



HEY ADVENTURERS!


Ready to Journal Your Awesome Adventures?

Your Scouting Squad: Who's in your Lodge, Lair or Patrol? Write down the names of your fellow scouts and Scouters. They're the heroes in your adventure story!

Date and Location: Start each entry with the date and where your adventure unfolded. Was it in the woods, by the lake, or up a mighty mountain? Let the journey begin!

Describe Your Excitement: How did you feel at the start of the adventure? Use words like "thrilled," "excited," or "super-duper pumped" to capture your energy! Draw Your Adventure Map: Sketch a simple map of your adventure spot. X marks the cool stuff—like the secret waterfall, the mega treehouse, or where you found that super rare bug!

Who, What, Where, When, Why: Answer these questions to spill the details: Who was with you? What cool things did you do? Where did you explore? When did the adventure happen? Why was it so special?



Describe the Sights and Sounds: What did you see and hear? The rustle of leaves, the chirping of birds, the bubbling of a brook—paint a picture with your words!

Funny Moments and Mishaps: Did someone tell a hilarious joke? Did you accidentally step in a puddle? Share the laughs and mishaps that made your adventure extra memorable.

Skills Learned and Badges Earned: Did you master a new knot or earn a badge? Write down the skills you rocked and the badges you proudly added to your Scouting collection.

Reflect and Imagine: How did the adventure change you? What would you do differently next time? Imagine your next adventure—where would you go, and what would you do?

Your Adventure Legacy: Your Adventure Journal is a time machine. One day, you'll look back and relive these incredible moments. Keep writing, keep exploring, and let the adventures continue!

Happy Scouting, brave Journalists!



It starts with Scouts.

YOUR LODGE

Insert photo of your Lodge here.

YOUR LAIR

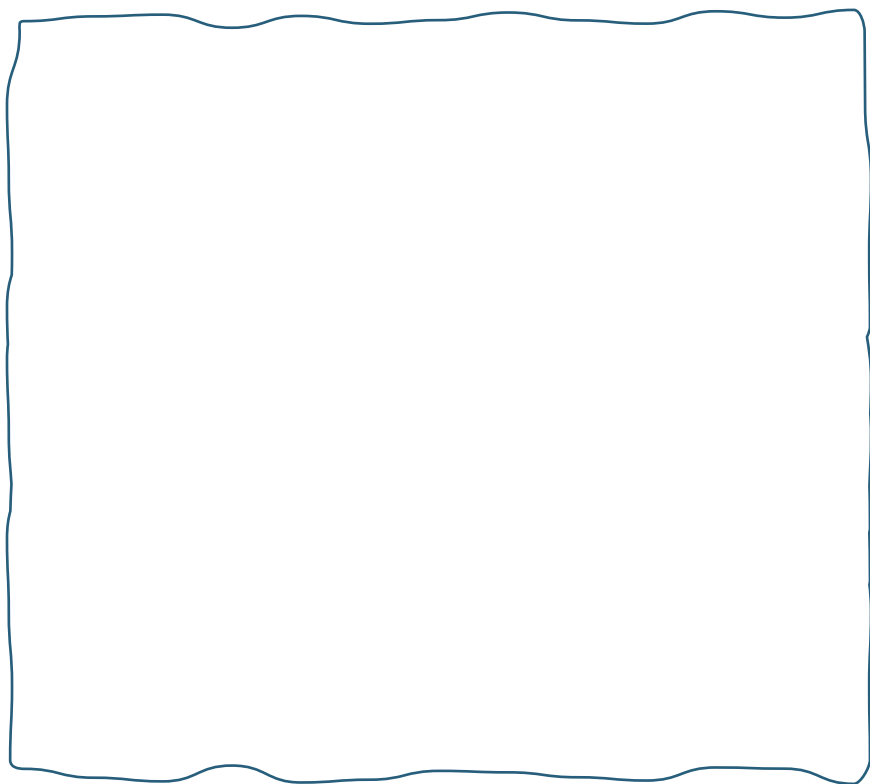
Insert photo of your Lair here.

YOUR PATROL

Insert photo of your Patrol here.

YOUR ADVENTURES

When? Where? What?



Draw some highlights.

