

## Green Frog Hop

### 6. AT THE POND

As you walk up to the pond, listen for the 'gunk!' sound of the frogs as they hop into the water for safety. Green frogs make a tasty treat for snakes and herons, so they use their strong legs to get away quickly, jumping around 20 times their own body length!

Find some frogs! Look for their eyes poking out of the shallow water! Can you hop as far as a frog? Ask an adult to multiply your height by 20, or to make it easy, see if you can jump 100 feet! (That's really far!)



## Rabbit Run

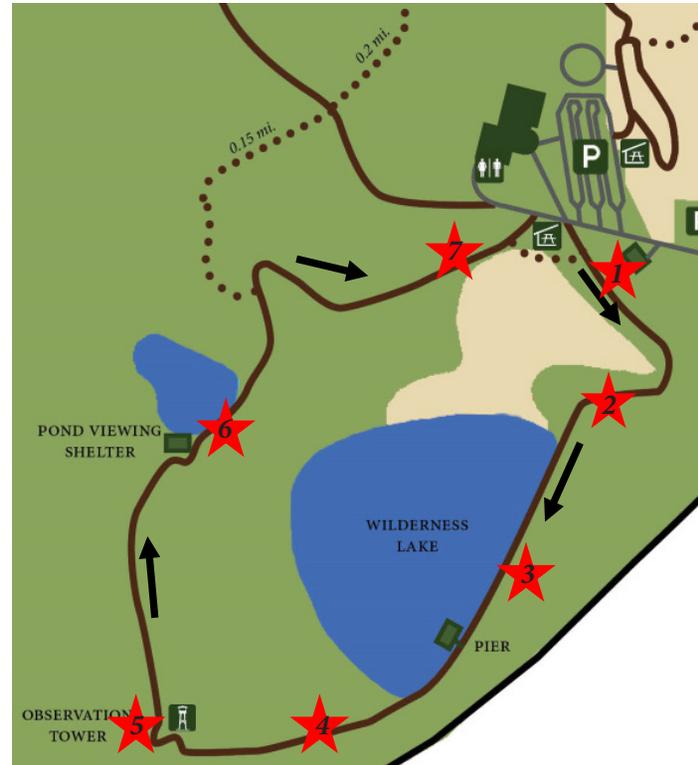
### 7. UP THE TRAIL BACK TO THE INTERPRETIVE BUILDING

Cottontail rabbits are often found in fields and in the edges of forests. They are well known for being a delicious meal for coyotes, foxes, and hawks. In order to get away, rabbits spring in a fast zig-zag pattern until they find cover.

As you make your way back out of the woods to the Interpretive Building, see if you can spot any rabbits in the open grassy areas. Can you run like a rabbit? Be careful not to slip on the gravel and go as fast as you can in a zig-zag pattern! Meet your grownups at the top of the trail!

## Trail Map

Take a hike around the pond and stop along the way to learn about how animals move and get a little exercise as you go! The Pond Trail is approximately 3/4 mile. Stop at the red stars to do some Critter Cardio!

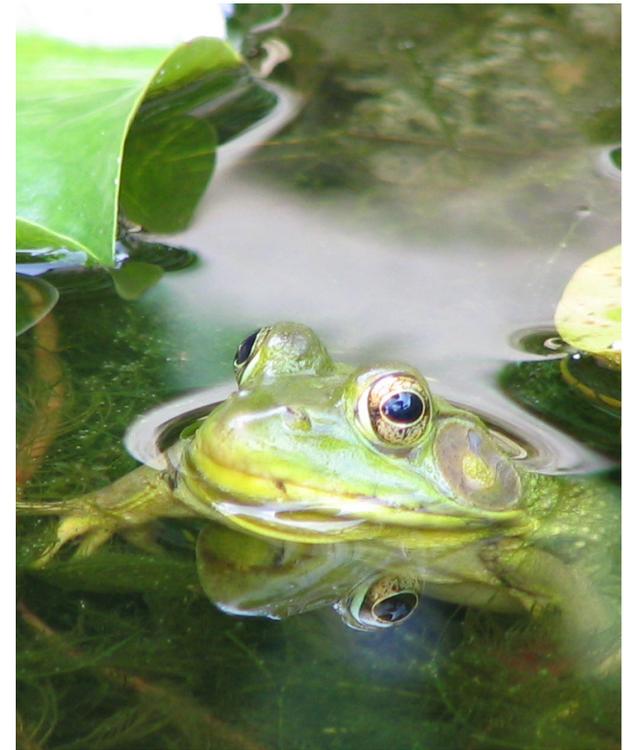


*Please return this brochure to the visitor center if you're not planning on taking it home. Thank you!*

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# Animal Athletes

## Around the Pond Trail



THE WILDERNESS CENTER

## Ant Strength Training

### 1. *SUNDIAL BY ASTRONOMY BUILDING*

Ants are very strong little insects! They can lift objects much heavier than their own bodies. Could you lift something that weighs more than you and carry it home?

Ants love to hang out near the sundial. How many can you find? While you're down close to the ground, see if you can lift your own body weight by doing push-ups! See how many you can do!



## Hummingbird Wings

### 2. *NEAR THE BAT HOUSE, BEFORE HEADING INTO THE WOODS*

Hummingbirds flap their wings up to 70 times per second! That means they beat their wings 700 times in 10 seconds!

Look for hummingbirds around the prairie near the wood's edge feeding on flowers. Try your hand at beating your wings! Have someone count to 10 seconds while you beat your "wings" as fast as you can. How many flaps can you get? How does it compare to a hummingbird?

## Goose Legs

### 3. *ON THE DAM OF THE LAKE*

Canada goose as well as flamingos and other birds are often seen standing on one leg. They aren't doing yoga—they are usually trying to keep warm! Their bodies are covered with feathers, but their legs are not so they tuck one way up high to keep it cozy.

Canada geese are often found at our Wilderness Lake. How many can you find today? Find a safe place to stand and see how long you can balance on one leg. For a bigger challenge, tuck your leg up high just like the goose!



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## Squirrel Balance

### 4. *IN THE PINE FOREST*

Squirrels use their long tails for balancing as they tiptoe across tree limbs and branches. Can you find any? Red squirrels love to eat the pine cones! Can you see any pine cones?

How are you at balancing? Find a clear path and try these two ways of moving, each time taking 20 steps. First, keep your arms at your sides and walk with one foot directly in front of the other, as if you were on a tightrope. Next try the same thing but use your arms (we don't have tails!) for balance by putting them out to the side as you walk. Which way was easier?



## White-Tailed High Jump

### 5. *AT THE TOWER*

White-tailed deer live throughout the forests and fields at TWC! Deer are incredible high jumpers so that they can move quickly through tall grasses and over shrubs.

How high you can you leap straight in the air? Deer can jump over six feet! Give it your best shot and see how you measure up to these bounding bucks and diving does!

We have an advantage of getting high in the air without jumping! Climb the steps to the tower and enjoy the view. Look around to see if you can find any deer!