

# SPRUCE WOODS Park Explorer



Ages 10-12

**Hi!** Would you like to become a Park Explorer just like Frankie Fox? Complete the activities in this booklet to discover more about Manitoba's Provincial Parks and the great ways for you to explore the outdoors. Once you are done, fill in the back page and return the book to become an **official Park Explorer!**



My name is

I am visiting

Provincial Park

What are your three favourite things to do in a park?

1)

2)

3)

If you need further assistance in completing these activities, look for a park interpreter at park programs and interpretive centres for help.

# Search in the Sand

The Spirit Sands are over 10,000 years old. Ernest Thompson Seton was one of the first Europeans to explore, write about and draw pictures of some of what he saw while hiking in the dunes. From the list below, find the words of some of what you might see hiking in the dunes today. How many other words can you find?

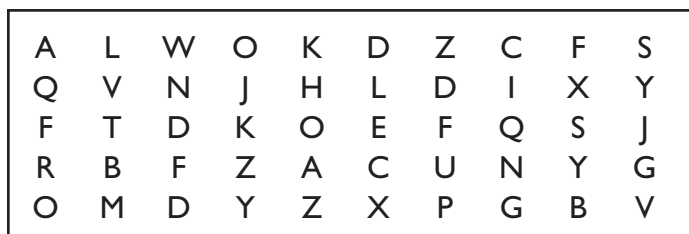
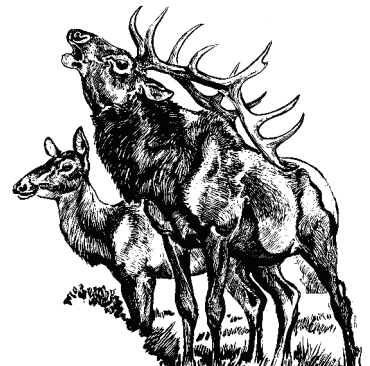
## Words to Find

- |             |               |
|-------------|---------------|
| Flowers     | Juniper       |
| Rain        | Dune          |
| Cactus      | Hognose       |
| Grass       | Prairie       |
| Habitat     | Snake         |
| Lizard      | Witches Broom |
| Skink       | Sand          |
| Environment | Spruce        |
| Slope       | Water         |
| Wind        | Covered Wagon |



# What's up Wapiti?

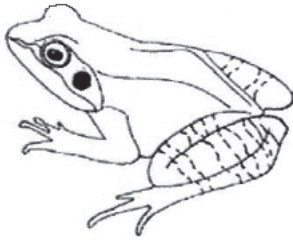
If you're ever in Spruce Woods in the fall, you might hear a high scream-like noise coming from the woods. No, there aren't goblins. That noise is made by elk. During the fall, male elk make a bugling sound that says to other male elks, "This is my territory and you need not bother to come here." They are also hoping that it will attract a female elk. They also grow antlers every year. They lose their antlers in the late fall or early winter and start growing a new pair in the early spring so that by the fall they are very large. The elk is related to the white tailed deer. The aboriginal people called the elk, wapiti. Cross out any letters that appear more than once in the puzzle below and find out what wapiti means.



\_\_\_\_\_

# Right on Reptiles!

There are many different reptiles, amphibians and fish that make Spruce Woods their home. These animals are called ectotherms because they can't maintain their body temperature. Their internal temperature will be the same as the temperature surrounding their bodies. That's why you often see turtles or frogs sitting on a log in the sunshine to try and get warm. Can you fill in the letters to find out the names of these ectotherms that live in Spruce Woods?



W \_ \_ \_ \_  
\_ R \_ G



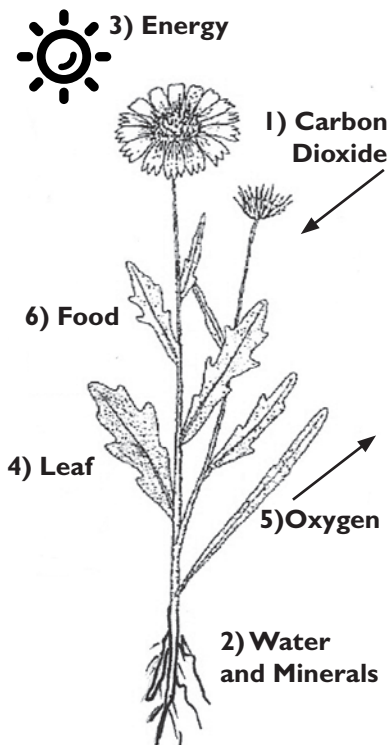
N \_ \_ T H \_ R \_  
P R \_ \_ \_ I E  
\_ K I \_ K



H \_ G N \_ S E  
S N \_ \_ \_

# Nature's Food Factory

The mixed grass prairie here is made up of many different beautiful prairie plants. Green plants are special because their leaves contain chlorophyll, a green substance that helps the plant make food. Study the diagram below to learn about the plant's food factory. Each sentence below explains part of the diagram. Write the numbers from the diagram beside the matching sentences.