GOING FOOTLOOSE

Tracking

CLUE 1

How to Make a Plaster Cast

It's easy to make plaster casts of animal tracks. All you need is:

- Strips of cardboard, 5 or more cm high (to make a collar)
- Tape
- Plaster of Paris
- Container and stir stick

Put the cardboard collar around track. Mix plaster and water together until its texture becomes like thin batter. Pour it at once into the track, 2.5 cm deep. After the plaster hardens, carefully remove the plaster cast from the track. Take off the collar and gently clean the track with a brush and water. Smooth the plaster edges.

This plaster mold creates a "negative cast" and looks just like the animal's actual paw or hoof. Do you want to find interesting tracks? Look near watering holes where animals drink.





BEAVER **Body Length:** 90–130 cm **Weight:** 13–34 kg

Food: Cuts down trees. Eats bark, small branches and pond vegetation.

Notes: The beaver is the national emblem of Canada. Its pelt spurred the exploration of Canada. A beaver's incisors grow continuously. As they grind against each other, they sharpen to a chisel-sharp point.



BLACK BEAR **Body Length:** 150–180 cm **Weight:** 90–125 kg

Food: Eats almost anything: berries, dead animals, insects, mice, honey, vegetation, acorns and other wild nuts.

Notes: Bears don't really hibernate in winter; they come out on warm days. Generally they avoid humans unless "conditioned" by easy handouts in national parks.



GRIZZLY BEAR **Body Length:** 178–213 cm **Weight:** 250–350 kg (Males) 125–175 kg (Females)

Food: Plants and vegetation feature in most of their diet. Grizzlies consume grass, berries, roots, and inner tree bark, as well as some insects and carrion.

Notes: The grizzly is the second largest terrestrial North American carnivore (polar bears are the largest). It has a distinctive hump over the shoulders and extremely long claws.



SNOWSHOE HARE **Body Length:** 30–50 cm **Weight:** 1–2 kg

Food: Eats bark, twigs, shrubs

Notes: Snowshoe hares are usually called rabbits. Their large hind feet act as snowshoes in the winter, allowing them to travel quickly through deep snow. Its fur changes from brown (summer) to white (winter).



COYOTE **Body Length:** 110–130 cm **Weight:** 10–20 kg

Food: Small mammals, rodents, birds, eggs, fish, insects. Coyotes will sometimes kill deer and small livestock.

Notes: Coyotes sometimes howl at night. They will crossbreed with dogs, creating “coy-dogs.” The coyote carries its bushy tail low.



WHITE TAILED DEER **Body Length:** 150–210 cm **Weight:** 45–135 kg

Food: It grazes on grass and brush in the summer; gathers in “yards” in winter, eating twigs, sprouts, fruit and crop residues such as corn, wheat or soybeans.

Notes: This deer got its name from the white underside of its tail and buttocks. When startled, it flips its tail over its back and either listens or runs.



RACCOON Body Length: 60–95 cm Weight: 5–13 kg

Food: Raccoons will eat almost anything. Their diet ranges from insects, bees, berries, plants, nuts, acorns, to eggs, squirrels, rabbits and freshwater clams.

Notes: These animals are very distinctive with a black “mask” around their eyes and rings around their tails. They have dextrous hands. Nocturnal.



RED FOX Body Length: 60–110 cm Weight: 3–6 kg

Food: Red foxes eat mice, rabbits, eggs, berries, and carrion.

Notes: These animals have a thick bushy tail with a white tip. They are very intelligent and secretive. It’s the only fox to range all over Canada. Trappers value its fur which appears in four colours (black, silver, red, white Arctic).



RED SQUIRREL **Body Length:** 25–35 cm **Weight:** 140–280 g

Food: It eats nuts, cones, mushrooms, and berries.

Notes: Squirrels are tree-dwelling mammals that become very noisy when they spot intruders.

SEE ANY OTHER TRACKS?

