

Animal Activity Dacket Ages 4 through 12



Created by Cadette Girl Scout Troop 60500



Rosamond Gifford Zoo Animal Activity Packet

Table of Contents

Introduction	Page 2
Animal Facts and Activities	Page 3
Rosamond Gifford Zoo Bingo Game	Page 24
Look and Find	Page 25
Animal-Themed Fitness Activities	Page 27
Animal-Themed Snacks	Page 30
Conservation Challenges	Page 35



Introduction

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: <u>https://kids.nationalgeographic.com/animals/mammals/facts/amur-leopard</u> <u>https://www.worldwildlife.org/species/amur-leopard</u>



Amur Leopard Word Search

ESCETNLJMWHQTEY CEPNXZEGCPI PHAI ULLDFUOCOOBKAKN NVYAUPPCNALVBNU VPTNRRAL S CAX R ER EHNWT C A C GI S Ν ΚWA S YHE DMR I VY RE Ρ E F RR \mathbf{O} В VΝ Х Α GANERRP E G F ERADH S GR Т GC Т GO NUVGM S E YRAR E Т I S S OCBE RE RU L ΑΝ I Ο AETERRA S Ν LG ΥF Y IPBKF KFTWS 70 Ρ ΜF XEBNBSWIMMERSLA

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





Things Amur Leopards Eat in the Wild Word Scramble

DRISB	
DERE	
RABSO	
EICM	
HSERA	
BGDAERS	



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.worldwildlife.org/ecoregions/nt0175

https://www.iucnredlist.org/species/22066/123792952



Andean Bear Word Search

Ν	S	Ζ	0	Т	U	Y	Ζ	С	L	L	Q	Х	S	U
Η	Μ	0	U	Ν	Т	Α	I	Ν	Ν	С	Η	Т	R	Ρ
Υ	Н	Q	С	L	А	W	S	0	J	Е	Т	S	Ζ	Κ
G	Μ	В	Μ	0	V	J	D	Е	Α	J	L	Ρ	С	Υ
Ε	Т	Η	Κ	Т	D	Κ	W	U	D	Κ	Ρ	Е	U	G
Ρ	G	R	Α	S	S	L	А	Ν	D	S	L	С	В	Н
R	F	Ν	Ρ	С	L	Y	V	Х	Κ	G	Α	Т	В	Х
R	0	Ρ	Η	Κ	А	С	W	Μ	Ρ	Κ	Т	А	Μ	Н
Α	R	С	L	Τ	Μ	В	С	А	В	Μ	F	С	Μ	Ρ
Ν	Α	Т	G	Η	V	Κ	С	Μ	Ε	F	0	L	Е	F
D	G	R	Ν	R	Y	Μ	Ε	G	Α	С	R	Е	Ρ	R
Ε	Ε	Е	Ι	L	D	0	Ε	Ι	R	Ν	Μ	D	Х	U
S	Ρ	Е	D	Η	S	S	0	Т	Ρ	J	S	Ζ	W	I
W	G	S	Κ	Ι	Q	S	В	Y	F	R	Х	Η	V	Т
W	G	Ρ	Ε	Y	S	Y	Ζ	Y	Η	D	Α	Q	S	S

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

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Asian Elephant

Scientific Name: Elephas Maximus

Characteristics: They can weigh 3-6 tons (or 6,00 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://www.worldwildlife.org/species/asian-elephant

https://www.iucnredlist.org/species/7140/45818198



Asian Elephant Word Search

intelligent	mammals	grassy	social
India	ivory	China	tusks
trunk	ears	mud	

Check the box when you have completed this activity

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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.



Picture taken at Rosamond Gifford Zoo

Source: <u>https://kids.nationalgeographic.com/animals/mammals/facts/bactrian-camel</u> <u>https://www.iucn.org/sites/dev/files/import/downloads/camelus_ferus.pdf</u> <u>https://www.iucnredlist.org/species/63543/12689285</u>



Bactrian Camel Word Search

Х	С	Ι	А	S	I	А	S	Y	Ν	Η	V	Ζ	G	F
Н	0	Т	Q	G	А	W	0	0	L	Υ	Ν	Ζ	R	Ν
D	В	S	Е	Q	Μ	J	S	Ζ	L	J	D	Ν	F	U
Κ	L	R	В	Q	Η	Ō	Ρ	D	Ι	L	Е	Т	L	Η
В	Q	L	0	0	L	Е	Ν	Μ	W	G	S	Μ	Q	U
0	S	В	Х	С	Т	S	U	G	Ν	L	Е	Х	Ζ	Μ
Μ	Q	А	Х	Κ	Κ	Q	Ζ	Ν	0	J	R	Х	С	Ρ
W	S	Ρ	Η	Ζ	R	Υ	Е	J	Τ	Ĺ	Т	Κ	0	S
						Ζ								
R	Ν	Т	G	Е	R	W	Ρ	S	А	W	Е	А	D	Η
0	Y	Т	Ε	D	F	Α	Η	А	Ν	0	L	С	V	Q
W	W	Y	Т	R	I	W	Ζ	Ρ	D	0	L	С	F	А
Ν	F	Q	J	G	Y	Н	Μ	Е	Μ	D	А	Е	S	Κ
Т	Ν	R	Т	F	Ρ	V	J	U	I	R	R	Е	Α	W
J	D	D	Т	Q	Κ	W	Ζ	Y	Μ	Υ	T	Х	W	F

