

Developed by...

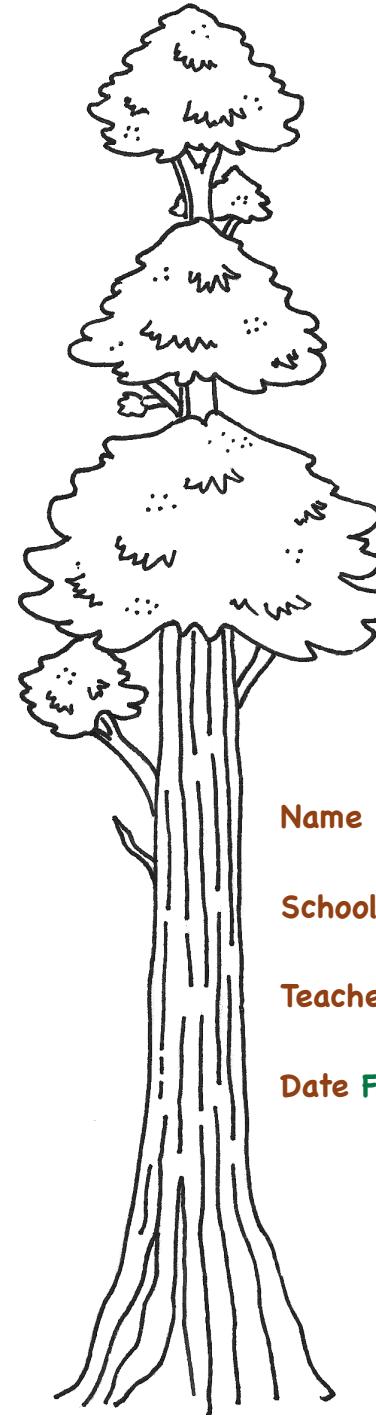
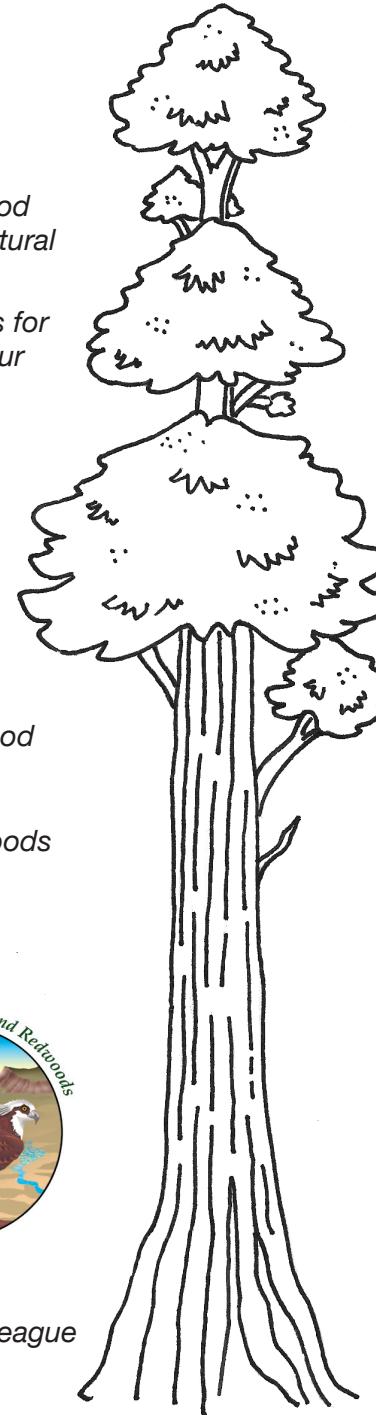
Stewards of the Coast and Redwood
for Armstrong Redwoods State Natural
Reserve.

With acknowledgement and thanks for
inspiration and contribution from our
friends, including;

- * Graphics Christopher Lods
- * Stewards Environmental Living Program
- * My Nature Journal - Adrienne Olmstead
- * Graphic Design - Jean Whitewood
- * Production - Elizabeth Vega
Stewards of the Coast & Redwoods



Funded by: Save the Redwoods League
California State Parks Foundation



MY ARMSTRONG REDWOODS JOURNAL

Mi Diario de Armstrong Redwoods

Name Nombre: _____

School Escuela: _____

Teacher Maestra: _____

Date Fecha: _____

This is your own personal journal. Use it well.
Add colors and drawings, add your thoughts and ideas.
May it become a simple treasure and reminder of your love
for nature and learning.

