ELEPHANTS CAN GO AS FAST AS 15 MILES PER HOUR

THEY WOULD BE AT:

0.5 MILE IN 2 MINUTES
1 MILE IN 4 MINUTES
1.5 MILES IN 6 MINUTES
2.0 MILES IN 8 MINUTES
3.0 MILES IN 10 MINUTES
3.5 MILES IN 12 MINUTES

AMUR LEOPARDS CAN GO AS FAST AS 37 MILES PER HOUR

THEY WOULD BE AT:

0.5 MILE IN LESS THAN A MINUTE
1 MILE IN 1.6 MINUTES
1.5 MILES IN 2.4 MINUTES
2.0 MILES IN 3.2 MINUTES
3.0 MILES IN 4.1 MINUTES
3.5 MILES IN 5 MINUTES

GRAY WOLF CAN GO AS FAST AS 31-37 MILES PER HOUR

THEY WOULD BE AT:

0.5 MILE IN 1 MINUTE
1 MILE IN 2 MINUTES
1.5 MILES IN 3 MINUTES
2.0 MILES IN 4 MINUTES
3.0 MILES IN 5 MINUTES
3.5 MILES IN 6 MINUTES

How close were you after walking or running?

Log your time and distance here__________________________ Date ______________

Check the box when you have completed this activity
Snack Like a Red Panda

Red Pandas eat...
In the Wild: mostly bamboo, some fruit, leaves, grasses, acorns, insects
At the Zoo: “Marion Leafeater biscuits, grapes, coreless apples, mixed fruit (no melon) and bamboo (fresh in season; thawed from a frozen supply out of season)” and Craisins as a treat (Red Panda Rosamond Gifford Zoo Adoption Fact Sheet).

Use this recipe for an edible Red Panda snack!

Ingredients
Celery (Bamboo)
Apple Slices
Grapes
Raisins (Insects)
Craisins
*Walnuts (Acorns)
  *Pumpkin seeds can replace walnuts in case of allergy

Directions
Assemble as you like

Snack with walnuts  Snack with pumpkin seeds

Check the box when you have completed this activity
Snack Like a Black and White Ruffed Lemur

*Black and White Ruffed Lemurs eat…*

In the Wild: fruits, leaves, grasses
At the Zoo: "Primate biscuits, canned Primate Diet, fruit, greens, sweet potatoes, broccoli, and a variety of fruit." (Rosamond Gifford Zoo website).

*Use this recipe for an edible Black and White Ruffed Lemur snack!*

**Ingredients**

- Broccoli
- Kale
- Bananas
- Blueberries
- Strawberries

**Directions**

Assemble as desired

https://ielc.libguides.com/sdzg/factsheets/ringtailedlemur/diet

Check the box when you have completed this activity
No-bake Chocolate Snack

**Ingredients**
1 ¾ cups sugar  
4 tablespoons baking cocoa  
½ cup milk (or unflavored dairy substitute)  
½ cup (1 stick) butter (or dairy substitute)  
1 tablespoon vanilla  
1 cup peanut butter (or sunflower butter)  
3 cups quick 1-minute oats  
Sprinkles if desired

**Directions**
1. Mix sugar, baking cocoa in a saucepan.  
2. Slowly stir in milk and blend with sugar mixture.  
3. Add butter by cutting it into tablespoons.  
4. Turn the burner on medium heat (with the help of an adult) and stir frequently until mixture boils.  
5. Boil for 2 minutes and remove from heat.  
6. Add vanilla and stir.  
7. Add peanut butter and oats and mix well.  
8. Drop rounded teaspoons onto a sheet of wax paper and cool (the refrigerator works well).  
9. Roll in sprinkles if you like.

Source: “Frosting and Friendship” by Lisa Schroeder page 213

Shown garnished with whip cream, strawberries, and blueberries and rolled in rainbow sprinkles

**Check the box when you have completed this activity**
Bactrian Camel inspired
Granola Bar Snack

What do Bactrian Camels eat?
In the Wild: “Leaves, wood, bark, seeds, grains, nuts, flowers.”
At the Zoo: “Grain, hay, and vegetables such as carrots and yams.” (Bactrian Camel Rosamond Gifford Zoo Adoption Fact Sheet)

Ingredients
1 ½ cups of rolled oats
1 cup of chopped almonds
¼ cup of peanut butter/almond butter
¼ cup maple syrup/honey
Add chocolate chips and dried fruits as you like!

Directions
1. Warm the maple syrup/honey
2. Add all of the ingredients and stir well
3. Press firmly into an 8x8 inch dish
4. Chill in the fridge
5. Cut into squares

Serve these with vegetables/flowers for display on the side to snack while thinking of the Bactrian Camels at Rosamond Gifford Zoo!

Enjoy!
Sources: https://www.rosamondgiffordzoo.org/experience/animals/mammals/bactrian-camel
Paste a picture of your snack here.

