My River Journal

BIRD OBSERVATIONS:
Can you find an American Dipper or other birds that live near the river?

1. Take a walk with an adult and find a spot to sit next to a river or stream.

2. Close your eyes and listen for birds singing.

3. Now open your eyes and try to find those singing birds. In this box, make a tally mark for each bird that you hear and see.

4. Try sketching one of the birds in the box below.
SEARCHING for MACROINVERTEBRATES

With an adult, find a section of stream to explore. Look for areas that do not have strong currents or deep waters (you don’t want to fall in!) and are easy to get to from the streambank. Look under rocks and see if you can find any macroinvertebrates that American Dippers dive for and eat. Below are a few examples of what you might find!

Stonefly
Mayfly
Netspinning Caddisfly
Case-building Caddisfly
Dragonfly
Damselfly
Aquatic Snail
Aquatic Earthworm

Macroinvertebrate drawings by Megan Dean
My River Journal

MACROINVERTEBRATE DRAWINGS by YOU

Sketch the macroinvertebrates you find. Since these creatures live underwater, make sure to give them the adaptations they need to survive such as eyes, gills, tails, and legs.
HABITAT INVESTIGATION

Take a moment when you are next to a river or stream to look for all the things that an American Dipper or any bird needs for a healthy habitat:


Use the space below to sketch your observation, trying to include the four things that create a healthy habitat.
MY VERY OWN AMERICAN DIPPER

Draw an American Dipper in its natural habitat.
If you look closely in the middle of this big rock, you can see a dipper nest created out of moss that has now turned a greenish-brown color. The adult American Dipper in flight (bottom right) was spotted on the banks of the Fryingpan River near Basalt, Colorado by photographer Dale G. Armstrong.