

MY HERON'S HEAD PARK ADVENTURE BOOK



Thank you for supporting your park.
Come back soon!

Make it your own! Draw your own adventurer.

Name:



Become a WETLAND EXPLORER at Heron's Head Park

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!)

WAIT...

What's a wetland?

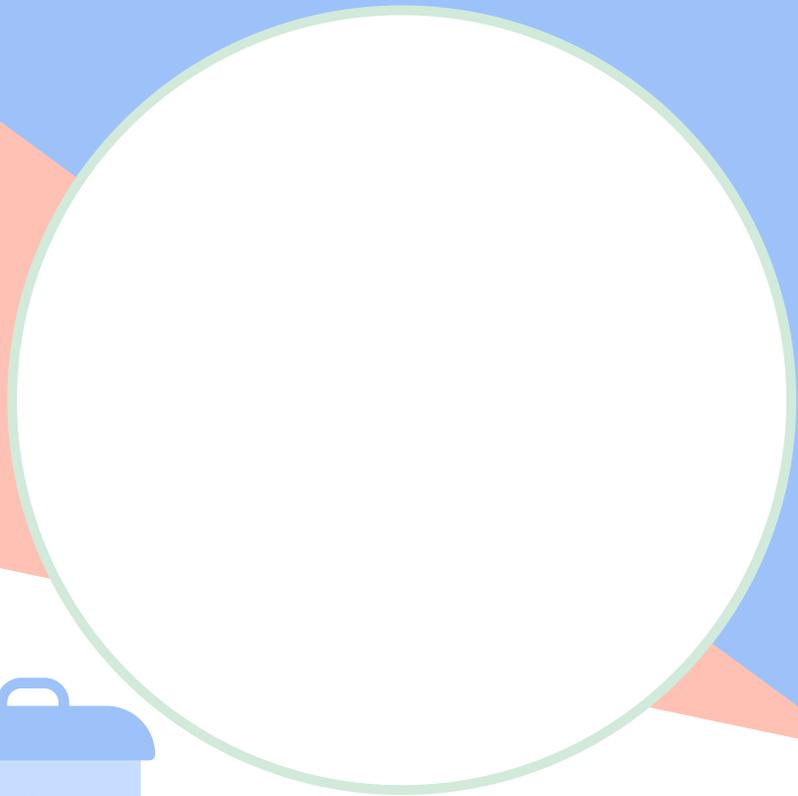
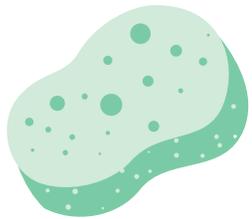
Wetlands are as they sound: lands covered by shallow water. The land mixes with the water and the water mixes with the land. Wetlands are SUPER important places that purify air and water, provide nesting and feeding grounds for migratory birds, and help prevent flooding.



WETLAND METAPHORS

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.



Draw or write your own metaphor for the fact bubble below

Wetlands are able to take chemicals and recycle them into nutrients that can be used by plants and animals.

Wetlands provide a home (shelter) for many different kinds of plants and animals. Many don't live anywhere else!



Wetlands are excellent filters. They remove excess nutrients and toxins from the water.

Wetlands can absorb and hold a lot of water! This helps prevent flooding due to storms and rising sea levels from climate change.

Wetlands provide lots of food for both animals and humans. Insects, fish, birds and humans all can find abundant amounts of food to eat.



