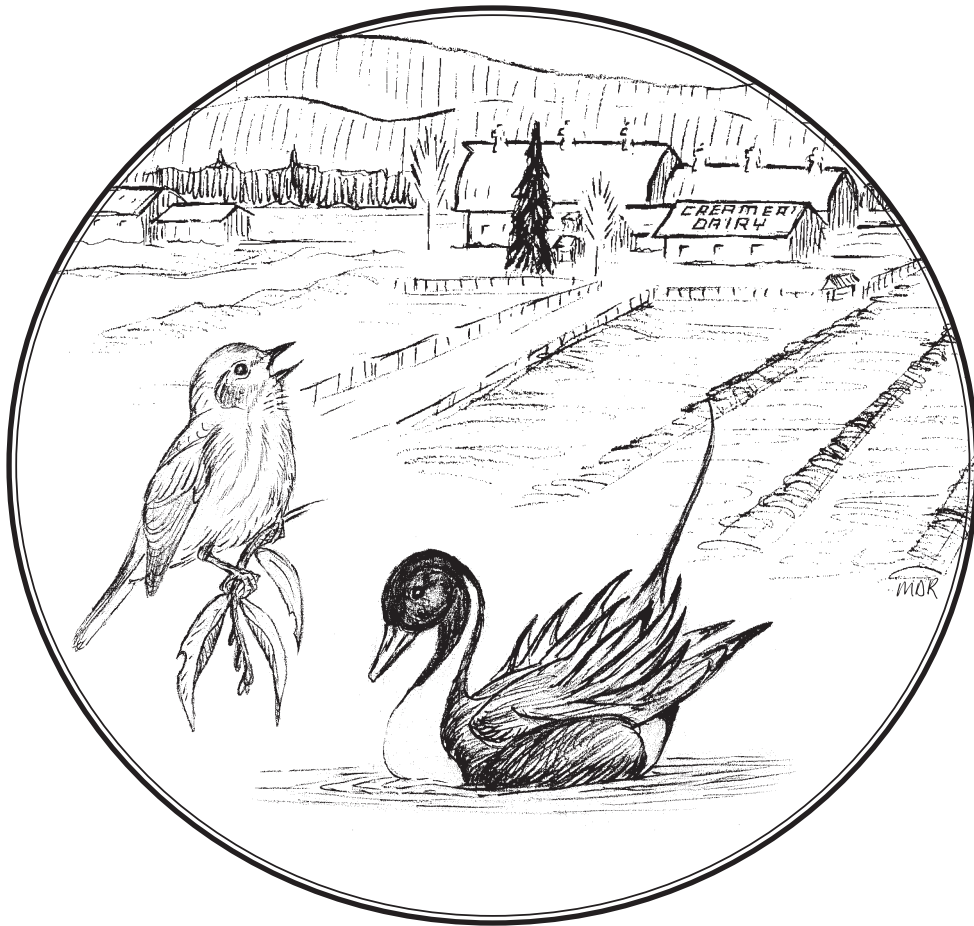


# Creamer's Field

## Student Activity Book



Creamer's Field *Migratory Waterfowl Refuge*  
Fairbanks, Alaska



## Introduction

Welcome to the new ***Creamer's Field Student Activity Book!*** This book includes a coloring guide to many of the common birds you can see at Creamer's Field. It also includes some pages to use in school and at home.

We hope that you will remember to bring it with you every time you visit Creamer's Field and to share what you have learned with others!

If you have feedback or questions, please contact the Alaska Songbird Institute. This book and other educational materials are available on our website at:

<http://aksongbird.org>.

This book was provided for you by the Alaska Songbird Institute with support from the Alaska Department of Fish & Game.



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## Before you go to Creamer's Field...

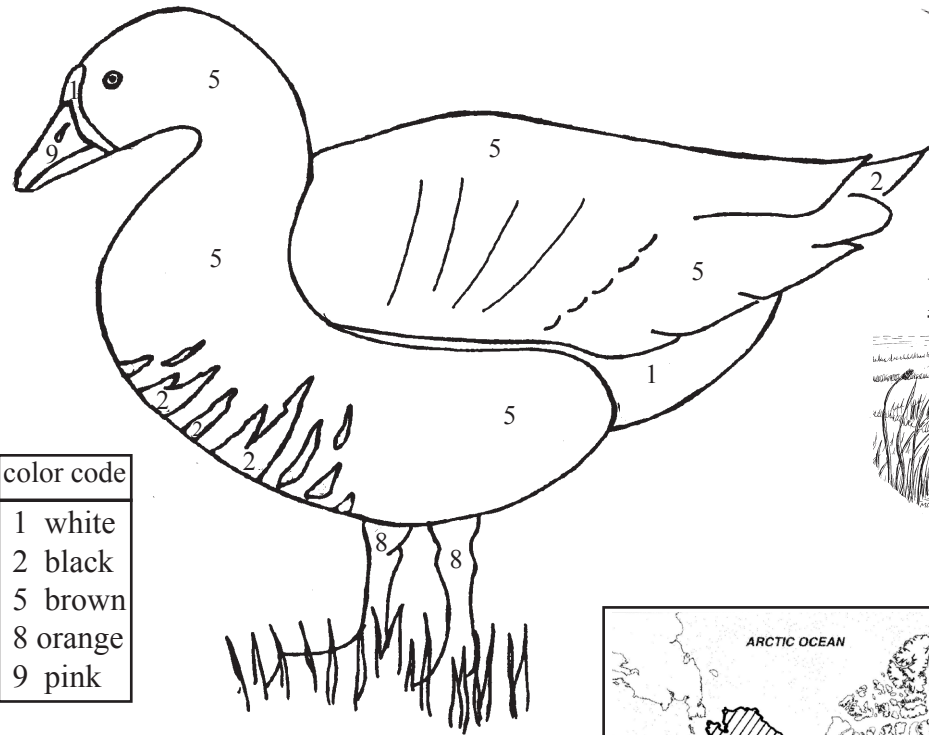
What kinds of plants and animals do you think live at Creamer's Field? Draw them or describe them here.

What do you hope to see at Creamer's Field? What do you want to learn about? Draw or write about it here.