With every good wish,

Mother Nature

Este es tu diario personal. Utilízalo bien.
añadir colores y dibujos, añadía sus pensamientos e ideas.
Que se convierta en un tesoro sencillo y un recordatorio de
tu amor por la naturaleza y el aprendizaje.
Con el amor de la Madre Naturaleza.
Con Mis Mejores Deseos,

Madre Naturaleza

VOCABULARY

ARMSTRONG: *The man who preserved the last of the old growth Redwoods in Sonoma County.*

BAY LAUREL: *An evergreen tree with a strong fragrance, found in Armstrong Woods.*

BURL: *A gnarly part of the Redwood tree. It is not known what exactly causes their formation.*

COAST REDWOOD: *One of three varieties of Redwood. Found along the Pacific Coast of California.*

CONDENSATION: *When evaporated water gathers together to form droplets.*

CONSUMER: *A living creature that consumes the products of plants.*

DECIDUOUS: *A type of tree that sheds its leaves in fall.*

DECOMPOSITION: *The process of breaking down dead materials and returning them to the earth.*

DUFF: *The soft material found on the floor of the Redwood Forest.*

EVAPORATION: *The process of water changing from liquid to gas.*

FIFE CREEK: *The name of the creek that flows through Armstrong Woods in the Winter and Spring.*

HABITAT: *The place that has all the things a living creature needs in order to survive.*

MAMMAL: *A warm blooded creature that is born alive and drinks its' mother's milk.*

MOLLUSK: *A spineless creature (like a snail,) who wears its skeleton on the outside.*

NOCTURNAL: *Active at night.*

PRECIPITATION: *The process that happens when water condenses and falls from the sky.*

PREDATOR: *An animal who preys upon or hunts other animals for food.*

PREY: *An animal which is hunted for food by other animals.*

PRODUCER: *A living thing that produces food for other living things using the power of the sun.*

REPTILE: *A cold blood vertebrate that lays eggs and becomes active when the temperature rises.*

SORREL: *A clover like plant found on the forest floor.*

TRANSPIRATION: *What trees do when they release moisture into the air.*

ARMSTRONG WOODS CHECKLIST

LISTA DE ARMSTRONG

WOODS

Trees. Arboles.

- Coastal Redwood
- Dawn Redwood
- Sequoia Redwood
- Douglas Fir
- California Bay
- Pacific Madrone
- Tan Oak
- California Black Oak
- Sugar Pine

A large rectangular box with rounded corners, containing a pencil icon in the top-left corner, intended for drawing.

Which tree do you like?

¿Qué árbol te gusta?

Draw your favourite tree
Dibuja tu árbol favorito

✓ = Saw it Lo vi

C = Saw a clue Vi una pista

H = Smelled it Olió



Find a tree that you like at your school or in your neighbourhood.

Encuentra un árbol que te gusta en tu escuela o en tu vecindario.

Sit quietly beneath this tree. Siéntate en silencio bajo ese árbol.

What would you ask your tree? ¿Que le preguntarías a tu árbol?

What would you tell your tree?

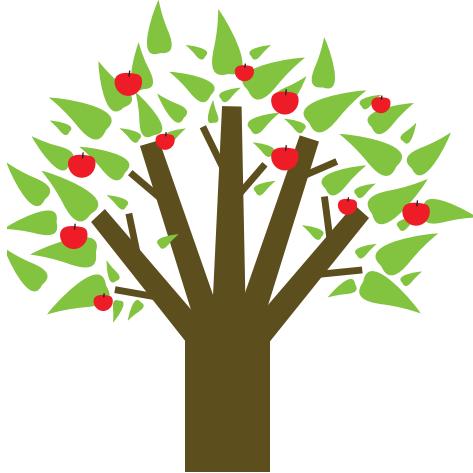
¿Qué le dirías a tu árbol?