- \_\_\_ Water and minerals from the soil are carried to the leaves through the roots and stem.
- \_\_\_ Carbon dioxide from the air enters the plant through the leaves.
- \_\_\_ Energy from the sun is absorbed by the chlorophyll in the leaves.
- \_\_\_ The leaves use the sun's energy to produce food from carbon dioxide and water.
- \_\_\_ The food produced travels through the stem to all parts of the plant. Some of it is used by the plant; the rest is stored.
- \_\_\_ The food-making process releases oxygen into the air.

Now read the sentences in order. On the blanks below, write the underlined letters as you come to them and discover the name of the food making process.

\_\_\_\_\_

# Dot to Dot

Connect the dots to find one famous ectotherm that lives in the Spirit Sands. When feeling threatened this ectotherm rolls over and plays dead! This adaptation helps keep it safe from predators that only eat live meat.



# A Treat to Eat

There are many animals in Spruce Woods that only eat plants. They are called \_\_\_\_\_.

SHOIRBREVE

There are also some animals that eat other animals. They are called \_\_\_\_\_.

VIRRECANSO

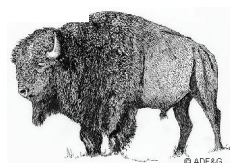
There are animals that only eat insects. They are called \_\_\_\_\_.

STENSOSIRIVEC

There are some animals that eat both plants and animals. They are called \_\_\_\_\_.

MONOEVIRES

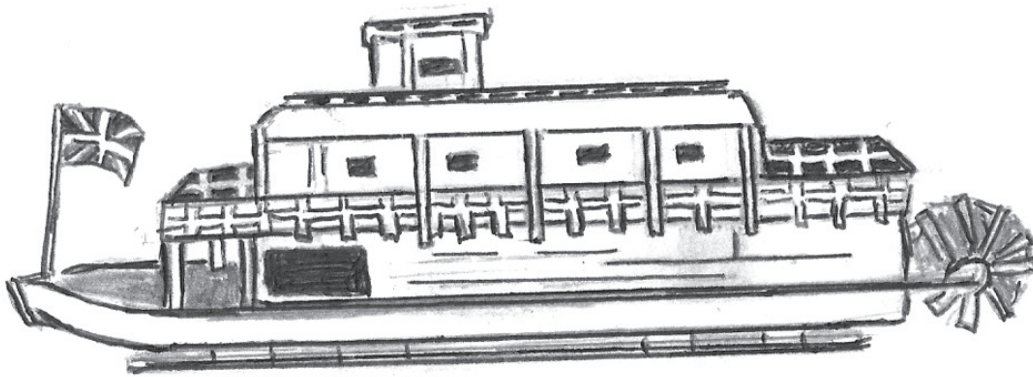
In Spruce Woods every animal has their own unique food preference. Circle the animals that are plant eaters. Put a square around any that are meat eaters. Make a triangle around any that eat insects and draw two circles around those that eat both plants and animals.



# Many Ways to Get Here

When Lake Agassiz drained, leaving behind Lake Winnipeg, Lake Manitoba and Lake Winnipegosis and many, many rivers and streams, the aboriginal people traveled either by foot or by canoe. The early explorers followed their example. As more people came to settle another form of river transportation came about. Steamboats showed up on the Assiniboine River helping people get to this area along with their cattle and other farm animals to start a new life. Below is a picture of the SS Alpha, one of the last steamboats to make its way up the Assiniboine River before she ran aground on a sand bar in the Spruce Woods area. You can read more about the SS Alpha and see the actual prow that came from the boat by visiting the Exhibit Building.

Draw a line from the SS Alpha to the items that you think settlers would have brought with them to settle in this new land.

