

Information for Group Leaders

Reflection

Writing in a journal is an example of introspection. To write in a journal means to write in a purely personal dialogue. This is where many writers do more than record daily activities. They let their feelings as well as their thoughts interact on the paper, without restricting their flow.

There are 10 minutes allotted for reflection. Groups stay at their final station. The leader recalls the day with students, reads an inspirational quote, and then students find their own place to sit for their self reflection, using the last page of their journal.

Quote: *Keep a green tree in your heart and perhaps a songbird will come.*

Chinese proverb

Background Notes on Group Name Species

Backswimmer: These freshwater insects are “true bugs” and are commonly found hanging from the water surface at an angle with their heads facing down. They swim on their backs using their oar-like legs. They eat plant debris, worms and snails. Their larvae crawl out of the water and burrow into the soil then emerge as flying adults and return to the water.

Red-winged Blackbird: The male Red-winged Blackbird uses his loud raspy song and bright red shoulder to defend his territory. Scientists did an experiment where they painted the red on the male’s wing black and the male lost all of his territory. The female has streaky, brown and white feathers so that she is better camouflaged when sitting on her nest. She makes her nest with other females in cattails or shoreline bushes. She incubates 3 or 4 eggs for 10 to 12 days.

Canada Goose: These large geese mate for life and are devoted parents. They can be aggressive, especially when defending young or competing for food. They make hissing sounds with a low outstretched neck if they feel threatened. The female builds a nest of grasses and plant stalks lined with down and incubates 3 – 8 eggs for almost a month.

Caddisfly: This insect spends its larval stage in water and its adult stage flying. The flying adults resemble moths. As larva in the water, most species of caddisfly build a house/case. The kind and shape of case is characteristic of what kind of caddisfly they are; some build cases of twigs, or cases of little stones shaped like a snail or shaped like a tube. They eat everything that they can, including insects, small fish and each other. They pierce their food with their jaws, pump in digestive juices and then suck out the partly digested innards of their prey. They breathe through their skin and two holes in their abdomen.