Thank you for supporting your park.
Come back soon!
Wetlands are as they sound: lands covered by shallow water. The land mixes with the water and the water mixes with the land. Wetlands are SUPER important places that purify air and water, provide nesting and feeding grounds for migratory birds, and help prevent flooding.

**MAP TODAY’S ADVENTURE**

1. Draw the path you took to explore the park
2. Draw three things you observed with your senses
3. Label your map with words that will help others use it
4. Add two human-made landmarks (such as the EcoCenter!)
Let’s explore some of the power of wetlands through the use of metaphor. A metaphor is a way to describe something as if it was something else. For example, "she is a shining star" or "the calm water was a mirror".

Read the fact bubbles below to learn more about the important things wetlands do. Then **draw an arrow matching the wetland fact and a picture that could be used as a metaphor.**
Outdoors at the park is the perfect place to express yourself through movement. Whether you skip, do yoga, walk, run or dance the best person to be is yourself.

**LEARN A DANCE MOVE FROM COACH LILLA OF Feline Finesse**

Feline Finesse Dance Company is an all-female, youth dance troupe servicing the ages of 5-17yrs in the Bayview-Hunters Point community. They welcome all that have an interest in joining their dance family and sisterhood.

**LEARN MORE:**

The young ladies of Feline Finesse making sure the plants of Heron’s Head Park thrive
When you look up in the sky do you ever see a bunch of birds in a big V shape? These birds are traveling between their summer and winter homes. While some birds stay in the same place their whole lives, many birds make long trips across great distances north and south each year. We call this **long distance migration**.

One route many migratory birds take is the **Pacific Flyway**, which goes from the arctic of Alaska down along the coast all the way to Patagonia at the southern end of South America. Every spring and fall many migratory birds travel all or part of this flyway. **Heron's Head Park** and other San Francisco Bay Area wetlands are important resting places for birds during their long journeys!

**Why do birds migrate?**

Why do you think birds migrate north and south along the Pacific Flyway every spring and fall? **Hint:** What do birds need to survive?

Want to learn more about the birds at Heron’s Head Park? Follow the QR code for a how-to guide.
PLANTS AND YOUR SENSES!

Grab a fresh leaf and a dry leaf. What sounds do they make?

With names like Pickleweed and Coffeeberry, what do you think these plants taste like?*

Take a look at the California Poppy and the Coastal Buckwheat. What do they remind you of?

California Sage Brush and Ceanothus (SEA-an-Oh-thus) have very unique smells. Find them and describe how they smell like.

Touch the leaf of a pipevine plant and a bud of Gum plant. What do they feel like?

*For your safety do not taste or eat any plants!
Some animals can be hard to find, especially those that like to stay hidden from human eyes and ears. Don't be discouraged! You can learn to find evidence everywhere around you to help track their whereabouts and learn more about them.

Evidence of animals includes things they have left behind or changed. **Circle 8 words** in the puzzle below to learn clues you can search for as an Animal Detective.

**SEARCHING FOR CLUES**

Evidence of animals includes things they have left behind or changed. **Circle 8 words** in the puzzle below to learn clues you can search for as an Animal Detective.

**Words are hidden down and across**

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

**Never approach a wild animal!**

**Animal Detectives observe from afar.**

**Draw and label any evidence of animals you find!**

**What animal do you think it belongs to?**
CRABS & CRITTERS
Lifting a rock along the beach of Heron's Head Park is an exciting way to discover all sorts of HIDDEN LIFE!

Many crabs and critters call these rocks home. If you visit their house, make sure to put their rock roof back where it was. You wouldn't want someone to lift the roof off of your home and not put it back!

Watch for pincers!

TIDES OF CHANGE

Tides are the rising and falling of the oceans (and our bay) that occurs twice each day due to the unequal attraction of the moon and sun. You can find evidence of tides all along our shores.

Do you think the TIDE is currently HIGH, LOW, or INBETWEEN? What do you see that makes you think that?

Draw what you find!
Hi! My name is Droppi! Can you help me find my way through the EcoCenter Waste Water Treatment system? Here are some hints to help you out!

First, in the **Settling Tank**, oily liquids separate from heavy solids (poop). Here bacteria break down the organic (living) and inorganic (non-living) waste.

Then the **Recirculation Tank** cycles the partially treated water through bacteria filled mats. The bacteria continues to break down the waste left in the water.

Next, the water then passes through **UV Lights** that kill any harmful bacteria, viruses and germs.

Finally, the treated water flows through our **Constructed Wetland** before going into our **Butterfly Garden** to water the plants.
The EcoCenter is a **sustainable building** imagined and built by a group called Literacy for Environmental Justice. Sustainable means that it has many parts that help it take less from the Earth and put less harmful things into the air, water and land. For example, it uses **solar panels** for energy and a **living roof** of native plants to keep the building warm. This helps it not rely on using power from polluting powerplants.

**ENVIRONMENTAL JUSTICE**

The Bayview was once home to the Hunters Point Powerplant, which was one of the state's oldest and dirtiest. This meant that the area received more pollution than other San Francisco neighborhoods. The community came together and fought for it to close until it was demolished in 2006.