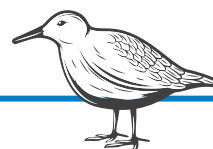


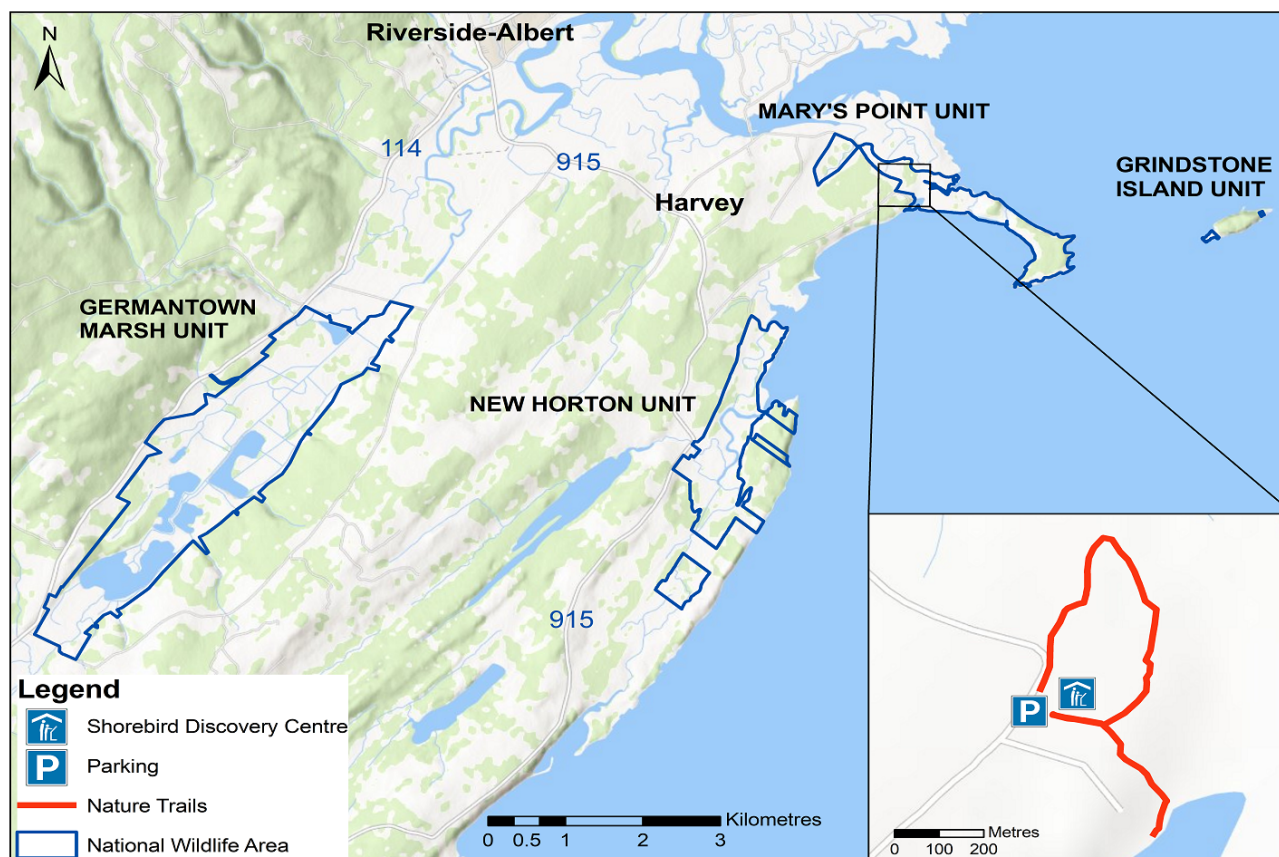
# Shepody National Wildlife Area Family Activity Kit

## What is a National Wildlife Area?

National Wildlife Areas (NWAs) are natural spaces that have been protected by the Government of Canada to help wildlife like migrating birds, endangered species, and other animals that call the area home!



Shepody National Wildlife Area is comprised of three separate units: Mary's Point, New Horton, and Germantown Marsh.