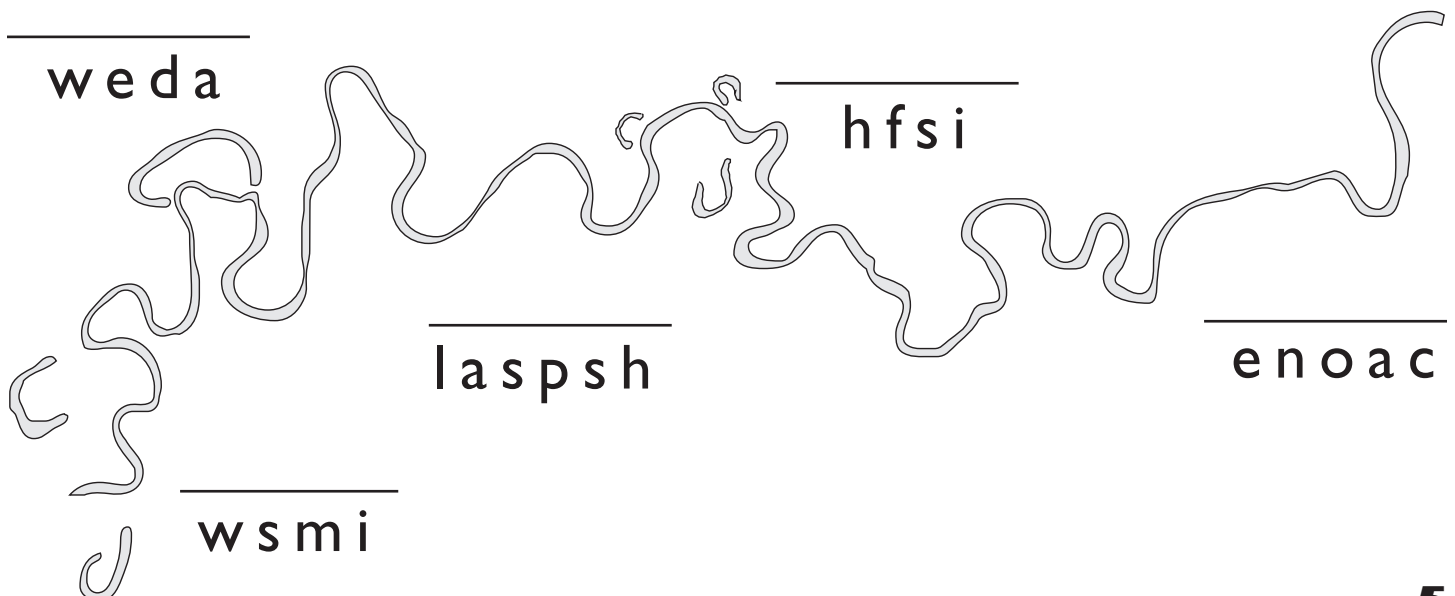


## Items:

- crate of chickens
- tent
- trunk
- cow
- boards
- seeds
- horse
- tools
- furniture
- ox
- potted plant

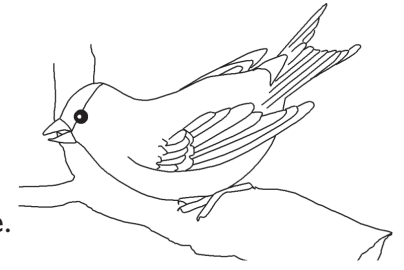
# Somewhere Over the Oxbow

Oxbow lakes happen because Paul Bunyan's giant blue ox, Babe, pulls the rivers straight and leaves her big hoof prints behind... Paul Bunyan and his blue ox may be a tall tale, but oxbow lakes do look like giant horseshoes. When a river has been around for a long time, like the Assiniboine, it starts to meander, winding around and around until it almost makes a complete loop. Sometimes this loop gets cut off and it creates a lake shaped like an oxbow. Two oxbow lakes you can see here in Spruce Woods are Kiche Manitou and Marshs Lake. In the oxbows below, unscramble the words to learn what you can do in an oxbow lake.



# Where The Birds Are

Here in Spruce Woods there are many different Habitats (homes) for many different kinds of birds. There is forest, wetlands, and prairie. Take a hike on any trail in Spruce Woods Park and discover the birds that are there. You can borrow a bird book and/or a pair of binoculars from the Park Centre if you like. List two birds you either saw or heard.



\*Warning: Bird Watching can become habit forming.  
It can lead you from your backyard to places all over the world looking for birds!