GWFG

# Greater White-fronted Goose

(*Anser albifrons*)



## color code

- 1 white
- 2 black
- 5 brown
- 8 orange
- 9 pink

## Food



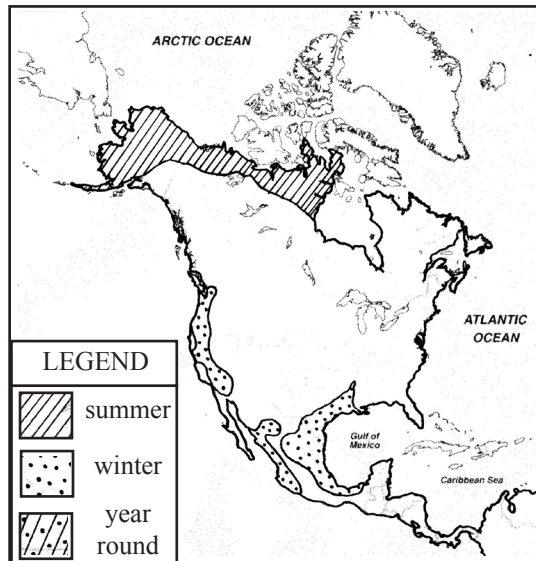
grasses  
& grain

## Habitat



wetlands

**COOL FACT:** Like many geese, Greater White-fronted Goose pairs stay together for years. Pairs migrate together, often with their young from previous years. Parents and siblings may continue to travel together throughout their lives.



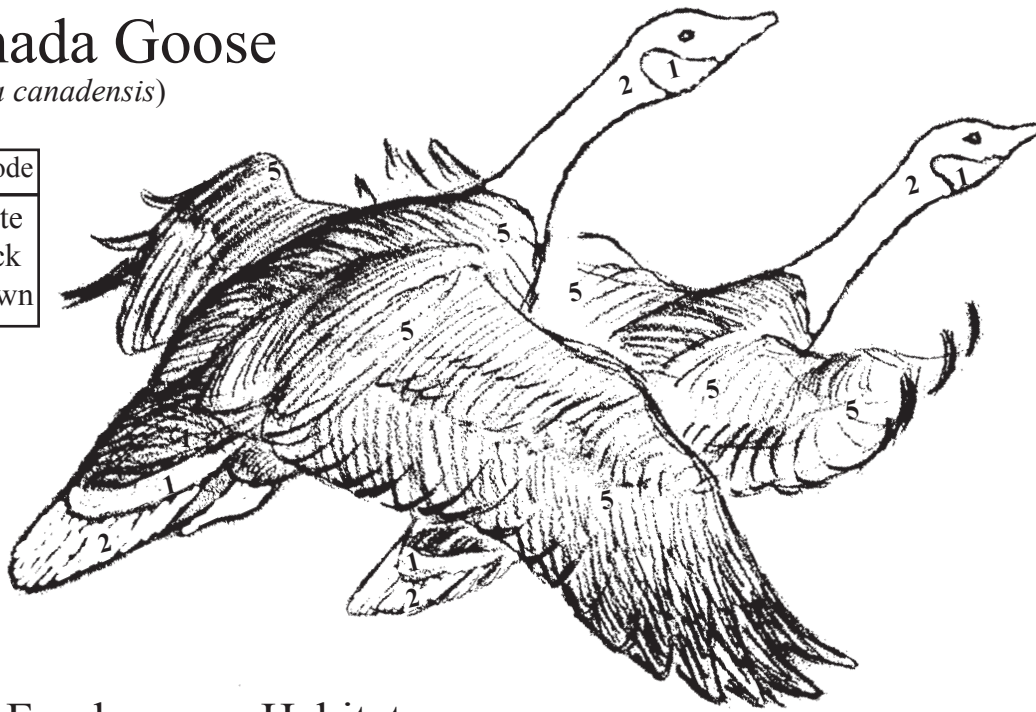
CANG

# Canada Goose

(*Branta canadensis*)

color code

- 1 white
- 2 black
- 5 brown



## Food



grasses  
& grain

## Habitat

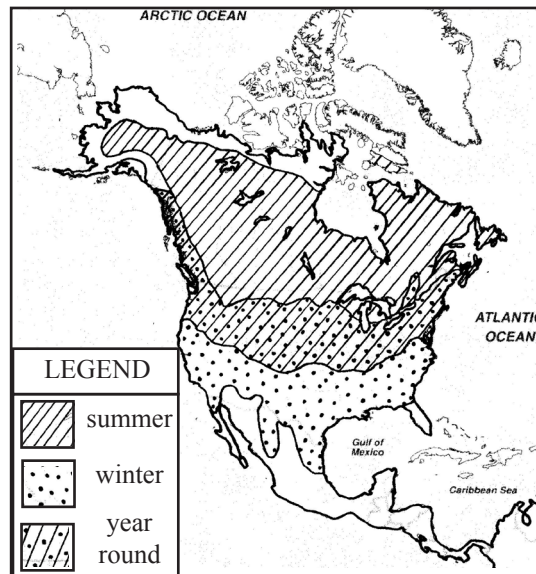


wetlands

**COOL FACT:** Some Canada Geese do not go as far south in the winter as they used to.

Why? What has changed?

Scientists think it may be due to changes in farmlands and weather that have made more food available in the fall and winter.

