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Point Bonita YMCA events:
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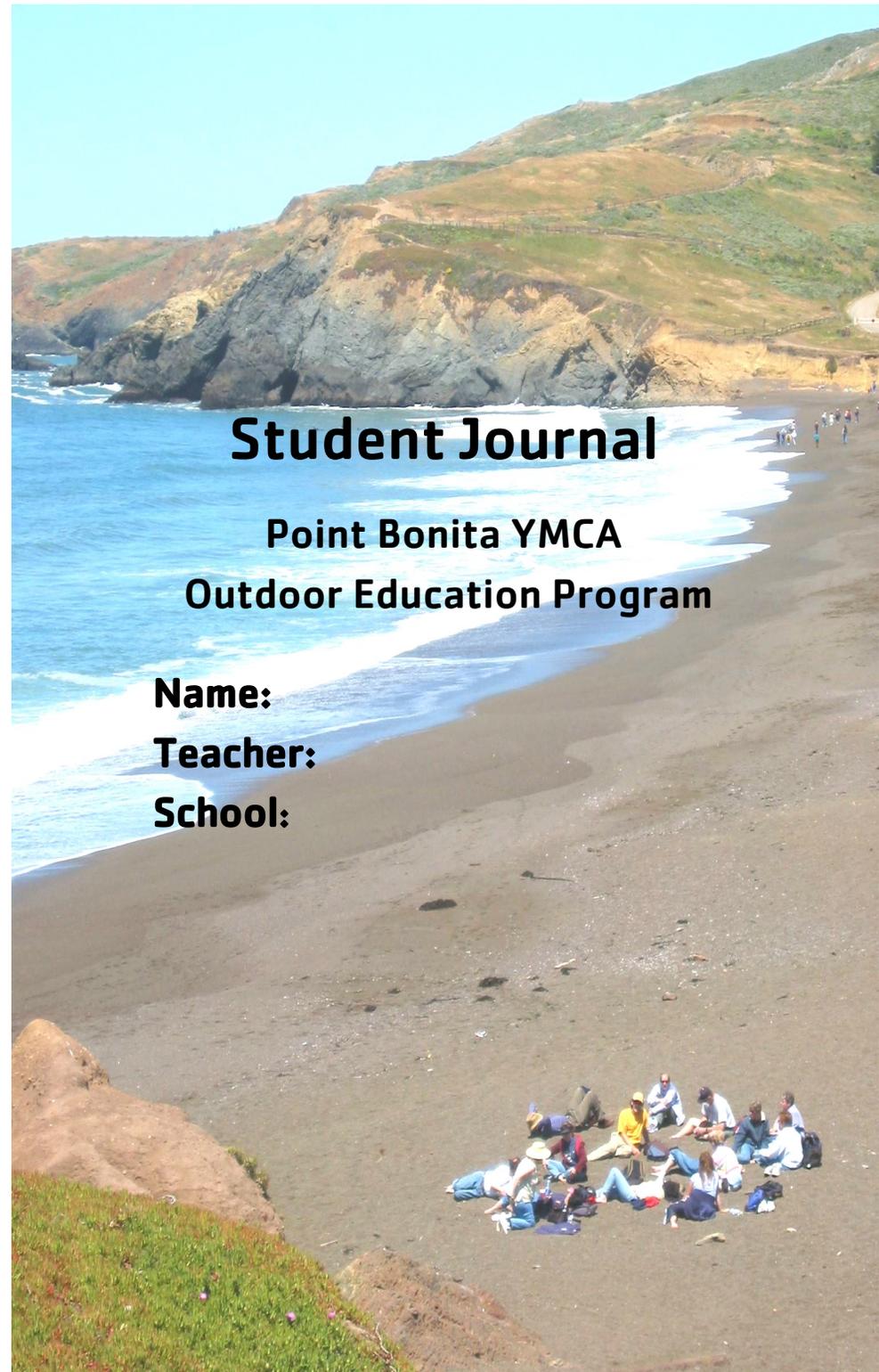
Point Bonita YMCA
981 Fort Barry
Sausalito, CA 94965

Use this address to write to us.
All you need is an envelope and stamp!