Check the box when you have completed this activity
Make Your Ice Cream Look Like a Snow Leopard Recipe

**Ingredients**
1 quart French Vanilla ice cream, softened
1 cup peanut butter
1/4 cup chocolate chips (more or less)

**Directions**
1. Scoop peanut butter with a teaspoon and place a chocolate chip or two (upside down) in the center of the spoon on top of the peanut butter.
2. You can also make small oval balls of peanut butter with wet hands and add an upside down chip to the center.
3. Fold into ice cream. Repeat until the ice cream has the effect of leopard spots.
4. Refreeze.

Enjoy!

Sources: [https://www.food.com/recipe/leopard-ice-cream-no-ice-cream-maker-needed-172593](https://www.food.com/recipe/leopard-ice-cream-no-ice-cream-maker-needed-172593)

Paste a picture of your creation here.

Check the box when you have completed this activity
Noise is all around us. It is impacting our health and the well-being of animals in our home and neighborhoods.

<table>
<thead>
<tr>
<th>People</th>
<th>Animals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Our mood</td>
<td>Their stress level</td>
</tr>
<tr>
<td>Our quality of sleep</td>
<td>Their ability to warn each other about predators</td>
</tr>
<tr>
<td>Our stress level</td>
<td>Their ability to locate each other</td>
</tr>
<tr>
<td>Our concentration</td>
<td>Their ability to communicate and attract a mate</td>
</tr>
<tr>
<td>Our creativity</td>
<td>Their ability to rest</td>
</tr>
<tr>
<td>Our hearing</td>
<td></td>
</tr>
</tbody>
</table>

Practicing silence in your house for 30 to 60 minutes a day for 7 days is a great way to protect animal sleep patterns (and your own). Younger children should do just a few minutes and 1 day.

<table>
<thead>
<tr>
<th>Day</th>
<th>Minutes of Silence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Sunday</td>
<td></td>
</tr>
<tr>
<td>Monday</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td></td>
</tr>
<tr>
<td>Thursday</td>
<td></td>
</tr>
<tr>
<td>Friday</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td></td>
</tr>
</tbody>
</table>

Check the box when you have completed this activity
Light Pollution
“The inappropriate or excessive use of artificial light – known as light pollution – can have serious environmental consequences for humans, wildlife, and our climate.

Components of light pollution include:
Glare – excessive brightness that causes visual discomfort
Skyglow – brightening of the night sky over inhabited areas
Light trespass – light falling where it is not intended or needed
Clutter – bright, confusing and excessive groupings of light sources”
Source: https://www.darksky.org/light-pollution/

Issue/problem:
“Using more light at night lowers melatonin production.” That results in sleep deprivation, fatigue, headaches, stress, anxiety, and other health problems. “Recent studies also show a connection between reduced melatonin levels and cancer.”
Source: https://www.nationalgeographic.org/article/light-pollution

<table>
<thead>
<tr>
<th>Light Pollution Solutions</th>
<th>Put a check for each reducing light pollution tip that you tried</th>
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</thead>
<tbody>
<tr>
<td>Get a light dimmer</td>
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<tr>
<td>Set a timer for lights to go off</td>
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<tr>
<td>Switch to LED light bulbs</td>
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<tr>
<td>Turn off lights when you leave a room</td>
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<tr>
<td>Turn off outside lights to the house when they aren’t needed</td>
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<tr>
<td>Use natural light during daytime hours</td>
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<tr>
<td>Turn off electronic producing light an hour or two before bed</td>
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<tr>
<td>Keep light inside at night by closing your window coverings</td>
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</tbody>
</table>

Globe at Night Light Pollution Map

Check the box when you have completed this activity
Protect the Ozone Challenge

Pollution is impacting the ozone layer. You can help reduce pollution by making simple choices each day.

**Instructions**
Do any four of these suggestions to complete this activity.

<table>
<thead>
<tr>
<th>Name of Activity</th>
<th>Date you completed the activity</th>
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</thead>
<tbody>
<tr>
<td>Get just the food you can eat and need, don’t waste food</td>
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<tr>
<td>Use a reusable water bottle</td>
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<td>Avoid aerosol spray cans</td>
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<td>Don’t leave the refrigerator open long</td>
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<td>Avoid paper plates, paper cups and other non-reusable items</td>
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<td>Make a compost bin</td>
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<td>Ride your bicycle, roller skate, roller blade to go somewhere instead of driving</td>
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<td>Walk to get somewhere instead of driving</td>
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</tbody>
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Check the box when you have completed this activity
Learning more about the weather can help you:
- prepare and dress appropriately for going outside
- learn more about nature
- think about how animals in your neighborhood stay safe in the heat, cold, or rain
- think about how to protect yourself and your pets
- feel like a scientist 😊

To complete this activity, track your weather through direct observation (go outside and take notes) for:
- 3 days for ages 6 and under
- 4 days for ages 7 and 8
- 5 days for ages 9 and 10
- 6 days for ages 11 and 12

<table>
<thead>
<tr>
<th>Date (month/day/year)</th>
<th>Day (Monday)</th>
<th>Time (1, 2)</th>
<th>AM/PM</th>
<th>Temperature</th>
<th>Weather (raining)</th>
<th>Smell in the air</th>
<th>Other observations</th>
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Check the box when you have completed this activity