Print Length: _____

Print Width: _____

Print Depth: _____

Notes: _____

Tracks Drawing

Print Length: _____

Print Width: _____

Print Depth: _____

Notes: _____

Tracks Drawing

Print Length: _____

Print Width: _____

Print Depth: _____

Notes: _____

Tracks Drawing

SASQUATCH'S TRACKS

Tracking

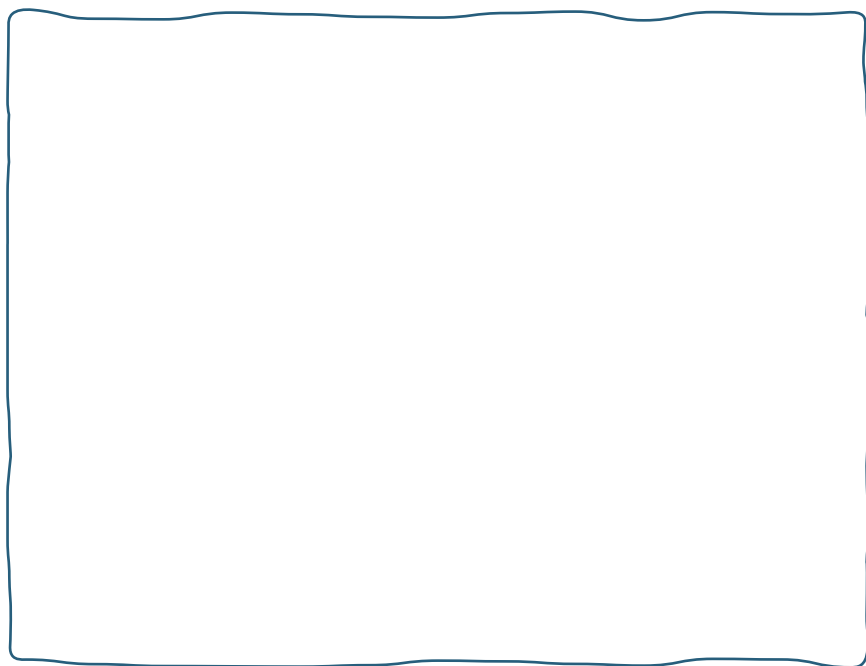
CLUE 1

Print Length? _____

Print Width? _____

Print Depth? _____

Notes _____



Draw the tracks.

SOOTHING SLUMBER

Hibernation

CLUE 2

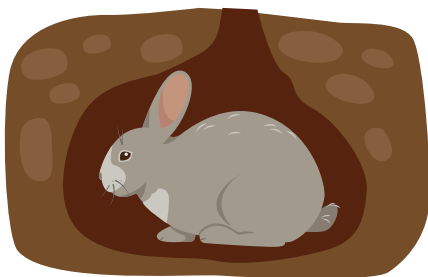
Hello, curious Explorers! Welcome to the cozy world of animal inter dens and shelters!

What's a Den? What's a Shelter?

Imagine you have your own secret hideout or a cozy bedroom where you feel safe and warm. Well, animals have something similar—they're called dens and shelters!

Burrows in the Ground

Some animals are excellent diggers! They make burrows in the ground like tunnels. Think of it as their underground homes. Rabbits, foxes, and groundhogs love these snug spaces.



Tree-Top Nests

Birds and squirrels are like architects! They build nests high up in trees using twigs, leaves, and even bits of your old homework (just kidding!). Eagles and owls have fancy treetop homes called aeries, and squirrels make cozy drays.

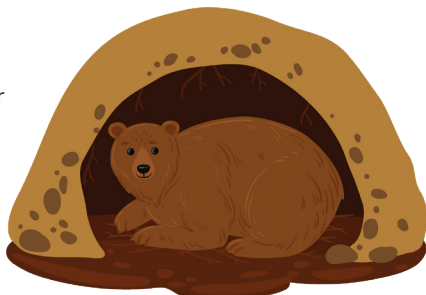
Snowy Hideouts

In frosty places, animals use the snow itself as a blanket. Polar bears, for example, make snow dens to keep warm. Penguins also huddle together in the snow for a penguin party!



Cozy Caves

Some animals prefer caves as their winter retreats. Bears and bats are like cave enthusiasts. They find or create caves where they can snooze peacefully.



Lodges in the Water

Beavers are super builders! They make lodges in the water using sticks and mud. It's like having an underwater house. Fish also find cool spots in the water to chill.

Animal Architects

Animals are amazing builders. They use all sorts of materials like leaves, twigs, and even their own fur to create the perfect winter pad. It's like they're architects designing their dream homes!

Winter Home Switch-Up

Some animals change their homes with the seasons. Beavers might use their lodges in winter but get busy building dams in the warmer months. It's like a home makeover for animals!

Fun Fact!