# Look Who's Coming to Dinner?

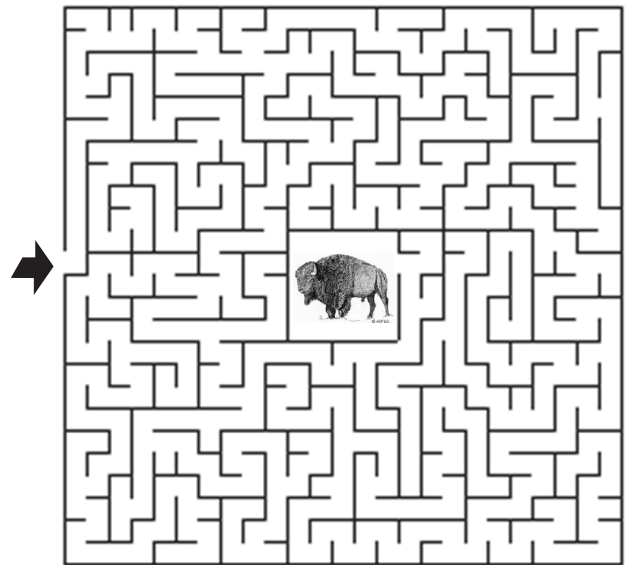
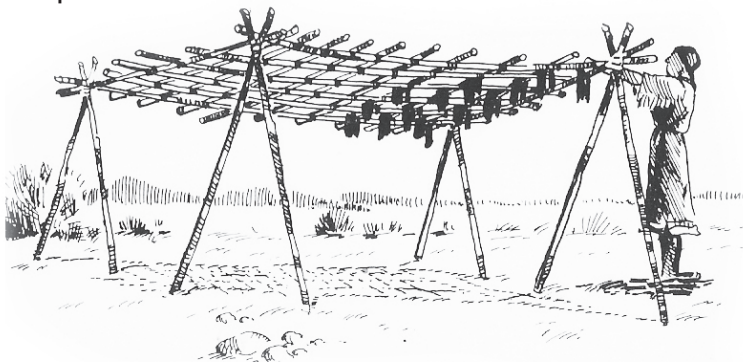


Here in Spruce Woods we have to remember that this is just your temporary home. There are others that live here year 'round. They may become uninvited guests to your campsite. Fill in the blanks to find out what you can do to keep unwanted critters away.

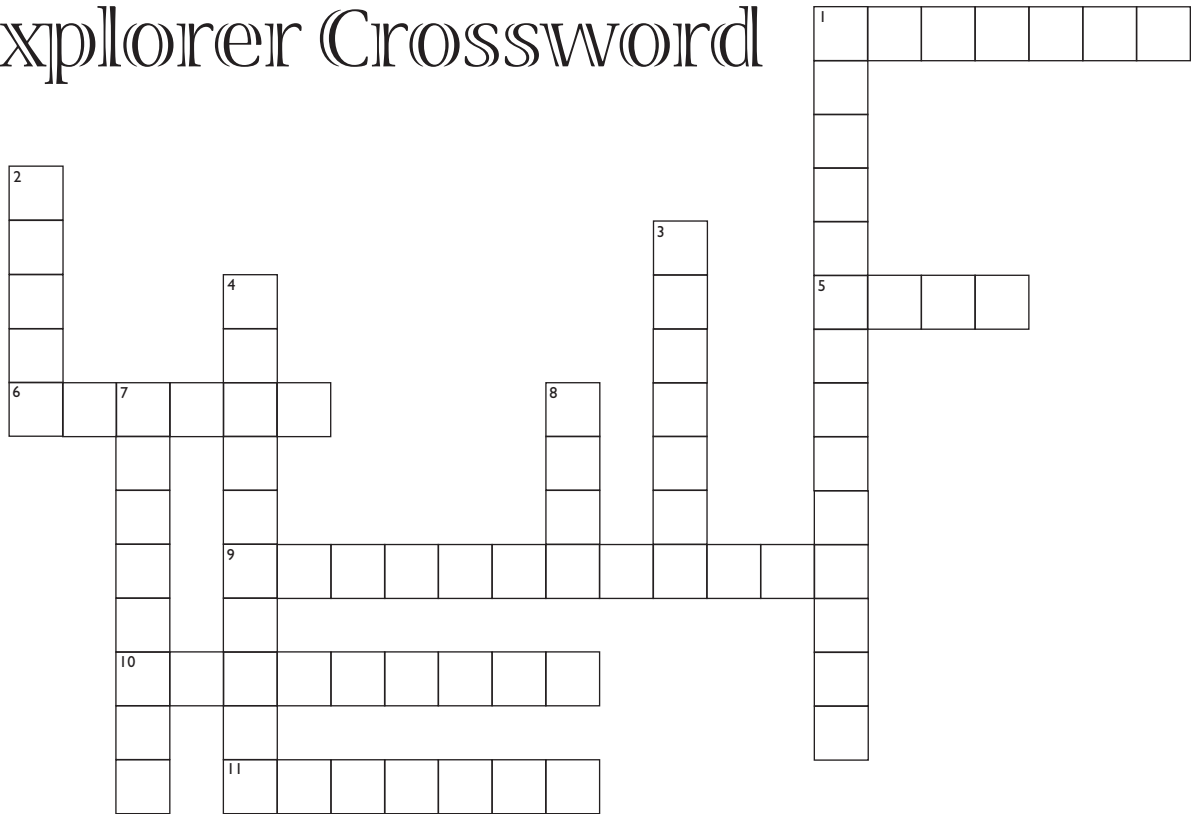
Store your cooler, cooking utensils  
and \_\_\_\_\_ in the trunk of your car.  
Put garbage in its proper \_\_\_\_\_.