Mongolia	desert	Sahara	humps
rocky	wooly	brown	water
cold	Asia	sand	leaf
hot	wood		

Check the box when you have completed this activity



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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://www.iucnredlist.org/species/3746/163508960



Gray Wolf Word Search

Η	0	W	L	Q	I	J	Ρ	W	С	Н	V	Н	Q	Ρ
										W				
S	Y	0	D	V	Х	А	Е	Ν	Μ	L	I	Ν	J	0
Ρ	L	W	Μ	Н	А	L	Υ	F	Μ	U	F	Т	S	Μ
W	Y	G	Т	T	V	Ρ	W	V	U	0	R	Q	Т	Μ
D	U	J	Ρ	R	Ν	Η	Х	L	Ν	F	0	Q	0	Α
Т	U	Ν	D	R	А	А	Μ	S	I	Н	Ν	L	0	U
Т	S	Q	J	0	Ρ	Х	Ν	Κ	С	U	С	L	А	G
Y	А	Ν	Μ	Κ	А	А	Ν	Т	А	Т	А	В	Ν	Κ
U	Κ	Κ	0	Ν	С	Κ	Е	Κ	Т	Ζ	R	I	С	R
V	J	Н	W	U	Κ	Х	Е	J	I	Н	Τ	S	Е	Т
L	G	R	0	W	L	I	Ν	G	0	Н	В	W	S	U
Ε	Т	G	F	0	R	Е	S	Т	Ν	Ε	0	С	Т	L
Е	Ρ	Κ	F	Е	В	R	W	С	С	U	U	Υ	0	Ν
R	0	S	0	С	T	Α	L	Ν	Е	Α	S	Ν	R	L

ancestor
tundra
howl
hunt

growling social forest dominant alpha prey

Check the box when you have completed this activity

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Things Gray Wolves Eat in the Wild Word Search

SREIREB	 			
IEMC	 	 		
SOMEO				
PHEES	 			
SIHF	 			
EERVBA				



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/redpanda?loggedin=true

https://www.worldwildlife.org/stories/where-do-red-pandas-live-and-other-red-panda-facts

https://www.iucnredlist.org/species/714/110023718



Red Panda Word Search

 A
 B
 U
 W
 D
 X
 W
 N
 C
 T
 R
 A
 I
 L
 S

 M
 A
 R
 C
 I
 C
 G
 I
 A
 A
 R
 T
 S
 S
 V

 U
 M
 F
 M
 S
 R
 B
 K
 L
 H
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 E
 H
 G
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 D
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 L
 Z
 Q
 I
 I
 Z
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 L
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crepuscular	Himalayas	wristbone	adorable
wildlife	fulgens	ailurus	mountains
trails	litter	waddle	thirteen
trees	pounds	found	they
tail	bamboo	Z00	can
in	be	seven	the
on Some of the word	s in the list describe wher	e vou can find Red Panda	s in the

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

R

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Red Panda Word Scramble

IONMATSNU	
ETSRE	
BMAOOB	
RED NPAAD	

Find out how to snack like a panda on page 31



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!



Can you spot the Red Wolf?

Source: https://www.nationalgeographic.com/animals/mammals/facts/red-wolf

https://www.iucnredlist.org/species/3747/163509841



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://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: <u>https://kids.nationalgeographic.com/animals/mammals/facts/snow-leopard</u> <u>https://www.iucnredlist.org/species/22732/50664030</u>



Snow Leopard Word Search

PHIPCUFORESTKH PGIUWAUCQXOU Ζ F ΖΟΜΚΖΤΨΑΥ HAMWS W K A C A S L Ν V F SLNAWSH F V MMN ()F DMRU S S ΑСΑΕ AGWO OGCWXN ТАҮ F E Ρ С Ε HVAR XW Ζ Ρ U ΗA ESSWU RF S AR F ٦ 0 I IN EXZBL 0 RN F В D Α EGNCXEGFOC Α S ZEDOK IAHSAG Ν G 1) ΙΑΒ UR F В U F F E \mathbf{O} Α \mathbf{O} ΒΟΑΤΟΥΑΜΤSΥ ΥZ ΤW 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



