

THE SQUAMISH RIVER WATERSHED SOCIETY
PRESENTS:

OCEAN'S DAY WONDER WALK



ESTUARIES:

WHERE THE RIVER MEETS THE SEA

Estuaries are our connection to the ocean. They are dynamic ecosystems that have some of the highest plant and animal diversity and production levels in the whole wide world.



Squamish's people have had a long relationship with the ebb and flow of this unique and amazing estuary.

WE CHALLENGE YOU TO BUILD YOUR OWN CONNECTION TO THE SQUAMISH ESTUARY BY COMPLETING THIS SUPER FUN "WONDER WALK".

This "Wonder Walk" can be used on any estuary trail in Squamish. We suggest the Chelem Trail off of Spit Rd. (parking lot before the yellow gate) or the Central Estuary trails (Bailey St. West).

EXPLORE THE ESTUARY TRAILS WITH WONDER AND GRATITUDE FOR THIS BEAUTIFUL WORLD AND SEE WHAT MAGIC NATURE REVEALS...

Please be mindful of all other living things. Please do not pick or collect anything that is alive.

WHAT TO BRING

**WEATHER-APPROPRIATE CLOTHING
CAMERA/PHONE
PENCIL/PEN
NOTEBOOK/PAPER
SOMETHING TO DRAW ON
(CLIPBOARD, BOOK)
WATER/SNACK
HUGE SMILE**



SEND PHOTOS AND STORIES TO: *SQUAMISH RIVER WATERSHED SOCIETY FACEBOOK MESSAGES*

OCEAN'S DAY WONDER WALK

YOU CAN DO THE ACTIVITIES IN ANY ORDER YOU'D LIKE.
JUST CHECK THEM OFF AS YOU COMPLETE THEM.

PLEASE BE MINDFUL OF WILDLIFE
(INCLUDING PLANTS) AND OTHER HUMANS

WARM UP:

- BREATHE. TAKE 3 DEEP BREATHS OF CLEAN OCEAN AIR.
- LOOK ALL AROUND YOU. WHAT DO YOU SEE?
- WHERE IS THE OCEAN FROM HERE? YOUR HOME? YOUR SCHOOL?
- WHICH WAY IS THE WIND BLOWING?
- WHAT'S ONE THING YOU HOPE TO SEE/DO ON THIS WALK?



DISCOVER:

- SOMETHING YOU'VE NEVER SEEN BEFORE. YOU GET TO NAME IT.
- LEAVES THAT LOOK LIKE YOUR HAND, A BUTTERFLY AND A FEATHER.
- WHETHER THE TIDE IS HIGH OR LOW OR SOMEWHERE IN BETWEEN.
- HOW MANY DIFFERENT BIRDS ARE SINGING? (TRY CLOSING YOUR EYES AND LISTENING).



FEEL:

- HUG 3 DIFFERENT TREES. THEY'VE BEEN WAITING FOR YOU.
- MOSS ON A LOG (WHAT DOES IT FEEL LIKE?)
- SOMETHING PINK & SOMETHING YELLOW (HOW DOES PINK FEEL? HOW ABOUT YELLOW?)
- GRATEFUL FOR THE FOREST, ESTUARY AND OCEAN.
(SING A "THANK YOU" SONG)

WATCH:

- WATER MOVING UNDER A BRIDGE. GUESS WHICH WAY IT'S FLOWING. (DROP A STICK FROM ONE SIDE OF THE BRIDGE TO TEST YOUR HYPOTHESIS)
- A FALLING LEAF. CATCH IT AND MAKE A WISH.
- A BEE POLLINATING FLOWERS.
- CLOUDS GOING BY - FIND ONE THAT LOOKS LIKE AN OCEAN ANIMAL.



DRAW:

SEARCH FOR A LEAF YOU'D LIKE TO DRAW. GET OUT YOUR PAPER AND PENCIL. (YOU CAN ALSO DO THIS AT HOME)

1. TAKE A GOOD LOOK AT THE LEAF. TRY NOT TO DAMAGE IT.
2. DRAW THE LEAF WITH YOUR EYES CLOSED.
3. TRACE THE LEAF.
4. DRAW THE LEAF THE BEST THAT YOU CAN.
5. DON'T FORGET TO TAKE PICTURES OF YOUR LEAF AND DRAWINGS!



PLEASE SHARE PHOTOS OF YOUR
ADVENTURES WITH US.