Wordsearch

p	o	v	z	k	j	t	q	l	g	f	m	x
r	e	p	t	i	l	e	w	m	p	m	o	h
e	m	r	u	s	b	z	p	a	c	o	y	a
y	k	e	e	f	o	x	h	m	v	l	m	b
d	q	d	k	e	p	b	b	m	j	l	z	i
m	i	a	j	r	t	c	z	a	p	u	u	t
f	z	t	l	n	r	f	o	l	y	s	j	a
a	x	o	y	b	k	o	l	p	s	k	e	t
y	a	r	m	s	t	r	o	n	g	i	a	g
s	h	a	u	n	z	e	d	v	z	c	n	p
c	f	w	o	o	d	s	g	b	i	r	d	a
j	k	y	w	y	c	t	e	i	r	m	k	q

Can you find these words above.

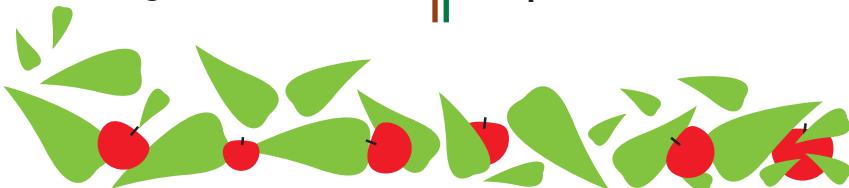
prey	armstrong	fern
reptile	woods	habitat
predator	forest	mammal
fox	mollusk	bird



STANDING LIKE A TREE COLOCA COMO UN ÁRBOL

Standing like a tree
With my roots dug down
My branches wide and open
Come down the sun.
Come down the rain.
Come down the fruit
To a heart that is open to be
Standing like a tree.....

De pie como un árbol
Con mis raíces cavado
Mis ramas amplio y abierto
Desciende el sol.
Desciende la lluvia.
Desciende la fruta
Para un corazón que está abierto a ser
De pie como un árbol



ADVICE FROM A TREE

Dear Friend

Stand Tall and Proud

Sink your roots deeply into the Earth

Reflect the light of your true nature

Think long term

Go out on a limb

Remember your place among all living beings

Embrace with the joy the changing seasons

For each yields its own abundance

The Energy and Birth of Spring

The Growth and contentment of Summer

The Wisdom to let go like Leaves in the Fall

The Rest and Quiet renewal of Winter

Feel the wind and the sun
and delight in their presence

Look up at the moon that shines down upon you

And the mystery of the stars at night

Seek nourishment from the good things in life

Simple pleasures, earth, fresh air, light

Be content with your natural beauty

Drink plenty of water.

Let your limbs sway and dance in the breezes

Be flexible

Remember your roots.

Enjoy the view!

By Ilam Shamir

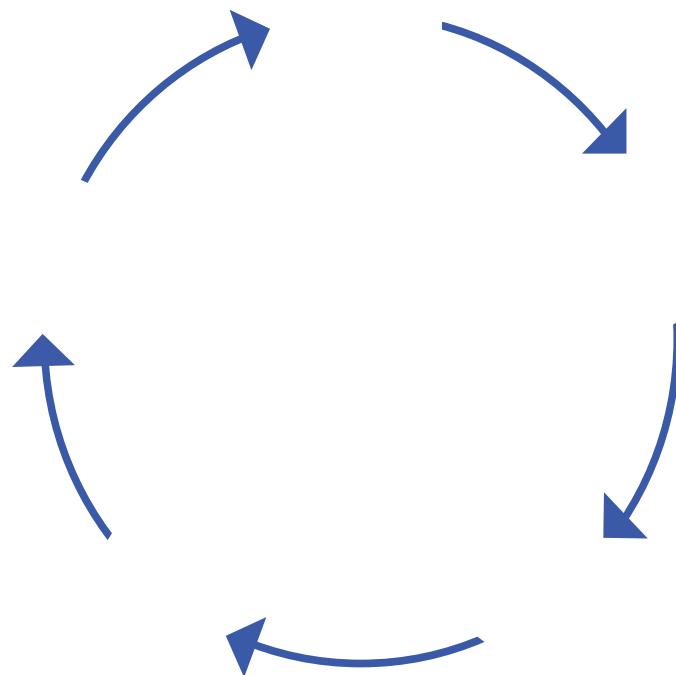
CONSEJOS DE UN ÁRBOL

Estimado amigo
de pie alto y orgulloso
Hunde tus raíces profundamente en la Tierra
Reflejar tus luz de su verdadera naturaleza
Piensa a largo plazo
Recuerda tu lugar entre todos los seres vivientes
Abraza con alegría las estaciones, cada una da su propia abundancia
La Energía y el Nacimiento de la Primavera
El crecimiento y la alegría del verano
La sabiduría de soltar ir como hojas en el otoño
El descanso y la renovación tranquila de invierno

