

# TAKE CARE IN THE HEAT!

## SUMMER SAFETY TIPS FOR KIDS WHO LOVE OUTDOORS

- 1 APPLY SUNSCREEN WITH SPF 15 OR GREATER TO REDUCE THE INTENSITY OF UVRS THAT CAUSE SUNBURNS. APPLY IT 15 TO 30 MINUTES BEFORE SUN EXPOSURE.
- 2 DRINK PLENTY OF WATER AND FLUIDS WHEN YOU GO OUTSIDE TO AVOID DEHYDRATION AND KEEP THEM REFUELED.
- 3 LIMIT SUN EXPOSURE, ESPECIALLY BETWEEN THE HOURS OF 10 A.M. AND 2 P.M., UV RAYS ARE STRONGEST AT THESE TIMES ESPECIALLY ON SUMMER.
- 4 TAKING TIME TO ENSURE THE OUTDOOR PLAY AREAS AROUND YOUR HOME ARE SAFE PROTECTS CHILDREN FROM INJURIES IN THEIR OWN BACKYARD.
- 5 WHEN YOU'RE OUT ON THE TRAIL, WHETHER HIKING, CAMPING, OR HUNTING, PROTECT YOURSELF FROM MOSQUITOES AND OTHER BUGS BY USING INSECT & TICK REPELLENT.
- 6 DROWNING IS AMONG THE LEADING CAUSES OF ACCIDENTAL DEATH IN CHILDREN. ENROLL YOUR KID ON A SWIMMING SURVIVAL PROGRAM ELSE ALWAYS SUPERVISE THEM.
- 7 NOTHING PROTECTS YOUR CHILD BETTER THAN YOUR PRESENCE. ONE OF THE SUREST WAYS TO PROTECT YOUR CHILDREN OUTDOORS IS TO PROVIDE ADULT SUPERVISION. BY KEEPING AN EYE ON YOUR CHILDREN, YOU CAN STEP IN BEFORE INJURIES OCCUR OR RESPOND QUICKLY IF PROBLEMS ARISE.



## CANYON CRITTERS KIDS QUARTERLY MINI-MAG!

SUMMER 2018



Hi there! Welcome to Canyon of the Eagles! We hope you had a wonderful Spring and enjoyed some long walks on our trails before the heat of the Summer kicked in. You can still enjoy our trails if you head out early in the morning, our Bird and Butterfly trail is particularly shady and you'll be sure to spot some birds along the way. Look out for the beautiful Painted Bunting, this stunning little bird loves the Summer months in Texas. Read more about the Painted Bunting later.

Our wildflowers are beginning to die off, but in their place you'll notice the beautiful bright yellow and orange flowers of the Prickly Pear Cactus. Did you know the purple fruit of the Prickly Pear is used to make delicious jams, pickles and drinks? They are (as their name suggests) a very prickly plant. Look out for them on our Wildflower Walks with our Nature Guide, Celia. Just be careful not to touch them!

Now that the heat is rising, we need to be aware of sun safety and you'll see some tips about taking care of yourselves outdoors, and the importance of conserving water. If you have pets, please keep them safe too, the ground is much hotter than you think, so if you have a member of your family who has paws, please help to make sure they do not get them burned and ensure they have plenty of cool water to drink.

*"Where the Road Ends, the Adventure Begins"*



## PAINTED BUNTINGS

What a beautiful site it is to spot a Painted Bunting! Around sunrise, males will perch and sing on top of the brush they live in.

When the brightly colored male is noticed, he is often mistakenly thought to be an escaped tropical bird! Male painted buntings are full of color! They are mostly red with bright blue heads, bright yellow to green shoulders and darker wings and tail. The females of both of these birds have duller colors. They can better hide from predators when sitting on nests and protecting their young.

Even though painted buntings are fairly common birds in much of Texas, you'll have to tread quietly to see one. They feel safe in deep brush, except when the male sings early in the morning, so they can be overlooked. So take your binoculars on our trails and be very patient.

Although primarily seed eaters, painted buntings rarely come to backyard feeders because they dislike being so far from cover. They also feed on insects.

In the fall they migrate south to Mexico, Panama and a number of Caribbean islands.

Let us know if you spot one!



## Bird Word Search

DIRECTIONS: Find and circle all of the bird names. They may be horizontally, vertically, or diagonally placed.

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

- ALBATROSS
- BLUE JAY
- CANARY
- CARDINAL
- COCKATOO
- CRANE
- DOVE
- EAGLE
- EMU
- FALCON
- FLAMINGO
- HAWK
- HERON
- HUMMINGBIRD
- IBIS
- KIWI
- MAGPIE
- MOCKINGBIRD
- OSTRICH
- PARAKEET
- PARROT
- PARTRIDGE

- PELICAN
- PENGUIN
- PIGEON
- QUAIL
- RAVEN
- ROADRUNNER
- ROBIN
- SHRIKE
- STORK
- TOUCAN
- VULTURE
- WOODPECKER

## WATER SAVING TIPS

1



Turn off the water when you are not using it, like when you are brushing your teeth. Save 4-10 gallons a day!

2



Make sure your parents check faucets and pipes for leaks.

A small leak can waste 20 gallons a day!

3



Make it a full load. Only run the washing machine or dishwasher when full. You can save energy too by drying the clothes on a clothes line!

4



Taking a short shower instead of a long bath can help save energy.

Get wet. Turn off the water and lather up. Then rinse off. Save more than 5-10 gallons of water a day!

5



Water plants in the morning or evening.

Less water will evaporate and more will reach your plants.

## COLORING IN FUN!



Painted  
bunting



## FUN FACTS ABOUT BEES

Bees are the only insect in the world that make food that people can eat

Bees live on all the continents except Antarctica

They can grow up to 1.6 inches long

Newly hatched baby bees do the cleanup work around the hive

A single bee can collect enough nectar to make half of a teaspoon of honey

Honeybees and bumblebees live in colonies or hives. All the bees in the colony work together for the good of the hive

Each has a job to do: the queen lays the eggs and the workers build the honeycomb, care for the larvae and collect the food

Bees love certain flowers, including Sunflowers, Poppies, Geraniums and Lavender, plant these to save bees!



## HELP TAKE CARE OF OUR PLANET

Arrange pots on a patio with plants that attract insects

Respect nature and it's wildlife by not disturbing it's habitat



Conserve water

Switch to reusable bags and containers

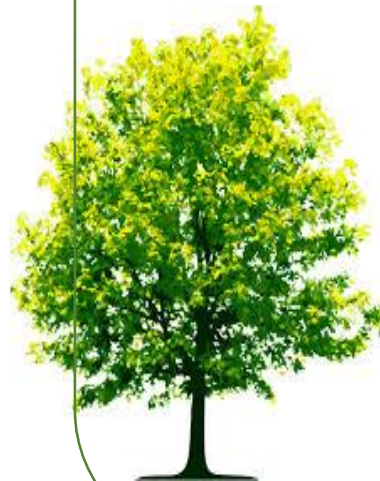
Take part in a local river/water cleanup day

Minimize the use of insecticides

Provide nesting boxes for Bees



Plant a tree



Recycle