Did you know that some animals share their homes with friends or family? It's like having a sleepover every night in their cozy dens!

The Winter Wonderland of Dens and Shelters

So, whether it's underground, in trees, in the snow, or underwater, animals have their own special places to stay warm and safe during the chilly winter. It's like they have their very own winter wonderland!

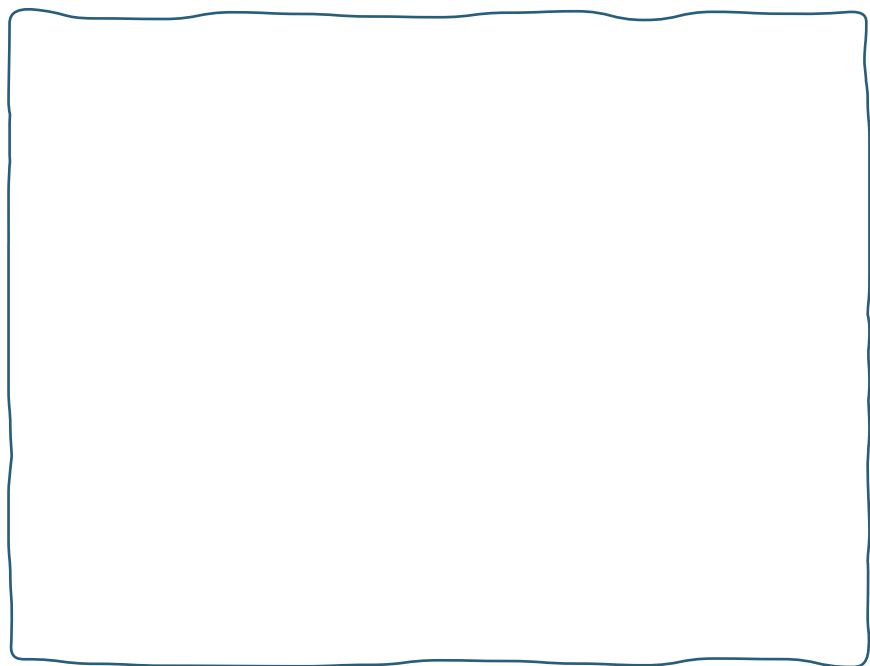
Keep exploring and stay cozy, little Adventurers!

SOOTHING SLUMBER

When? _____

Where? _____

What? _____



Draw the den.

DYNAMIC DRESS UP

Adaptation

CLUE 3

Wear a hat. While it's a myth that most body heat escapes through the head, covering any exposed body part helps retain body heat.

Dress in layers*. Use many thin, warm layers rather than a few thick layers. It will insulate better and allow you to strip off layers if the temperature climbs.

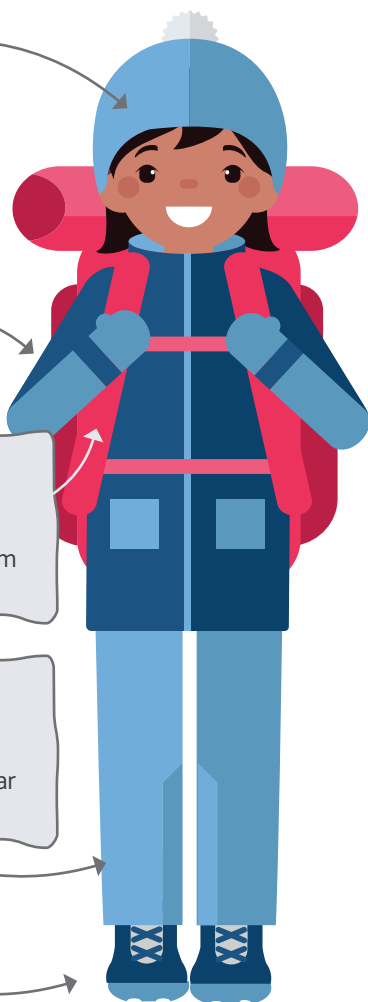
Wear gloves or mittens. Fingers and hands are very vulnerable to the cold, so keep them covered. Very thin gloves (like "magic gloves") are better than nothing, but comfortable, warm gloves are important.

Wear more than one layer on your legs.

Oddly, some people will wear five layers on their torso, and only one layer on the legs. At minimum, have a base layer like long underwear and an outer layer, like snowboarding pants.