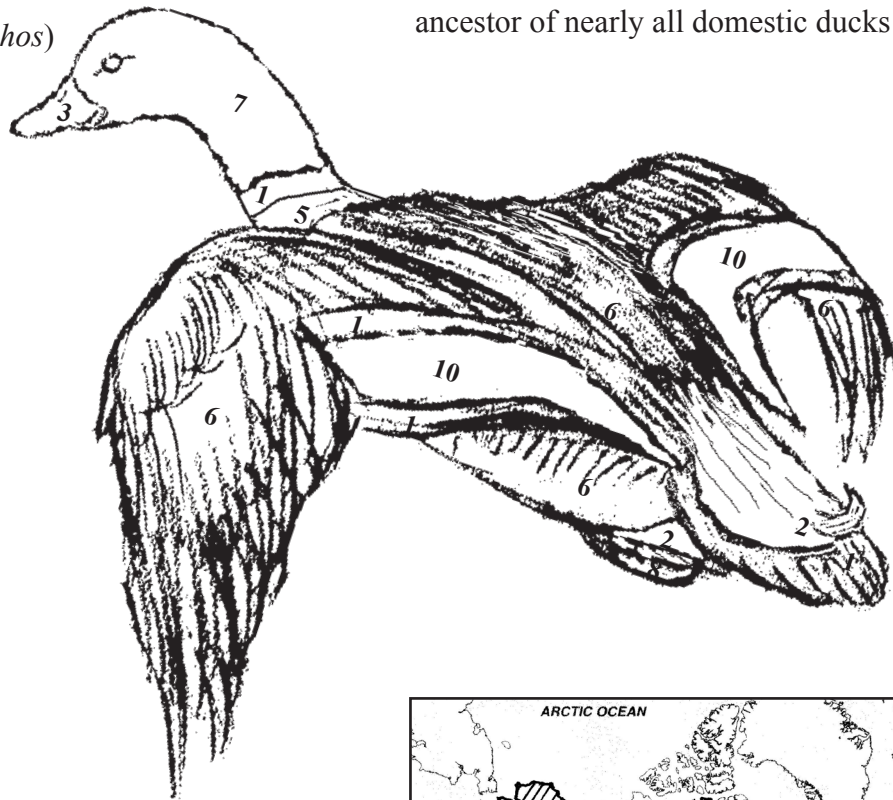


## MALL

**Mallard***(Anas platyrhynchos)***COOL FACT:** The Mallard is the ancestor of nearly all domestic ducks!

## color code

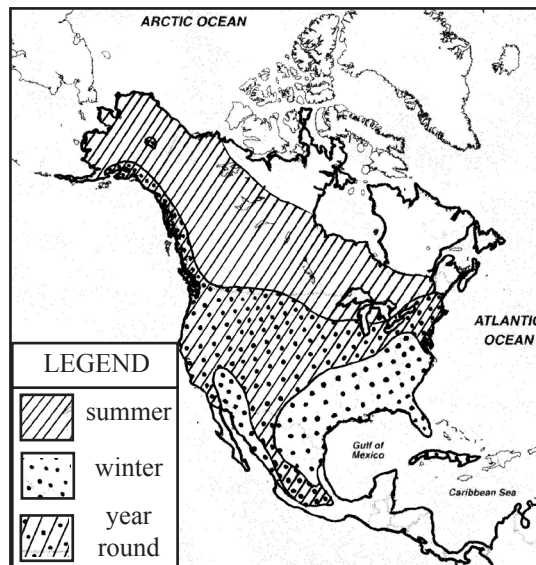
- 1 white
- 2 black
- 3 yellow
- 5 brown
- 6 gray
- 8 orange
- 10 blue

**Food**

grasses, grain,  
seeds, & insects

**Habitat**

wetlands



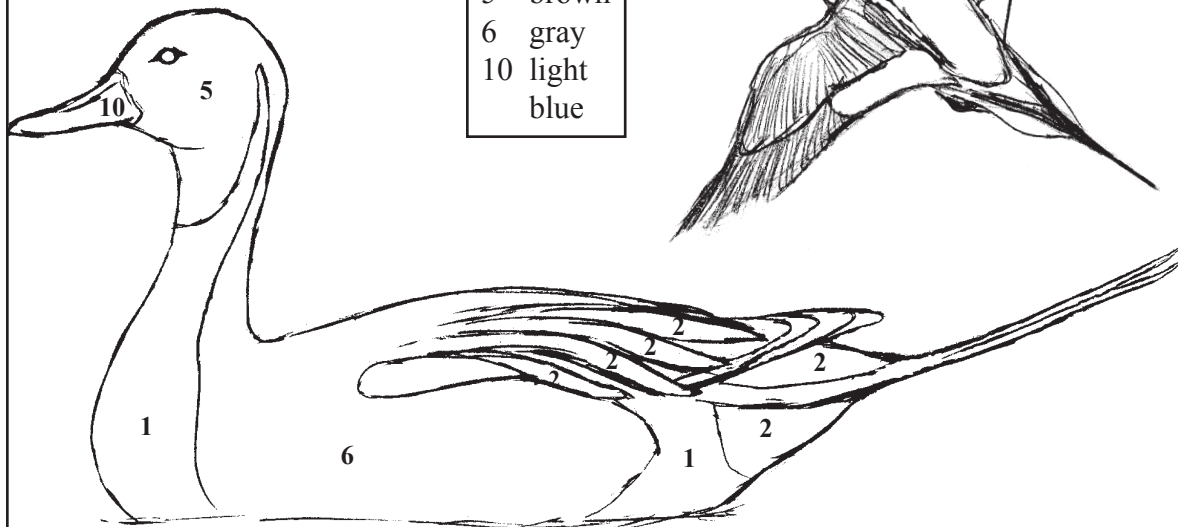
NOPI

# Northern Pintail

(*Anas acuta*)

color code

- |    |            |
|----|------------|
| 1  | white      |
| 2  | black      |
| 5  | brown      |
| 6  | gray       |
| 10 | light blue |



## Food



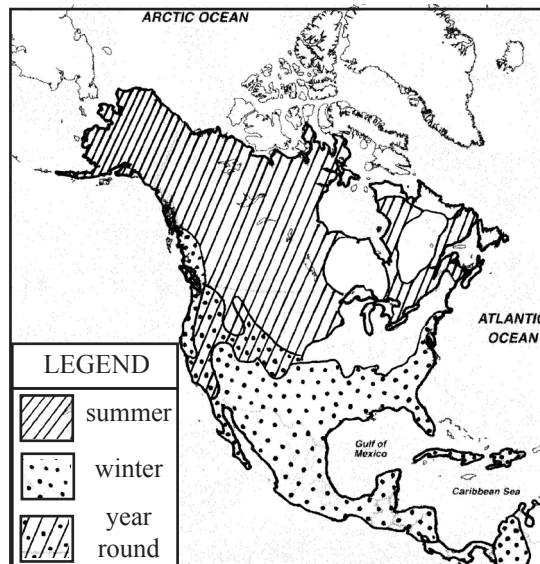
grasses, grain,  
seeds, & insects

## Habitat



wetlands

**COOL FACT:** The Northern Pintail is one of the earliest nesting ducks in North America. They will build their nest and lay eggs as soon as the ice is out in Alaska!