# The Power of Pemmican

In 1767 the first Pine Fort was built along the Assiniboine River. This fort was a place where local Native people could trade furs for iron pots, steel knives and other items that were difficult to get. Eventually, the most important trade item that the natives had was pemmican. Pemmican was dried bison meat that was pounded into a powder and mixed with fat and berries. The voyageurs who were traveling farther north and west used pemmican because pound for pound it was more nutritious than fresh meat and wouldn't spoil during the long canoe trips.



# Park Explorer Crossword



## Across

1. Spruce Woods has many different types of habitat including forest, wetlands and \_\_\_\_\_.
5. When trying to identify a bird sometimes listening to its \_\_\_\_ can give you a clue.
6. The aboriginal name for elk.
9. What reptile in Spruce Woods plays dead when feeling threatened?
10. An animal that only eats meat is called \_\_\_\_\_.
11. Some settlers arrived here traveling on this.

## Down

1. Plants make their own food. This process is called \_\_\_\_\_.
2. Kiche Manitou Lake is one of these.
3. You keep your campsite clean so you don't invite this animal for dinner.
4. Reptiles, amphibians and fish are all \_\_\_\_\_.
7. The voyageurs carried this with them because it is a highly nutritious food.
8. The hognose uses this to burrow under the sand to either keep cool in the summer or keep warm in the winter.

**Need a Hint! All the answers are hidden in your booklet.**

## Ask an Interpreter!

Do you have a question for a park interpreter about a plant that you saw during your visit?  
Send us your questions and we will answer them and send it back with your completed booklets.

My question is:

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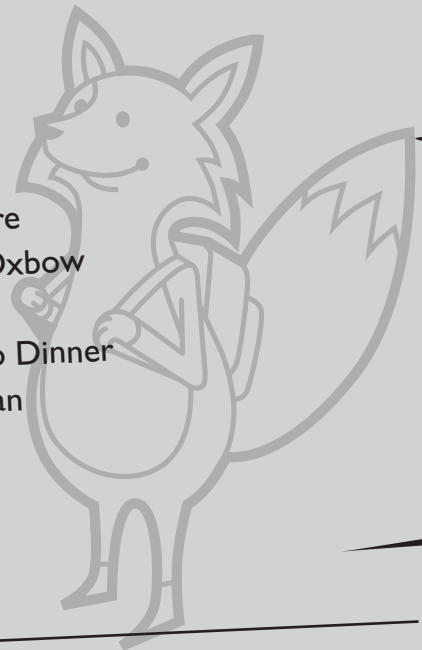


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## Park Explorer Checklist of Activities:

- My Three Favourite Things...
- Search in the Sand
- What's Up Wapiti
- Right on Reptiles
- Nature's Food Factory
- Dot to Dot
- A Treat to Eat
- Many Ways to Get There
- Somewhere over the Oxbow
- Where the Birds Are
- Look Who's Coming to Dinner
- The Power of Pemmican
- Crossword
- Ask an Interpreter



Park Explorer: \_\_\_\_\_  
Adult: \_\_\_\_\_

Check off the boxes of each activity you have completed. Return the completed booklet to receive your official pin and certificate. (Your book will also be returned to you.)

Did you enjoy doing this activity book? If so, you can do other Junior Naturalist / Park Explorer books at the following locations:

Whiteshell  
Spruce Woods  
Birds Hill  
Hecla  
Grand Beach

Completed booklets can be returned to campground offices, park interpreters or mailed to the address below:

Park Explorer Program  
c/o Spruce Woods  
Box 900, Carberry, Manitoba  
R0K 0H0

## YOU ARE ALMOST AN OFFICIAL PARK EXPLORER!

Child's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Province \_\_\_\_\_  
Postal Code \_\_\_\_\_