*An innovative outdoor education program that
fosters youth development, social responsibility,
and healthy living.*



**A Proud Partner of the
National Park Service**



Student Journal

Point Bonita YMCA
Outdoor Education Program

Name:
Teacher:
School:

Table of Contents

Notes

1. Cover
2. Table of Contents
3. Before you arrive...
4. RESPECT
5. Garbology
6. Plant Investigations
8. Birds of the Headlands
10. The Beach
11. Observations
12. Headlands Trail Map
14. Pinnipeds and Adaptations
16. Point Bonita Lighthouse
18. Cultural History
19. Tracks and Scat Field Guide
20. Do One Thing
21. Blank/Additional Notes
24. Rulers & Write to Us!

Notes

Before You Arrive

Please answer these questions before your first adventure at Point Bonita:

How do you feel about coming to Point Bonita?

What are you looking forward to doing at the Point Bonita YMCA?

What is one thing you really want to see at Point Bonita?

What do you like to do outside?

What is one question you have about Point Bonita?

RESPECT

What does Respect mean to you?

Fill this page with drawings, words, and examples of how to show respect and what it means to you.

YOU HAVE THE POWER TO CHANGE THE WORLD!

Think about how you can make a positive difference at home... in your neighborhood... at your school... in your community...

Do One Thing (DOT)

Pick one thing that you *know you can do* to positively affect the world. In the future you can do more - but right now, pick ONE THING to change, that you will continue to do (i.e. don't just pick up trash once and cross it off your list!).

Write your ONE THING here:

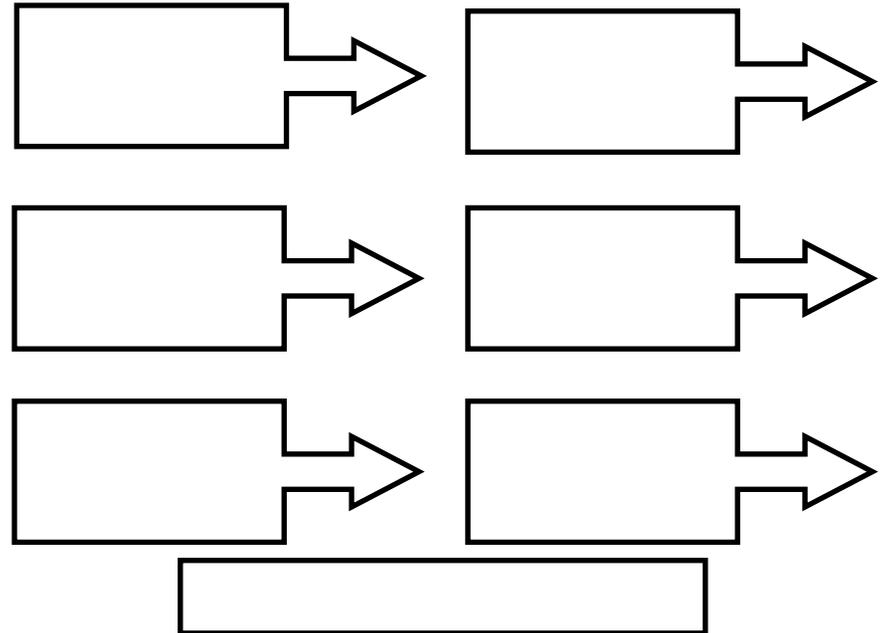
How are you going to continue to Do One Thing?

Here are some ideas for more things I can do in the future:

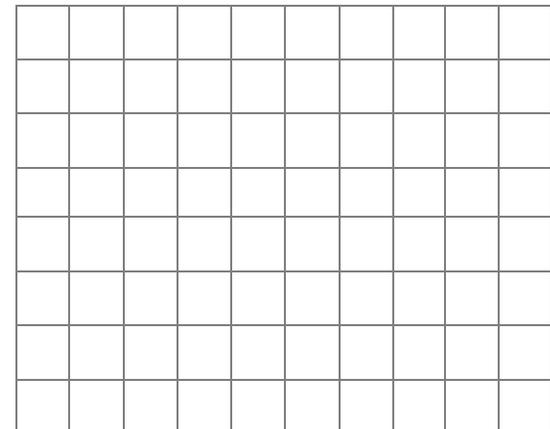
Signed: _____

Garbology

Trace the journey of producing one food in a meal here at Point Bonita—for example: eggs, pasta, sausage, ketchup, chicken



Use this grid to graph the food waste from your trip. Remember to add a title and label your axes and units



Plant Journaling

Make some *close observations* about a plant of your choice. What does it feel like? Smell like? What shape are the leaves? The flowers? Where are the seeds? What do you wonder about it? What does it remind you of?