Siente el viento y el sol
alegrate en su presencia.
Mira la luna que brilla sobre ti
Y el misterio de las estrellas por la noche
Busca el alimento de las cosas buenas de la vida
Placeres sencillos, la Tierra, el aire fresco, la luz
Se contenta con tu belleza natural
Bebe mucha agua
Deje que tus piernas se balancean y bailen la brisa
Se flexible
Recuerda sus raíces
Disfruta de la vista!
By Ilam Shamir

THE WATER CYCLE EL CICLO DEL AGUA

Draw your own Dibuje su propio



Where would you draw the....
¿Dónde se traza la



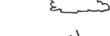
Sun - is the power that turns the cycle
Sun - es el poder que convierte el ciclo



Lake Lago - evaporation evaporación



Trees Arboles - transpiration transpiración

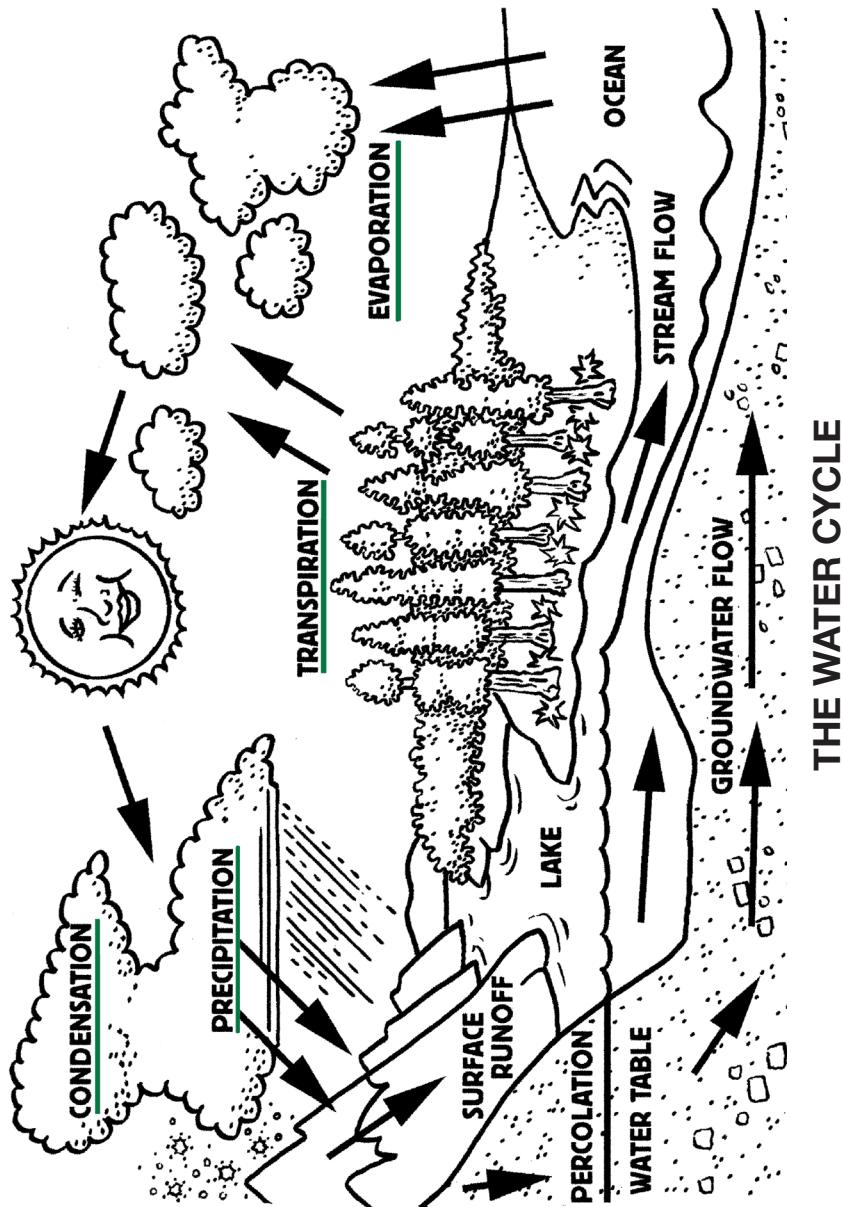


Cloud Nubes - condensation condensación

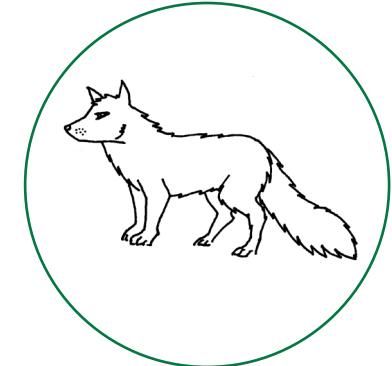


Steam Vapor - evaporation evaporación

MAMMALS MAMIFER



- Deer Ciervo
- Squirrel Ardilla
- Raccoon Mapache
- Bobcat Bobcat
- Mountain Lion Puma
- Fox Zorro
- Other Otra



✓ = **Saw it** Lo vi
C = **Saw a clue** Vi una pista
H = **Heard it** Lo oi

A large rectangular box with a small pencil icon in the top-left corner, designed for children to draw their favorite mammal.

Draw your favorite mammal.
Dibuja tu mamífero favorito.