BAEA

# Bald Eagle

(*Haliaeetus leucocephalus*)

## Food

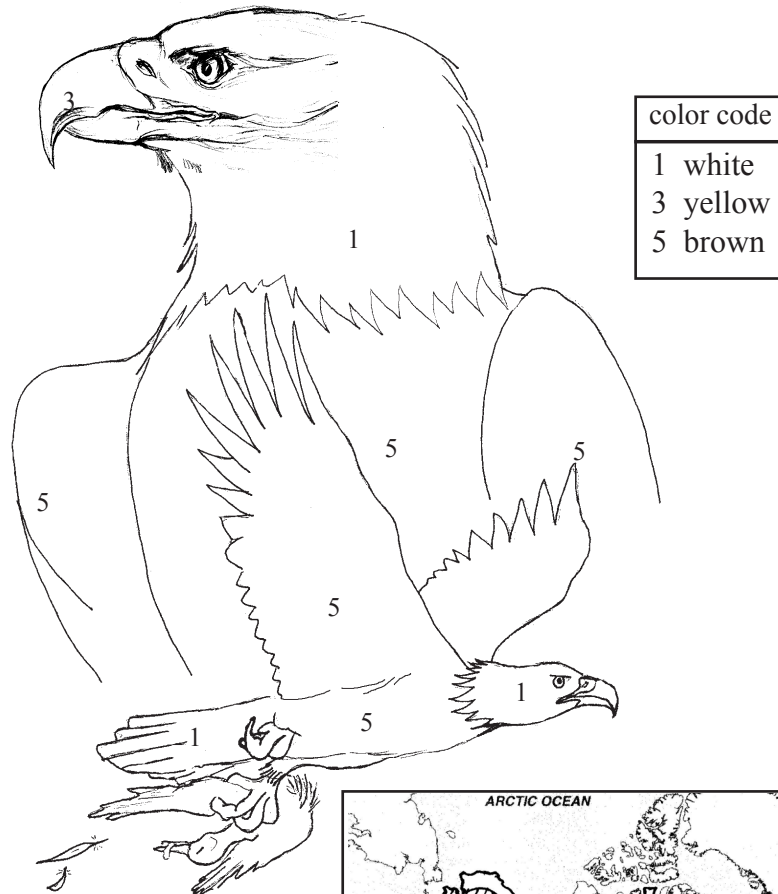


mostly fish &  
birds

## Habitat



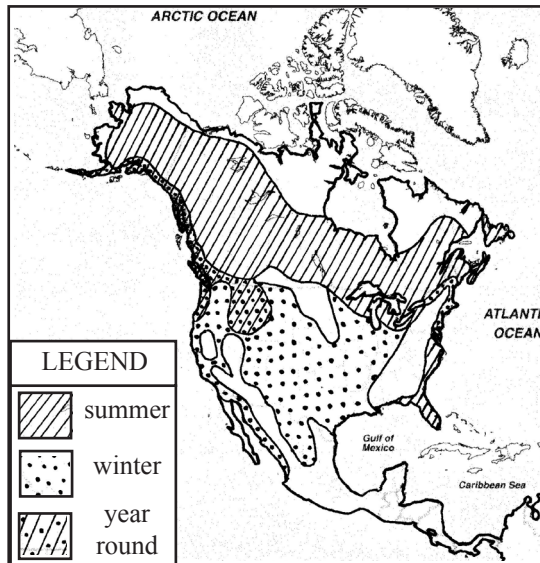
forested areas  
near water



color code

1 white  
3 yellow  
5 brown

**COOL FACT:** Bald Eagles were taken off the endangered species list in 2007 after 35 years! Eagles almost went extinct because of illegal hunting, loss of habitat, and a chemical called DDT. People used DDT to protect crops from insects, but it accumulated in the environment and harmed many predators, including Bald Eagles. When DDT was banned and eagles were protected, their populations recovered.



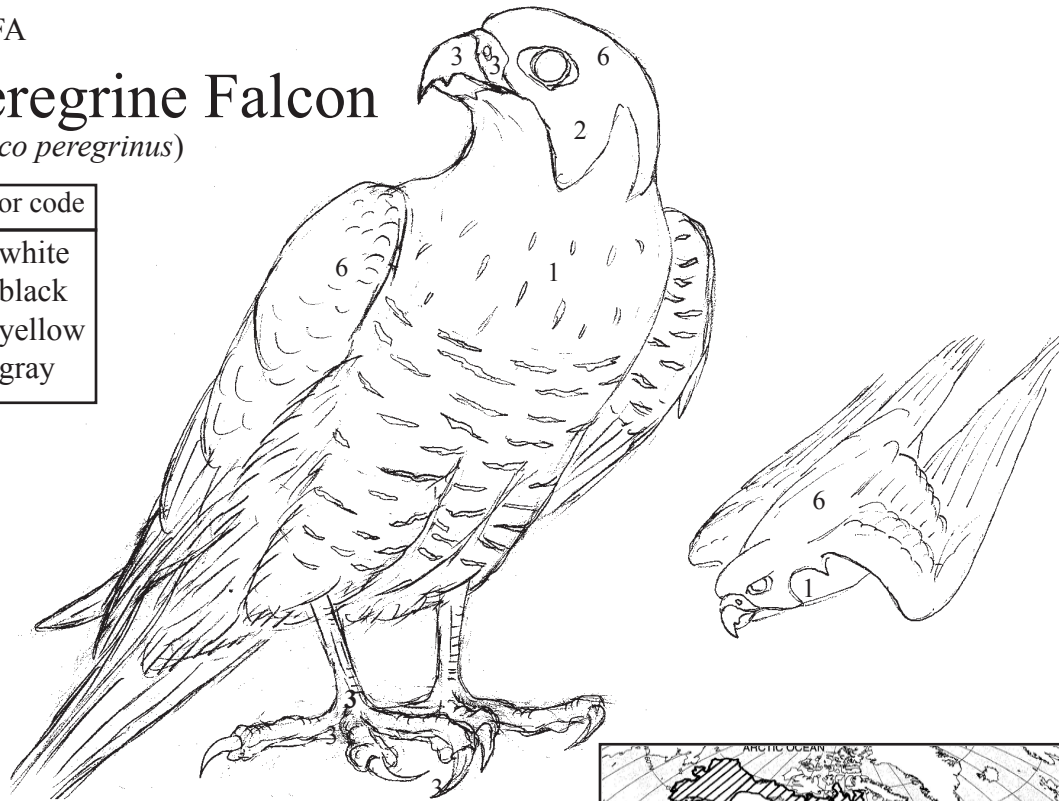
PEFA

# Peregrine Falcon

(*Falco peregrinus*)