The flowers? Where are the seeds? What do you wonder about it? What does it remind you of?

Sketch your plant and include the details listed above.

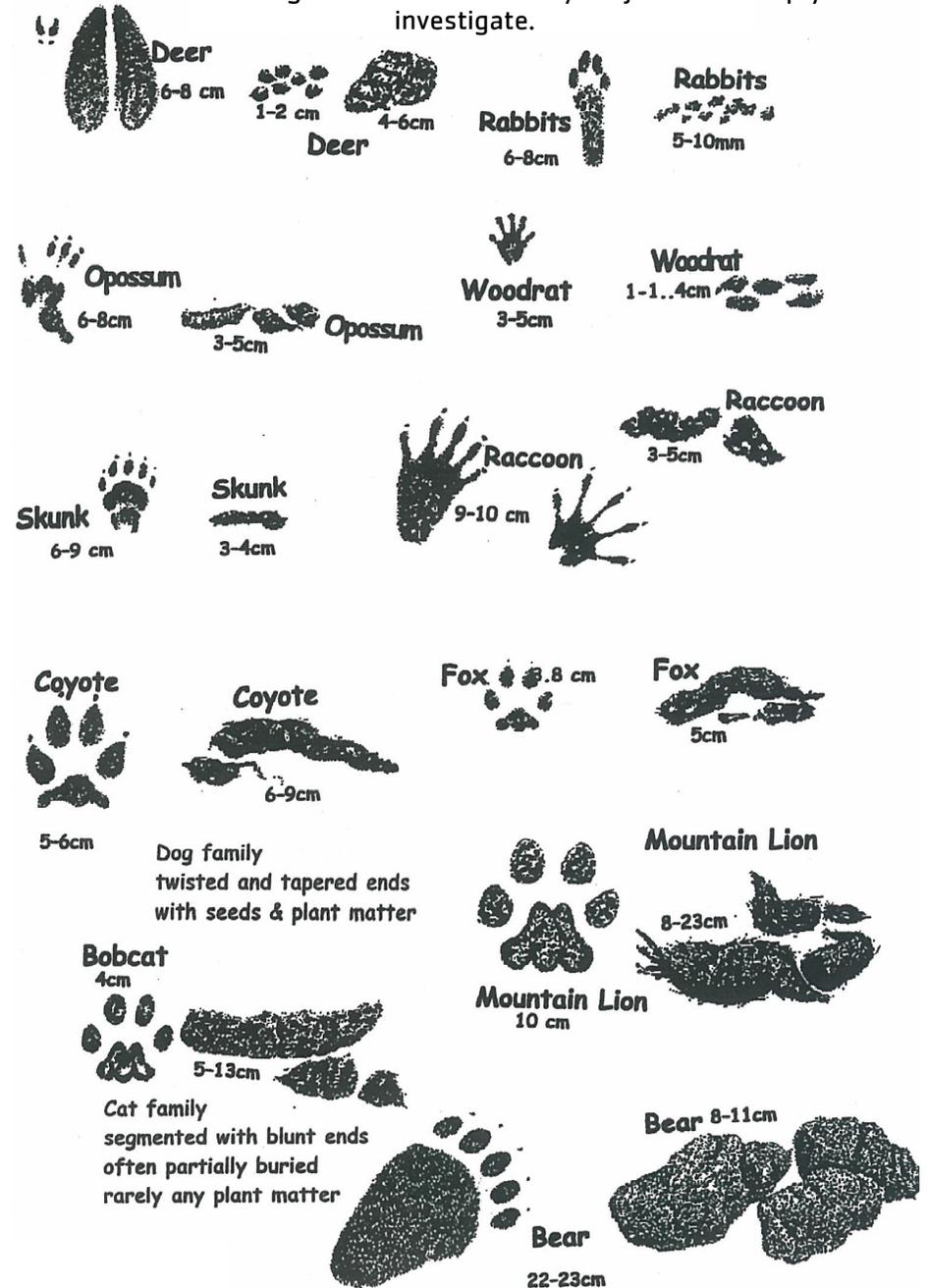
Remember the ABCs of Nature journaling:

Accurate, Big, Colorful, Detailed, Explained



Tracks and Scat

Put a check next to the animals that you see or see evidence of. Use the measuring tools on the back of your journal to help you investigate.