WILD ANIMALS LOS ANIMALES SALVAJES

A wild animal is not a pet.

Un animal salvaje no es una mascota.

Just like you, wild animals need a safe and clean place to live.

Where you live is called a **habitat**.

Igual que tú, los animales salvajes necesitan un lugar limpio y seguro para vivir.

El lugar donde vive se llama un **hábitat**.

Can you draw a habitat for your animal?

¿Puedes dibujar un hábitat para su animal?



A habitat must have shelter, food and clean water.

Un habitat debe tener refugio, comida y agua limpia.

WHERE ARE THE ANIMALS?

¿DÓNDE ESTÁN LOS ANIMALES?

When you visit the park you may not see many animals.

Why do you think this could be?

Cuando visita el parque no puede ver muchos animales.

¿Por qué crees que podría ser?

All living things are connected.
You are part of the circle of life.

Todos los seres vivos están conectados.
Tu formas parte del círculo de la vida.



Reptiles are active on hot sunny days.

Reptiles le gustan calor.

Can you draw a reptile?

¿Puedes dibujar un reptil?



Amphibians need water and moisture.

Los anfibios necesitan agua y la humedad.

Can you draw an amphibian?

¿Puedes dibujar un reptil?



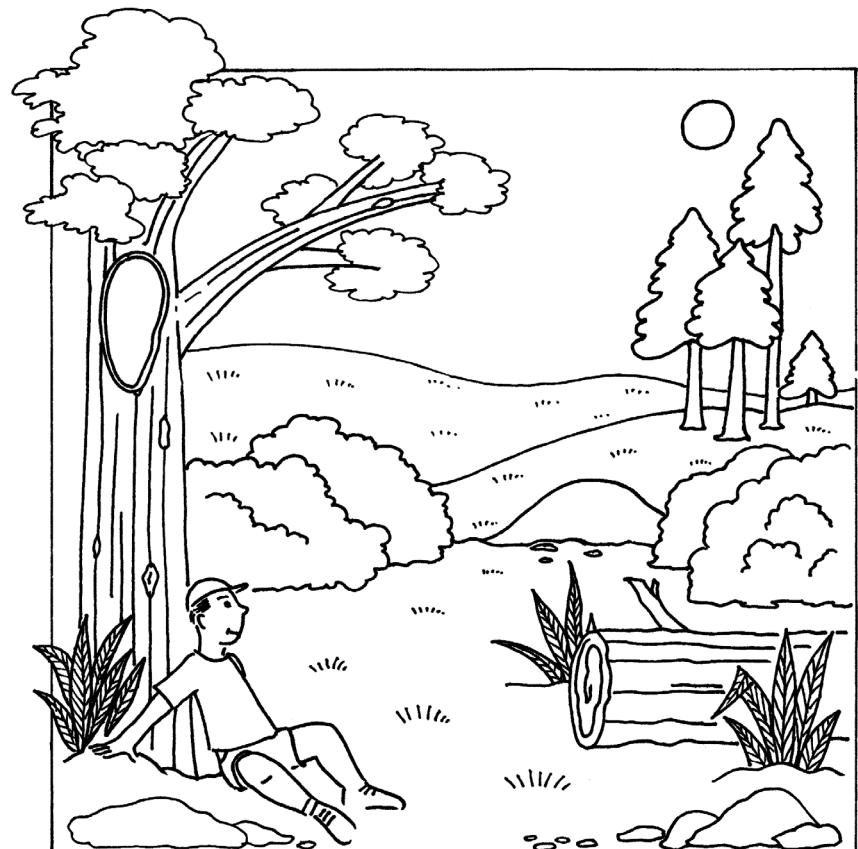
Add some clues to show the habitat of this reptile.