## color code

- 1 white
- 2 black
- 3 yellow
- 6 gray



## Food



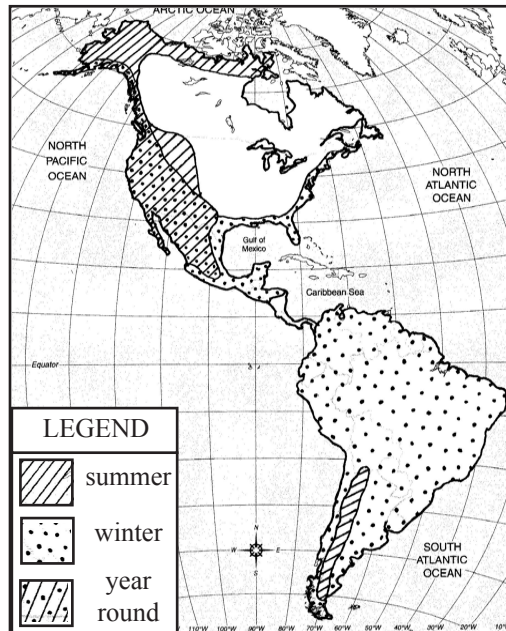
mostly birds

## Habitat



open habitats

**COOL FACT:** The name "peregrine" means wanderer. Peregrine Falcons have one of the longest migrations of any bird in North America. Birds that nest in Alaska may travel over 15,000 miles each year going from Alaska to South America and back!



SACR

# Sandhill Crane

(*Grus canadensis*)

color code

- 1 white
- 2 black
- 4 red
- 5 light brown
- 6 gray



## Food



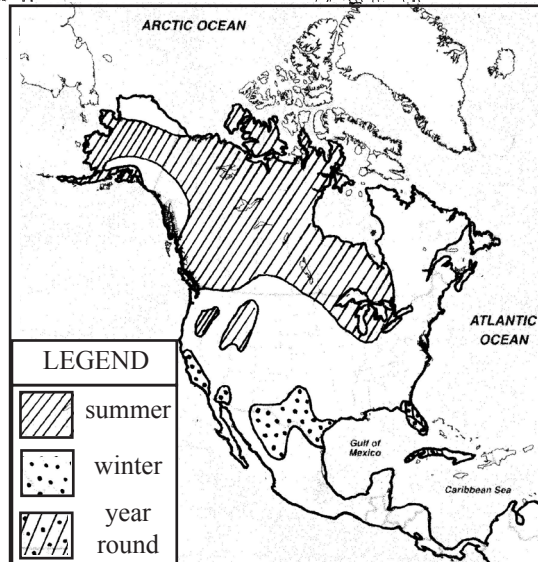
grasses, grain,  
seeds, & insects

## Habitat



wetlands

**COOL FACT:** Sandhill Cranes dance! You may see them bow, jump, run, toss sticks or grass, and flap their wings. Cranes often dance to bond with their mate.

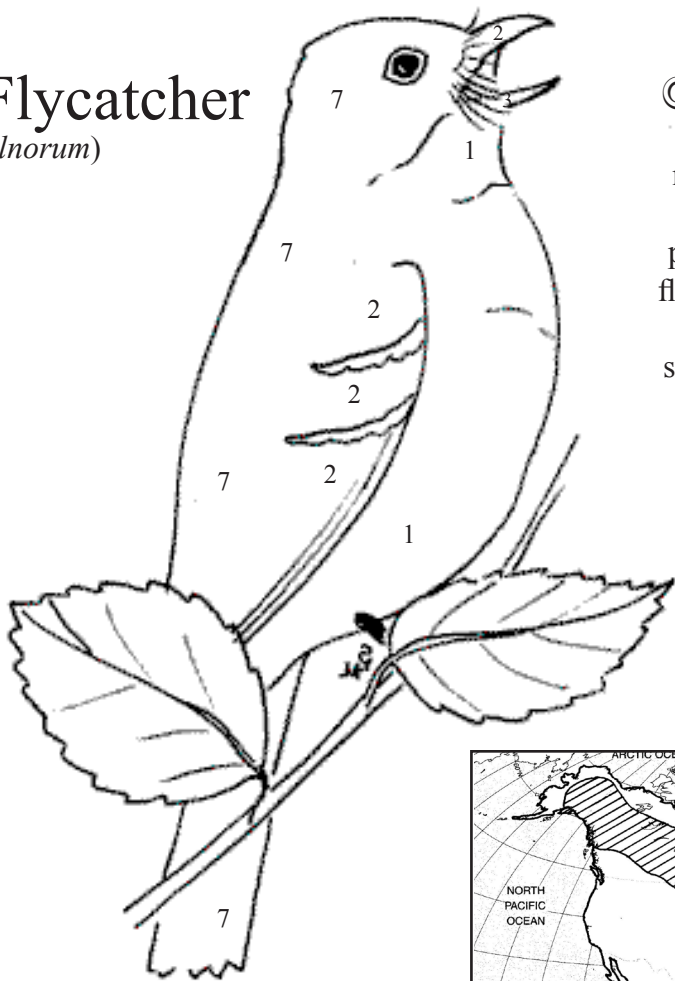


ALFL

# Alder Flycatcher

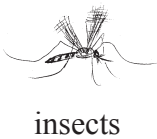
(*Empidonax alnorum*)