EXPRESS YOUR FINESSE



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

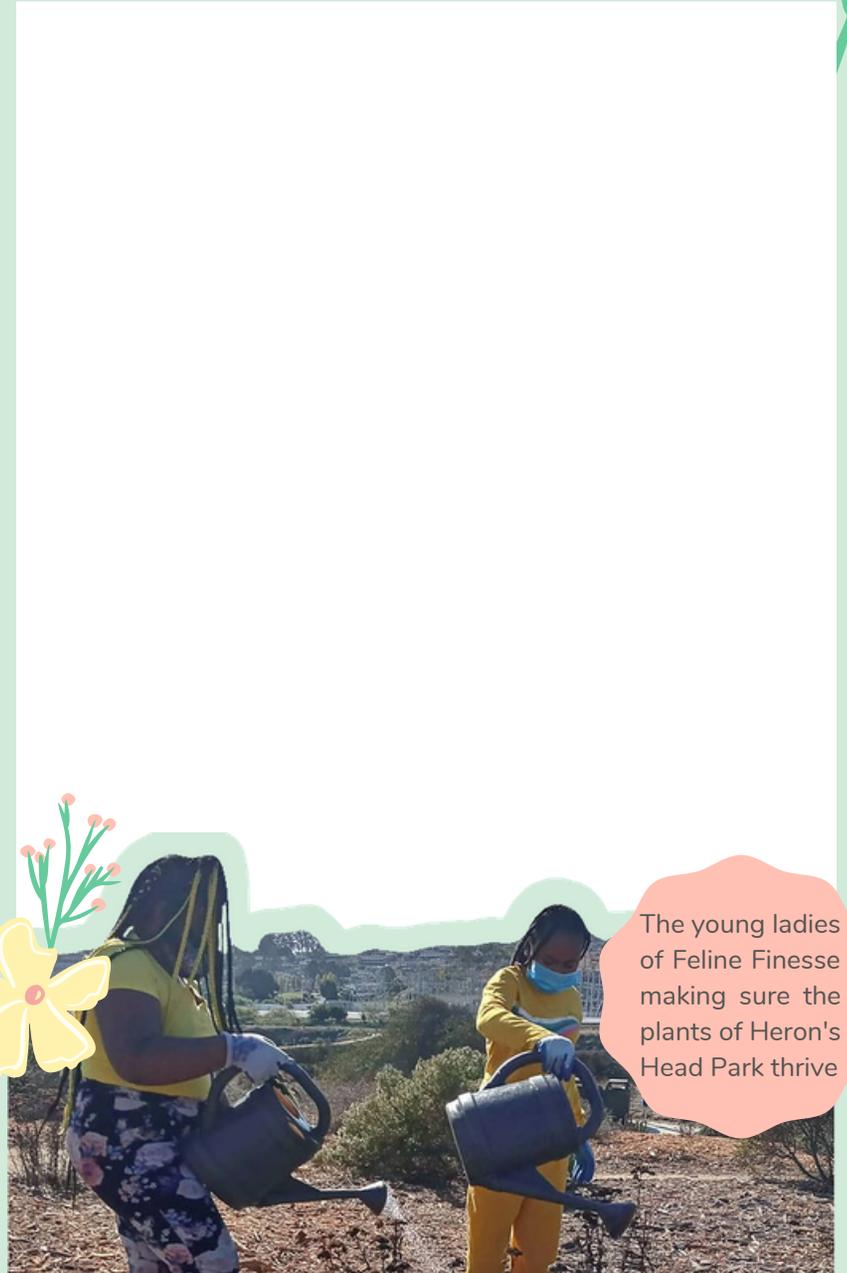


LEARN MORE: 

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.

LIVING IN COMMUNITY

Draw or describe one way your community helps you.
Draw or describe one way you help your community.



The young ladies of Feline Finesse making sure the plants of Heron's Head Park thrive

BIRDING BINGO

Take time to pause and notice if you can SEE or HEAR some of the birds below. Follow the QR code to hear their calls and songs. If you SEE or HEAR one you can mark it!

If you mark 3 in a row you're an **Snowy Egret!**

If you mark 4 corners you're a **Red-tailed Hawk!**

If you mark them all you're a **Great Blue Heron!**



American Coot



Great Blue Heron



Annas Hummingbird



White-crowned Sparrow



Free Space
Draw your own!



Black Oystercatcher



Double-crested Cormorant



American Crow



Snowy Egret



 Want to learn more about the birds at Heron's Head Park? Follow the QR code for a how-to guide

LONG DISTANCE

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?

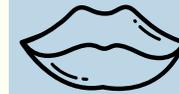
Why do you think birds migrate north and south along the Pacific Flyway every spring and fall?

Hint: What do birds need to survive?



PLANTS AND YOUR SENSES!

Use **your senses** to take a closer look at the California Native Plants in Heron's Head Park.



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



***For your safety do no taste or eat any plants!**



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



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?



ANIMAL DETECTIVES

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.



Never approach a wild animal!
Animal Detectives observe from afar.



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	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

Draw and label any evidence of animals you find!
What animal do you think it belongs to?



CRABS & CRITTERS

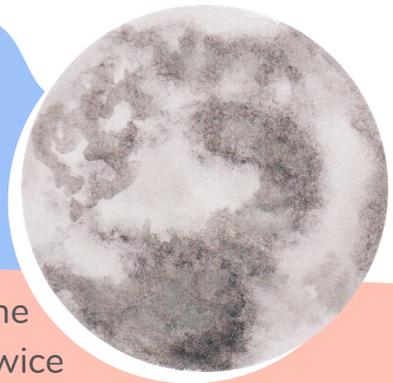
Lifting a rock along the beach of Heron's Head Park is an exciting way to discover all sorts of HIDDEN LIFE!

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!



FROM FLUSH TO FLOWER

One of the EcoCenter's Zero Waste features is the Waste Water Treatment System. All the waste water from our toilets and sinks go into this system to get treated. Treated water means that you use the water recreationally like swimming or watering plants.



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



Start Here



BLUEPRINT FOR CHANGE

Living Roof

Solar Power



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.



Imagine you are designing a building for your community. Draw the layout of it below.
What parts help your community and the Earth?