Agregue el hábitat de este reptile.

WILD ANIMALS ARE SHY

LOS ANIMALES SALVAJES SON TÍMIDOS

If you sit very still and quiet, sometimes you can see them.
Si te sientes muy calmado y quieto, a veces puedes verlos.



How many animals can you hide in the picture of the quiet boy?

¿Cuántos animales puede esconderse en el cuadro del muchacho tranquilo?



Squirrel
Ardilla



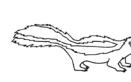
Fox
Zorro



Lizard
Lagarto



Snake
Serpiente



Skunk
Zorrillo



Deer
Cielvo



Bird
Pajaro



Rabbit
Conejo

NOCTURNAL ANIMALS LOS ANIMALES NOCTURNOS

Many animals are active at night.

Muchos animales son activos durante la noche.

What do you think these animals are doing at night?

¿Qué cree tu que estos animales animales hacen por la noche?

Animals that are active at night are called.....

Los animales que son activos durante la noche se llaman.....

N _____

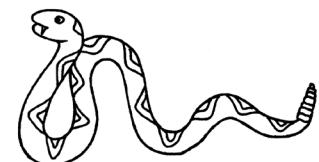
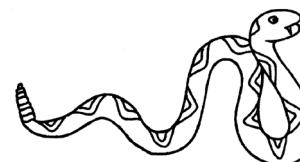
Nocturnal animals hunt at night.

Why do you think they do that?

Muchos animales nocturnos cazan de noche.

Por qué piensas que hacen esta?

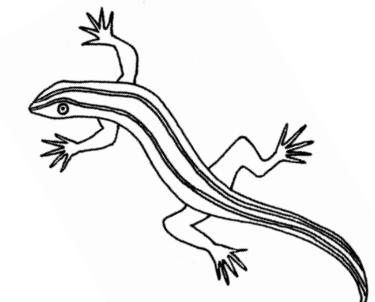
REPTILES, AMPHIBIANS & MOLLUSKS CHECKLIST LISTA DE REPTILES, ANFIBIOS Y MOLUSCOS



Reptiles are creatures that lay eggs. They have cold blood, scaly skin and a backbone. Amphibians are similar but have wet smooth skin and are born in water.

Reptiles son activos en días calidos y soleados. Tienen la sangre fría, piel escamosa y espina dorsal.

- Lizard Lagarto
- Salamander Salamander
- Newt Newt
- Snakes Serpientes
- Frogs Ranas
- Banana slug Babosa banana



A Banana slug is a mollusk without a shell
Una babosa banana es un molusco sin concha

✓ = **Saw it** Lo vi

C = **Saw a clue** Vi una pista

H = **Heard it** Lo oi

PLANTS ON THE FOREST FLOOR

PLANTAS EN EL BOSQUE FLOORNAL

On the forest floor you can see many examples of decomposition. Fungus, lichen, bacteria and bugs are working hard to break down the fallen logs, leaves and twigs, and other dead creatures.

En el piso del bosque puedes ver muchos ejemplos de descomposición. Hongos, líquenes, bacterias y insectos trabajan duro para romper los troncos caídos, hojas y ramitas, y otras criaturas muertas.

The “nurse log” is a place where new life begins. Ferns, huckleberries and smaller plants grow out of decaying logs
Una “Nurse log” es un lugar donde la nueva vida comienza. Helechos, huckleberries y plantas más pequeñas crecen fuera de los troncos pudriendo.