Cultural History

Marin Headlands Visitor Center

Many different people have shaped this land. List 5 different groups of people who have lived in the Marin Headlands:

Give an example of how **one** of these groups affected this land.

How do **you** positively or negatively affect the land?

What Native American tribe lived here?

How do you build a *kotcha*, and what is it used for?

What is a *Vaquero*?

How did this land become a park?

What are 5 animals you might find in the park?

Use this space to continue your sketch and/or answer the questions on the previous page

Birds of the Headlands

Use the space on these pages to describe some of the birds you saw on your adventures and their behaviors.

- What were they doing?
- Did they make a call? What did it sound like?
- What colors did you notice on them?
- How did they move?
- How were they different from each other?
- What else did you notice about them?



Oystercatcher



Western Gull



White-Crowned Sparrow



Cormorant



Turkey Vulture



California Quail

Point Bonita Lighthouse

Scavenger Hunt

- _____ Something that smells good. What is it?
- _____ Something that feels soft. What is it?
- _____ A crumbly rock
- _____ A hard rock
- _____ A sea arch
- _____ Something growing out of a rock. What is it?
- _____ Watch 5 waves
- _____ Listen for 3 kinds of birds. What are they?
- _____ Find a marine mammal. What is it?
- _____ Learn something you didn't know about your partner. What did you learn?
- _____ Find something that makes you smile. What is it?

Point Bonita Lighthouse

What was the purpose of the lighthouse? Do we still need lighthouses today?

What is the purpose of the fog signal?

What type of rock is the lighthouse built on? How was it formed?

Watch the light flash on and off. What is the pattern of the light from the light house? What does the pattern tell ships?

Why were there so many shipwrecks around here?

Find the gargoyles. What are they used for?

Explore more information about the Point Bonita Lighthouse from our friends at the National Park Service here: <https://www.nps.gov/goga/pobo.htm>

Birds of the Headlands



Red-tailed Hawk



Wren



Brown Pelican

The Beach

Scavenger Hunt

Please do not destroy anything you find

- _ something soft
- _ evidence of fire
- _ 10 different colored rocks
- _ mussel shell
- _ feather boa kelp
- _ 2 different kinds of feathers
- _ 5 pieces of litter
- _ something that reminds you of yourself
- _ something slimy
- _ an animal's home
- _ seashell
- _ crab claw
- _ bull kelp
- _ jelly (fish)
- _ a sand crab

After your hunt, throw away any trash and leave your treasures on the beach

What did you notice during your hunt? Did anything surprise you?

Ocean Adaptations

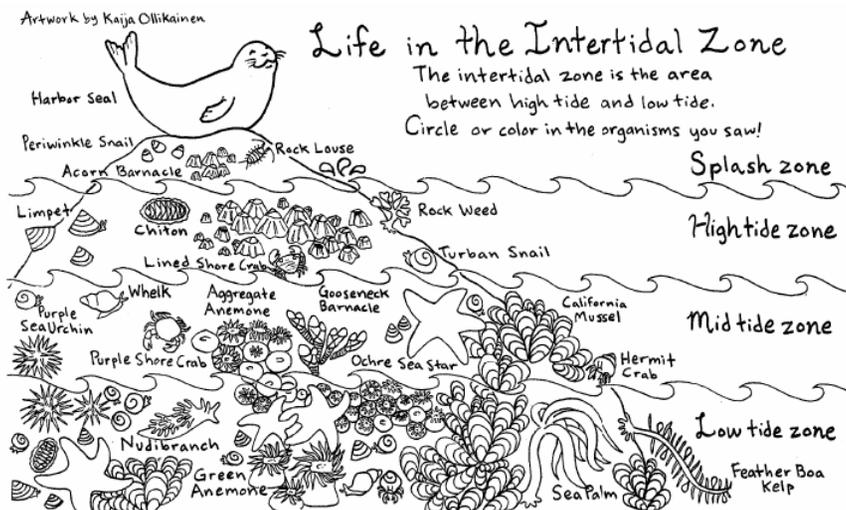
Use your investigative skills to compare and contrast these images of harbor seals and California sea lions.