A pair of insulated boots.

Ideally, the lining should be wool or synthetic—not cotton.



***BASE LAYER:** This layer is the closest to your skin; often tee shirt or a long sleeved and should be form fitting. **MID LAYER:** Additional layer that traps heat; often a fleece. **SHELL:** Our top layer, often rain & wind proof.



Animals have a variety of different mechanisms to keep warm. Blubber (fat, like lard) and fur keep Arctic animals warm. Down feathers trap a layer of air next to the body to help keep birds warm.

Materials that insulate to keep heat in or cold out are very important in everyday life to keep us healthy and comfortable.

Imagine you're getting ready for a super chilly adventure in Canada! Just like you wear special gear and make plans to stay warm, animals in Canada have their own cool tricks for winter.

Let's check out three awesome creatures and their winter survival secrets!

Meet the Snow Explorer— Canada Lynx

The Canada lynx is like a big, fluffy cat with a gray coat, long ear tufts, and a cool black-tipped tail. Even though they're quite hefty, up to 17 kilograms, these lynxes can effortlessly walk on deep snow. How? They've got supersized, furry paws that act like snowshoes! These paws help them sneak up on their prey, like the snowshoe hare. It's like they have built-in winter boots!



The Winter Fashionista—Moose

Picture the moose, the giant of the deer family. These creatures, around 450 kilograms on average, have a fantastic winter wardrobe! Their thick coat, made of special hollow guard hairs, keeps them cozy and afloat in the snow and water. With cloven hooves, like split-toe shoes, they avoid sinking in deep snow or soft mud. And guess what? In winter, the male moose sheds its massive antlers to save energy. Talk about a stylish winter makeover!



The Snooze Champion—Grizzly Bear

Now, think about the grizzly bear, a real powerhouse in North America. When winter comes and food is scarce, these bears have a unique plan—they take a long winter nap! It's like a super sleep mode. Before their big snooze, grizzlies eat a mix of meat and plants to stock up on energy. They use their strong muscles and sharp claws to dig cozy dens. Unlike some animals that sleep deeply during winter, grizzlies can wake up and stretch if the weather gets warmer. They're like the kings and queens of winter relaxation!



So, just like you gear up for the cold with your winter coat and boots, these amazing animals have their own special ways to tackle the frosty Canadian weather. Winter adventures are cool for everyone, including our furry and feathery friends!

DYNAMIC DRESS UP

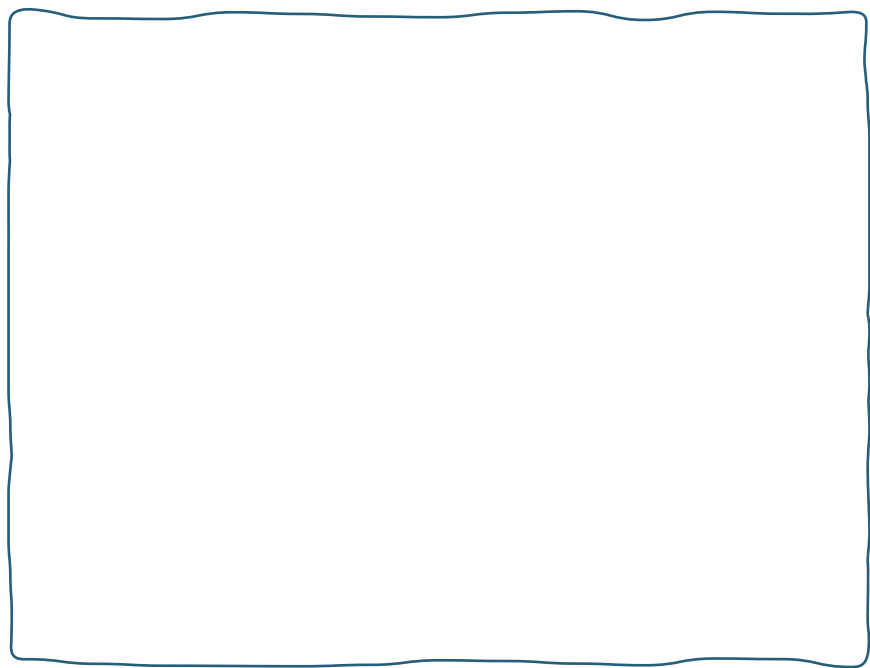
Adaptation

CLUE 3

What did you find? _____

What colour is your finding? _____

Where did you find it? _____



Draw a picture.