The forest floor has many ferns and bushes.
En el piso del bosque hay muchos helechos y arbustos.



Deer prefer the tender sorrel leaves
Ciervo prefieren comer hojas suaves de sorrel.

In Fall, squirrels gather nuts on the forest floor.

En el otoño, las ardillas recogen bellotas en el suelo.



Can you draw a picture of the forest floor?

¿Puedes hacer un dibujo del suelo del bosque?

Animals that hunt are called predators.

Los animales que cazan son llamados depredadores.

Draw a picture of a predator.

Haz un dibujo de un depredador.



Fox
Zorro



Bat
Murcielago



Owl
Búho

Every living thing eats something.

Cada ser viviente come algo.

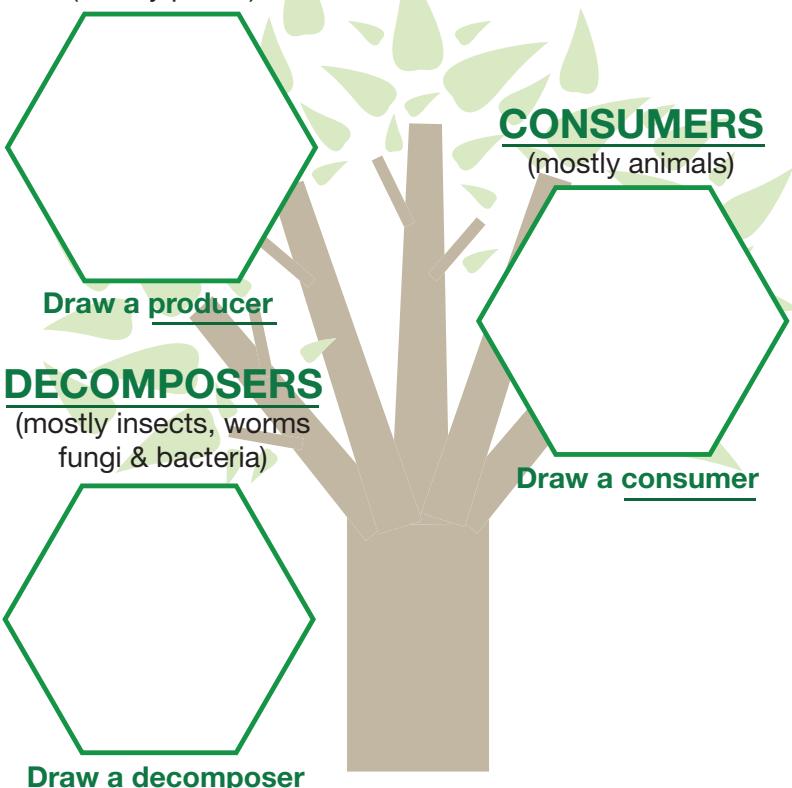
Everything is eaten BY something.

Cada ser viviente esta comeda por algo.

IT'S THE FOOD WEB!

PRODUCERS

(mostly plants)



Producers Productores

- Trees
- Plants

Consumers Consumidores

- Animals
- Insects
- Birds
- Humans

Decomposers Descomponeradores

- Worms
- Bugs
- Fungi
- Bacteria

FOREST FLOOR CHECKLIST

LISTA DEL PISO DEL BOSQUE

Wood Fern

Sword Fern

Maidenhair Fern

Deer Fern

Pacific Madrone

Bracken Fern

Redwood Violet

Wood Rose

Redwood Sorrel

Poison Oak



✓ = Saw it Lo vi

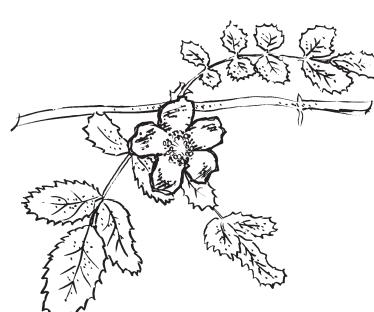
X = Smelled it Oliá

✓ = Touched it Toco

In Spring, the Forest Rose blooms.

En la Primavera florece la Forest Rose o Wood Rose.

Can you draw the Wood Rose? ¿Puedes dibujar el Wood Rose?



Wood Rose