Circle the similarities and put a **box around** the differences.

Why might these marine mammals have **adapted** in different ways?

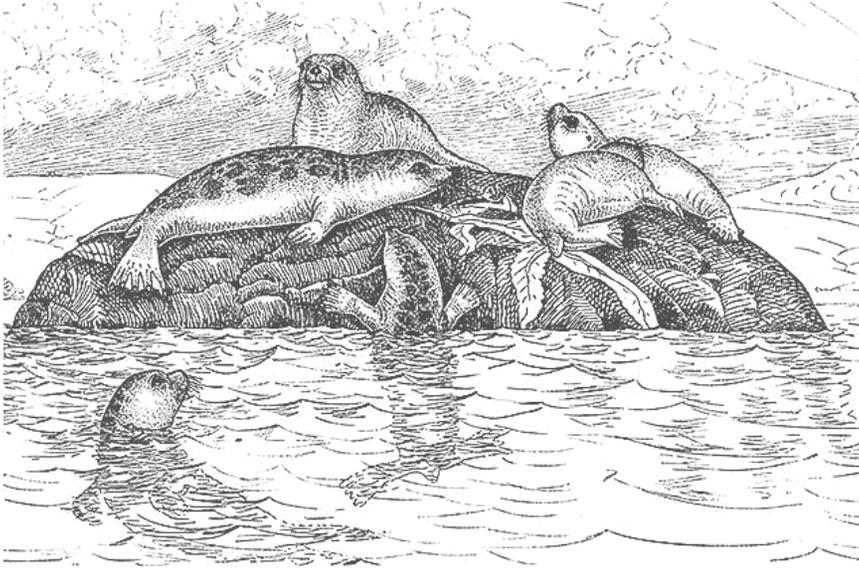
How do these **adaptations** make these animals' lives easier?

What is an **adaption** that you have? What does it help with?

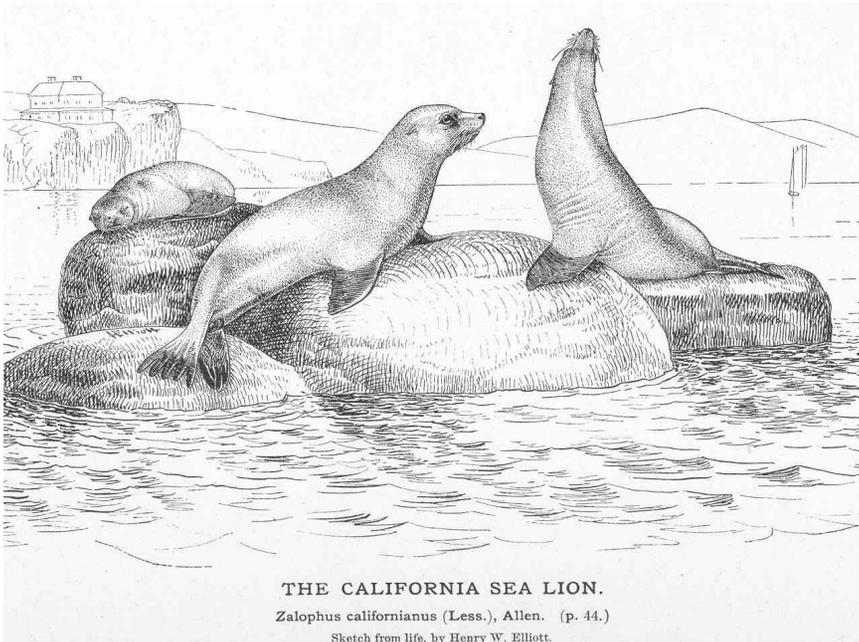


Learn more about Pinnipeds from our friends at the Marine Mammal Center!
<http://www.marinemammalcenter.org/education/marine-mammal-information/pinnipeds/>

Seal or Sea Lion?



THE HARBOR SEAL.
Phoca vitulina, L. (p. 55.)
Sketch from life, by Henry W. Elliott, Alaska, 1872.



THE CALIFORNIA SEA LION.
Zalophus californianus (Less.), Allen. (p. 44.)
Sketch from life, by Henry W. Elliott.

Observation

I wonder...

It reminds me of...

I notice...