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Snow Leopard Word Scramble

SWON DOARLEP ______ HLAAYIAMS ______ TLHTAES ______ TGOHS _____

For a Snow Leopard inspired snack activity turn to page 35



Rosamond Gifford Zoo Animal Bingo Scavenger Hunt

Find a species of animal that livesin Madagascar	Try counting the φ to 30 waterfowl	Take a break and pay attention to the weather you		What is the name of the trailwhere the Andean Bear lives?	
Walk around the zoo	Take a break to stretch like your favorite animal	What is the savethe rain project about?	What animals live in the Rainforest partof the zoo?	Which animal shares a home with the Red Pandas?	
Take a pictureon the Tiger sculpture	What are the names of three animals you sawat the zoo?	Free Space	Learn what other creatures share a home with the octopus	Take a picture on the Elephant sculpture	
See the Elephants	See the Penguins	Draw your favorite animalon the back of this sheet	Write down 3 things you see animals eat while you are atthe zoo	Write down 3 facts from the fact posters nearthe animal exhibits	
Thank someone that works at the zoo who helps you learn something new	Which social animal is your favorite?	Stop by a Curious Cub Cart to learn something new	Listen to a Keeper Talk	Stop by the gift shop with your bingo sheet	

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



Look and Find Gray Wolf

Circle it when you see it





Look and Find Snow Leopard

Circle it when you see it





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?



ANDEAN BEARS CAN GO AS FAST AS 30 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					



SNOW LEOPARDS CAN GO AS FAST AS 40 MILES PER HOUR

THEY WOULD BE AT: 0.5 MILE IN .75 MINUTE 1 MILE IN 1.5 MINUTES

1.5 MILES IN 2.25 MINUTES

2.0 MILES IN 3 MINUTES

3.0 MILES IN 3.75 MINUTES

3.5 MILES IN 6 MINUTES



FENNEC FOXES CAN GO AS FAST AS 20-25 MILES PER HOUR

THEY WOULD BE AT: 0.5 MILE IN 1.5 MINUTE 1 MILE IN 3.0 MINUTES 1.5 MILES IN 4.5 MINUTES

2.0 MILES IN 6 MINUTES

3.0 MILES IN 7.5 MINUTES

How close were you after walking or running?

Log your time and distance here_____ Date _____



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.





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**

GRAY WOLF CAN GO AS FAST AS 31-37 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

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



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



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



No-bake Chocolate Snack

Ingredients

1 ³⁄₄ cups sugar
4 tablespoons baking cocoa
1⁄₂ cup milk (or unflavored dairy substitute)
1⁄₂ 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 we 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



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: <u>https://www.rosamondgiffordzoo.org/experience/animals/mammals/bactrian-camel</u> Paste a picture of your snack here.



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



Paste a picture of your creation here.



Γ

Cadette Girl Scout Troop 60500 7-Day Noise Reduction Challenge



Noise is all around us. It is impacting our health and the well-being of animals in our home and neighborhoods.

All of the noises we make and those made by our appliances and others in our environment affects			
People	Animals		
Our mood	Their stress level		
Our quality of sleep	Their ability to warn each other about predators		
Our stress level	Their ability to locate each other		
Our concentration	Their ability to communicate and attract a mate		
Our creativity	Their ability to rest		
Our hearing			

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.

Day	Minutes of Silence
Monday	
Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	



Cadette Girl Scout Troop 60500 Light Pollution Reduction Challenge

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: <u>https://www.darksky.org/light-pollution/</u>

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

-	Put a check for each reducing light pollution tip that you tried
Get a light dimmer	
Set a timer for lights to go off	
Switch to LED light bulbs	
Turn off lights when you leave a room	
Turn off outside lights to the house whenthey aren't needed	
Use natural light during daytime hours	
Turn off electronic producing light an	
hour or two before bed	
Keep light inside at night by closing	
your window coverings	



Globe at Night Light Pollution Map



Cadette Girl Scout Troop 60500 Protect the Ozone Challenge



Source: <u>https://ozonewatch.gsfc.nasa.gov/Scripts/big_image.php?date=2021-09&hem=S§ion=MAPS</u>

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.

Name of Activity	Date you completed the activity
Get just the food you can eat and need, don't waste food	
Use a reusable water bottle	
Avoid aerosol spray cans	
Don't leave the refrigerator open long	
Avoid paper plates, paper cups and other non- reusable items	
Make a compost bin	
Ride your bicycle, roller skate, roller blade to go somewhere instead of driving	
Walk to get somewhere instead of driving	



Cadette Girl Scout Troop Track your Weather Challenge



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

Date (month/day/ year)	Day (Monday)	Time (1, 2)	AM/PM	Temperature	Weather (raining)	Smell in the air	Other observations

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