Hey Explorers!

Ever wondered what our furry friends in Canada munch on during the chilly winter? Let's dive into the tasty world of winter meals for Canadian animals!

1. Deer Dine on Twigs and Bark

Picture Bambi and his pals having a winter feast. They nibble on twigs, buds, and even tree bark. It's like having a crunchy salad buffet!



2. Moose Munch on Bark and Twigs Too

Meet the moose—the big guy with antlers! They're like winter tree chefs, enjoying a menu of twigs, buds, and bark. It's their way of staying full and cozy.

3. Wolves and Coyotes Go on Snowy Hunts

Wolves and coyotes turn into snowy detectives! They chase after rabbits, mice, and voles, playing the ultimate game of hide-and-seek in the snow.

4. Snowy Owls, the Wise Bird Hunters

Snowy owls are like winter wizards with wings. They swoop down to catch small mammals and birds hiding under the snow. They've got eyes sharper than a snowflake!

5. Bear's Winter Naps and Snacks

Bears are like sleepyheads in winter, but sometimes they wake up for a snack. Before their long nap, they munch on lots of food like berries, nuts, and maybe even a fish or two!



6. Clever Raccoons and Winter Leftovers

Raccoons are little food detectives! They sneak around looking for winter leftovers, and they're not shy about exploring human areas for a tasty treat. Smart little foragers!

7. Birds Brave the Cold for Seeds and Berries

Imagine birds braving the winter chill! Some stay in Canada, pecking at seeds and berries. Chickadees, finches, and woodpeckers are like the winter rockstars at bird feeders!

8. Squirrel Snack Stashers

Squirrels are like tiny chefs who plan ahead. In fall, they stash nuts underground, creating secret snack stashes. When winter comes, they dig up their hidden treasures!

9. Busy Beavers and Underwater Veggies

Beavers are like the underwater gardeners of winter. They chomp on bark and twigs and stash them underwater near their homes. It's like having a veggie buffet beneath the ice!

10. Migrating Birds Take Winter Vacays

Some birds are like winter vacationers. They fly south to warmer places where food is more abundant. Smart birds catching some rays!

So, there you have it, little Adventurers!

Animals in Canada have their own special winter menus. From crunchy twigs to hidden stashes, each critter has its own way of enjoying the winter wonderland!



FEASTY FOOD

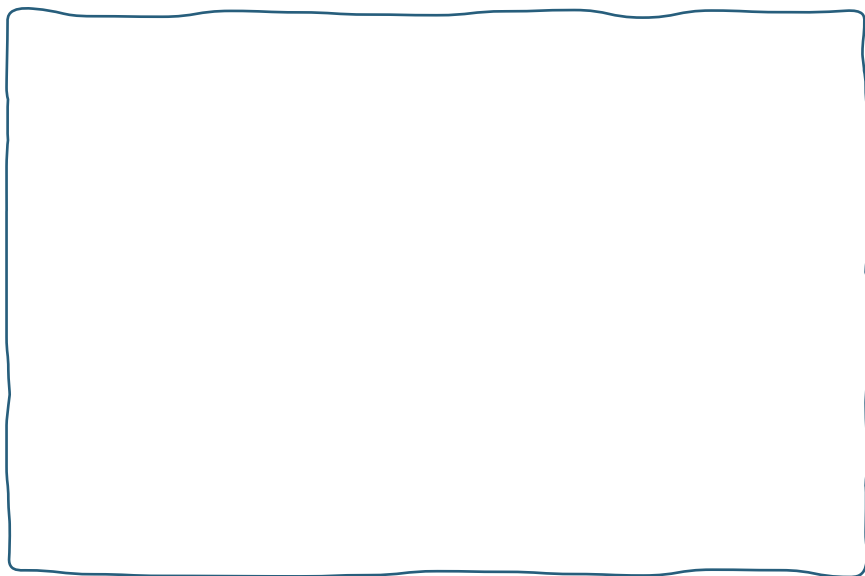
Nutrition

CLUE 4

What did you find? _____

What kind of food does the Sasquatch like? _____

What does the food taste like? _____



Draw a picture.