



John Francis, the Planetwalker
 "As you walk, look around, assess where you are, reflect on where you have been, and dream of where you are going. Every moment of the present contains the seeds of opportunity for change. Your life is an adventure. Live it fully."

Nature Quote:

The activities in this journal can be done on almost any quiet patch of earth in our area.



WESTERN FOOTHILLS LAND TRUST



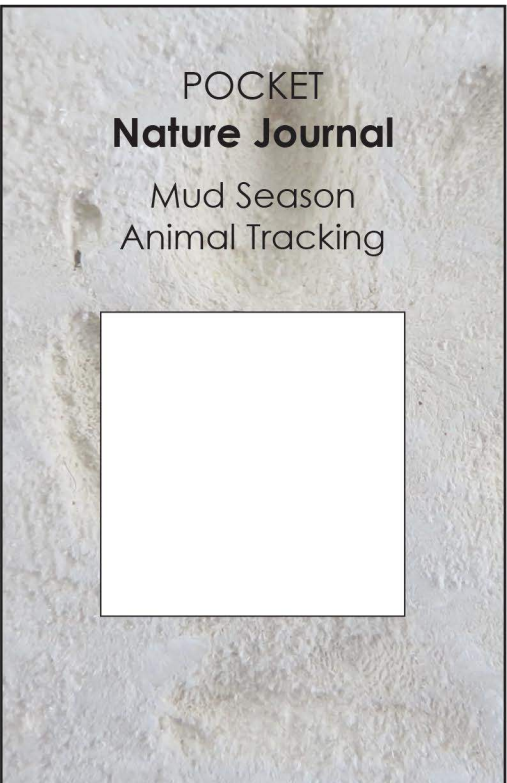
Land Trusts are member driven non-profits working for you in our communities. Please consider supporting these organizations.



Draw a Print or Track you found today:

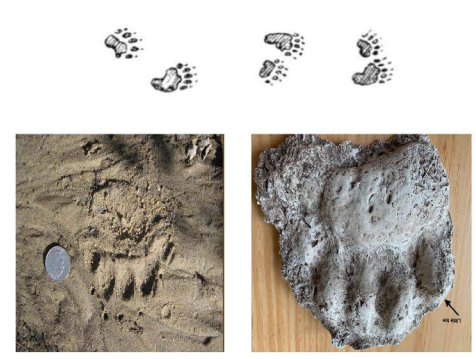
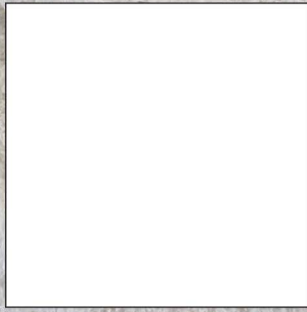
- Create your own mini field guide of mammals in your neck of the woods (Hint: Fold a blank piece of paper in the same manner as this journal)
- Take a photo or sketch the print
- Describe the habitat
- Include common name (and scientific)
- Measure the print (width and length)
- Count the number of toes

Activity



POCKET Nature Journal

Mud Season Animal Tracking



Black Bear
Ursus americanus
Habitat: Fields to forest
Print size: front width—3.3 - 6 inches; front length—3.5 - 8 inches; hind width—3.5 - 6 inches; hind length—5 - 8.5 inches
Toes: 5, nails on front feet extend further than hind
Note: Large toe is located on outside of foot

Mud Season Tracking

We LOVE mud! It can provide terrific tracking conditions. Let's go on a scavenger hunt to find mammal prints in the mud.

- What is a PRINT?**
An impression left by one foot
- What is a TRACK?**
A pattern of footprints
- When you find a print, study it closely. Count the toes.**
 - Do you see nail prints?
 - How big is the print?
 - What is the habitat?

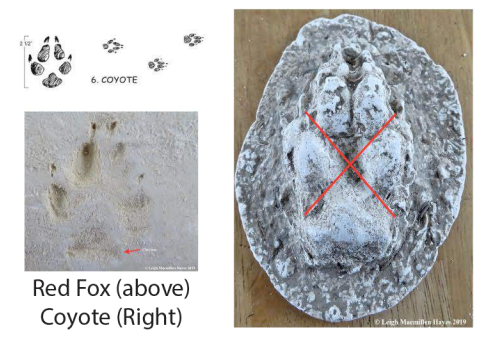
Toe Count:
2 toes: deer or moose
4 toes: bobcat, coyote, fox, or a pet dog
5 toes: raccoon, beaver, porcupine, bear, skunk, opossum, otter, fisher, mink, weasel



Bobcat
Lynx rufus
Habitat: Fields to woods
Print size: width—1.5 - 2.5 inches; length—1.5 - 2.5 inches
Toes: 4, nails sometimes don't show in print
Note: C visible between toes and heel pad; rounder than coyote print

Eastern Coyote
Canis latrans

Habitat: Fields to woods
Print size: width—2.5 - 3.5 inches; length—1.5 - 2.7 inches
Toes: 4 toes visible in print, pointed nails of lead toes usually point inward
Note: X visible in middle of print between pads (same for fox, which is smaller)



Red Fox (above)
 Coyote (Right)