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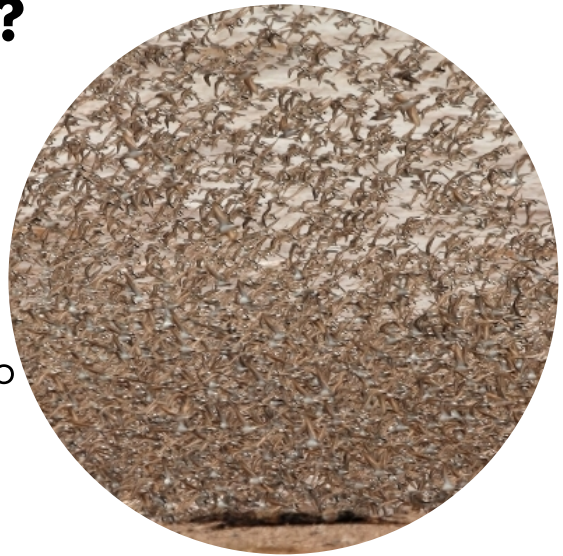


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# What makes Shepody National Wildlife area so special?

Shepody's wetlands and mudflats are unique because they are like a "fueling up" station and rest stop for millions of migratory birds, including 100,000s of semipalmated sandpipers, who stop by each year on their flight from the Arctic to South America!



Mudflats are areas of the ***intertidal zone***, meaning they are exposed, and then covered again by water twice a day as the tide goes in and out — creating a very special habitat for creatures like crabs, clams, fish and ***mud shrimp***.



The tiny mud shrimp living in the red mud of Shepody, along with a film of algae that grows on the mud surface, are the main food source for semipalmated sandpipers who stop here.

**This makes Shepody one of the most important sites in North America for migrating shorebirds such as Semipalmated Sandpipers.**





In addition to the semipalmated sandpiper, Shepody National Wildlife Area supports many other species of birds. Mud shrimp aren't the only food source at Shepody - different birds have adapted over a very, very long time to have different diets. An **adaptation** is something that an animal has or does that helps it to survive. Sometimes, you can see what a bird has adapted to eating by looking at its beak! Hooked beaks are good for tearing up prey, long pointy beaks can act as spears in shallow waters, and small strong beaks can break open seeds.

## Activity 1: Can you match the bird to its favourite food?



American Bittern



Semipalmated Sandpiper



Ring-necked Pheasant



Downy Woodpecker



Peregrine Falcon



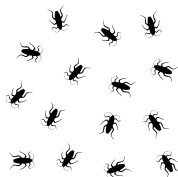
Ring-necked Duck



Mud shrimp



Other birds



Insects



Eels



Aquatic plants



Seeds

Shepody NWA is filled with not only birds, but all sorts of other wildlife, each with their own distinct sounds and calls - take some time to stop and listen along one of the trails!

In the space below, draw a trail map and put an "x" on the map each time you hear an animal/ nature noise. Once you've finished your hike, count up how many sounds you heard! For an extra challenge, try to identify and categorise the different sounds, by species, or by grouping (bugs, birds, wind, water, etc.). Draw out a legend to indicate which sounds belonged to what species or grouping. At the end of your hike, ask yourself if certain sounds were more common in specific areas/ habitat. Discuss why you think this might be (ex. did you hear more bird calls near the water, or more bug sounds in open fields)?



## Activity 2: Sound Mapping



## Other Activities and Amenities

There are lots of other things to do at Shepody to make your visit fun and exciting. Here's a highlight of the seasonal and year-round activities this NWA has to offer:

- Visit our Shorebird Discovery Centre, with exhibits on Shepody's natural and cultural heritage. *Open from June to September*
- Admire the nearby Grindstone Island and Shepody's saltmarshes from our observation deck on the Ruffed Grouse Trail.
- Spend time bird watching along the beach. *Note that the beach is closed at high tide when the Semipalmated sandpipers are on site from late-July to mid-September.*
- Keep an eye out for the "Connecting Canadians to Nature" interpretive panels, with information on Shepody's species and habitats.
- Try Avian Adventure, a self-led program about local birds. *Set along Ruffed Grouse Trail, available from June to September.*



## Before you explore...

Please respect this natural area by avoiding the following activities:

- Biking
- Camping
- Fires
- Off leash dogs
- Barbecuing
- Removal of shells, driftwood, plants, or other natural material.



# Keep an eye out for these special species!

*Can you spot these 5 species of birds during your visit?*

Male



Ring-necked Duck

Female



Short-billed Dowitcher



Black-bellied Plover



Semipalmated Sandpiper

Female



Green-winged Teal

Male



Remember to respect wildlife by keeping your distance!