color code	
1	white
2	black
3	bright yellow
7	olive green

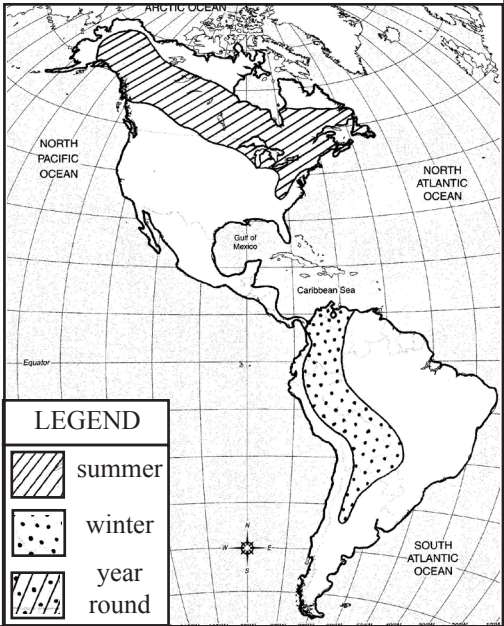
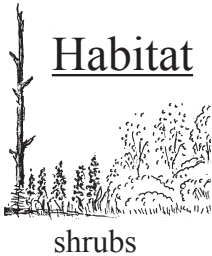


**COOL FACT:**  
Most songbirds need to learn their song from their parents. However, flycatchers and their relatives (called subocines) are born with all the instructions they need to sing the right song.

## Food



## Habitat

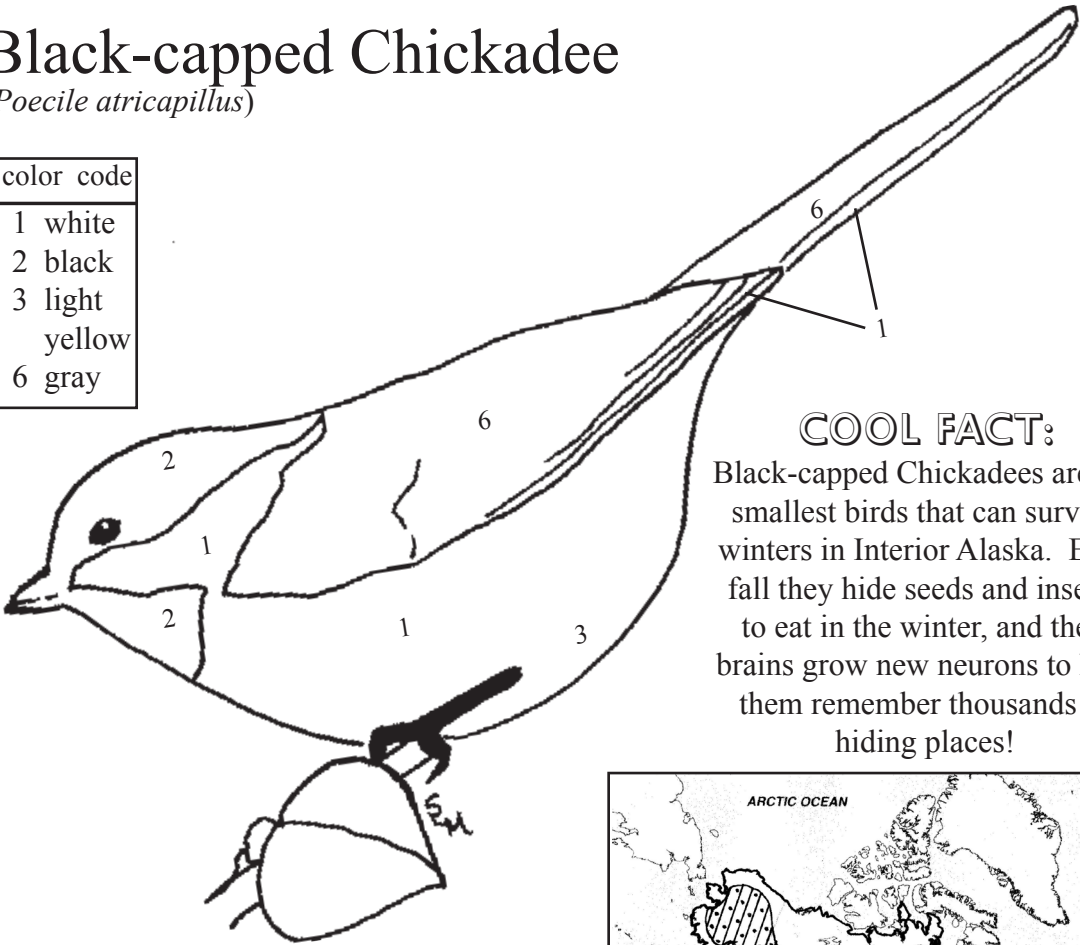


BCCH

# Black-capped Chickadee

*(Poecile atricapillus)*

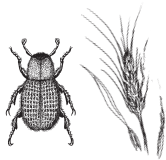
color code	
1	white
2	black
3	light yellow
6	gray



## COOL FACT:

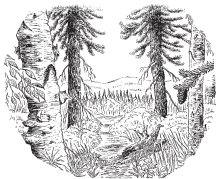
Black-capped Chickadees are the smallest birds that can survive winters in Interior Alaska. Each fall they hide seeds and insects to eat in the winter, and their brains grow new neurons to help them remember thousands of hiding places!

## Food

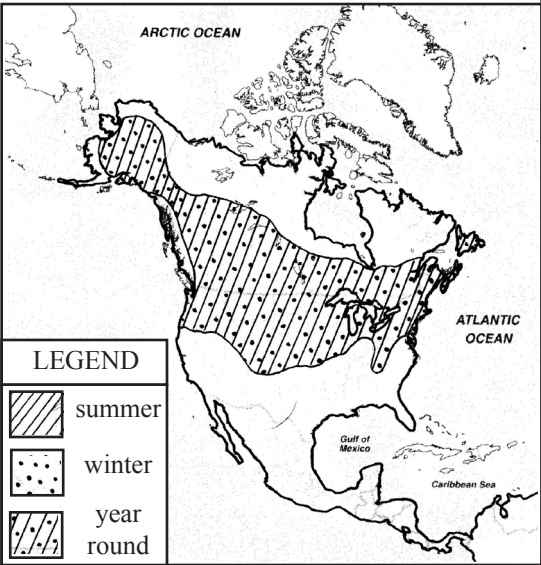


insects & seeds

## Habitat



mixed forests



RCKI

# Ruby-crowned Kinglet

*(Regulus calendula)*

color code

1 white  
4 red  
7 olive  
green

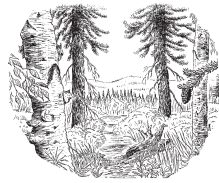


## Food



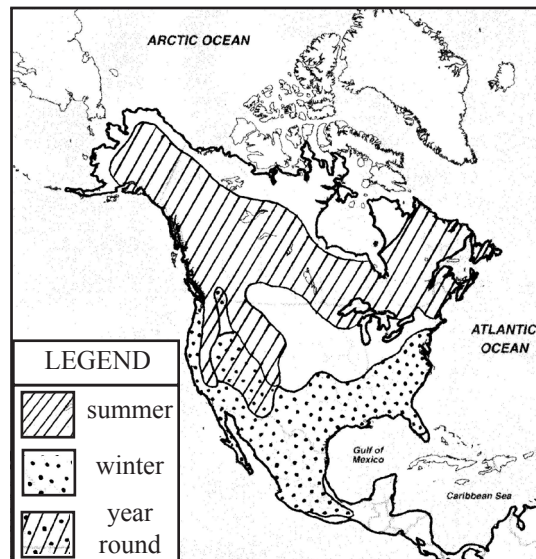
insects

## Habitat



mixed forests

**COOL FACT:** Ruby-crowned Kinglets are tiny birds that lay a lot of eggs. A group of eggs in one nest is called a clutch. A female kinglet's clutch can contain as many as 12 eggs and weigh more than the female herself!

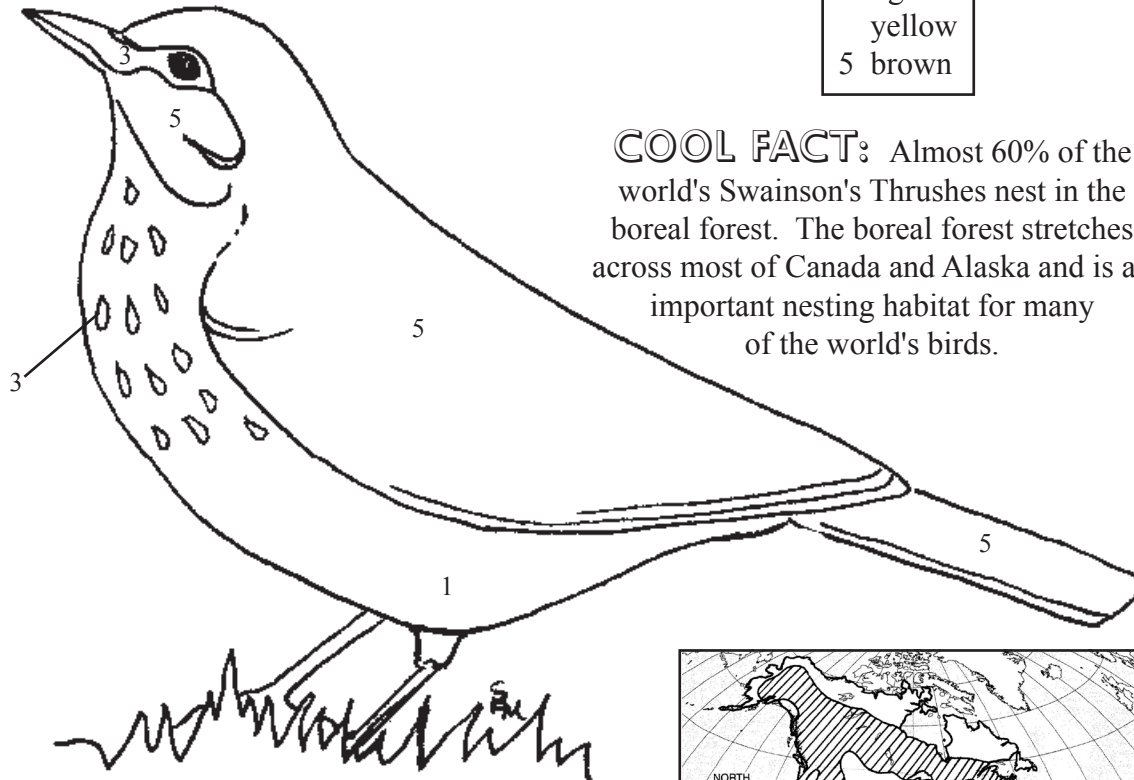


SWTH

# Swainson's Thrush (*Catharus ustulatus*)

color code

- 1 white
- 3 light yellow
- 5 brown



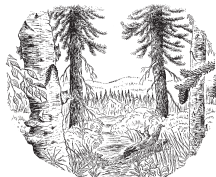
**COOL FACT:** Almost 60% of the world's Swainson's Thrushes nest in the boreal forest. The boreal forest stretches across most of Canada and Alaska and is an important nesting habitat for many of the world's birds.

## Food



insects &amp; berries

## Habitat



forest edges

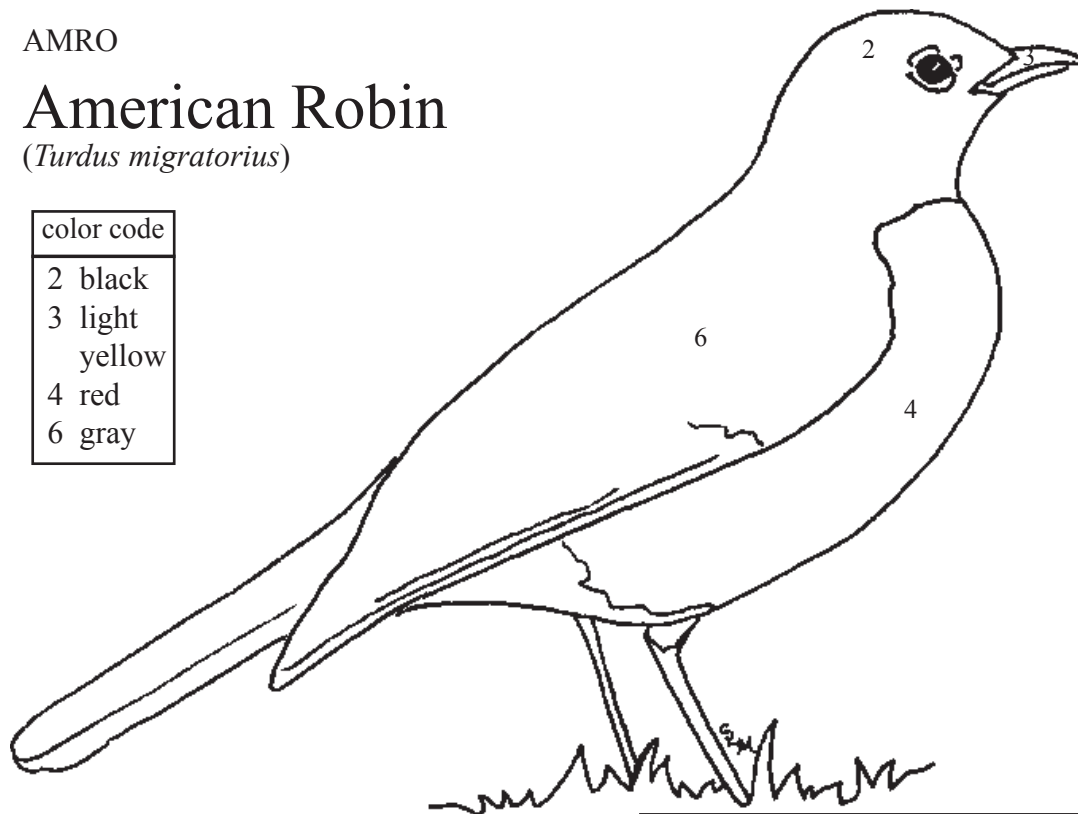


AMRO

# American Robin

(*Turdus migratorius*)

color code
2 black
3 light yellow
4 red
6 gray



## Food



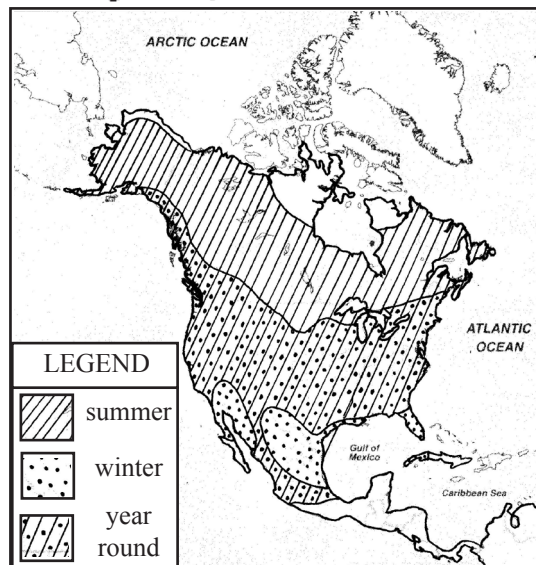
insects &amp; berries

## Habitat



open woodlands

**COOL FACT:** The oldest American Robin on record was 13 years and 11 months old!



OCWA

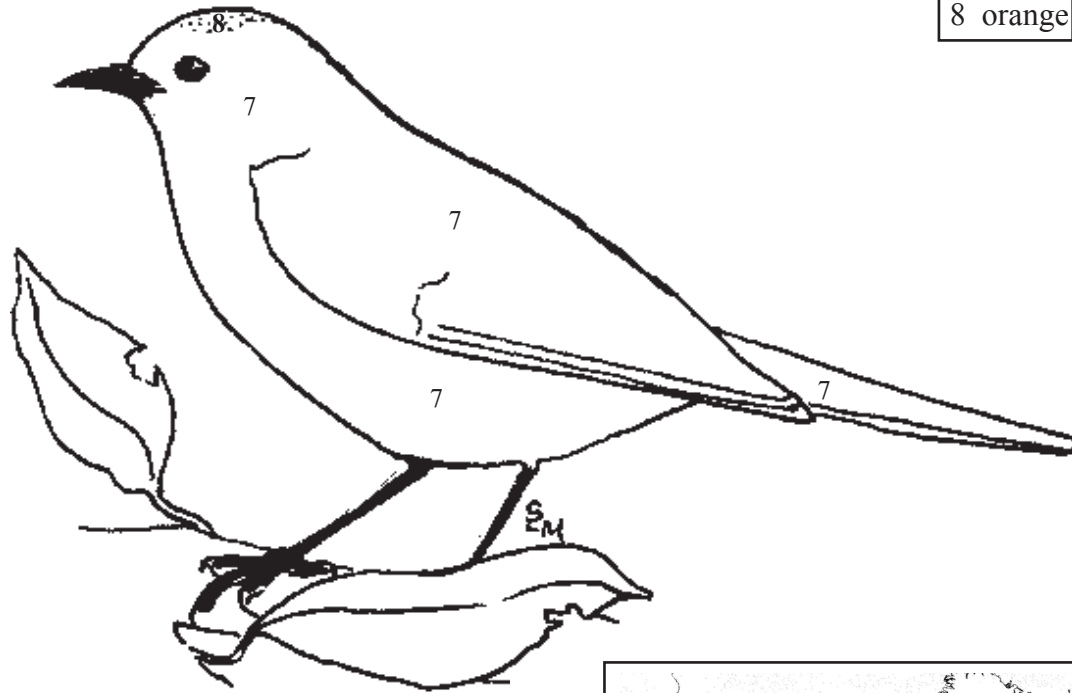
# Orange-crowned Warbler (*Vermivora celata*)

color code

7 olive

green

8 orange



## Food



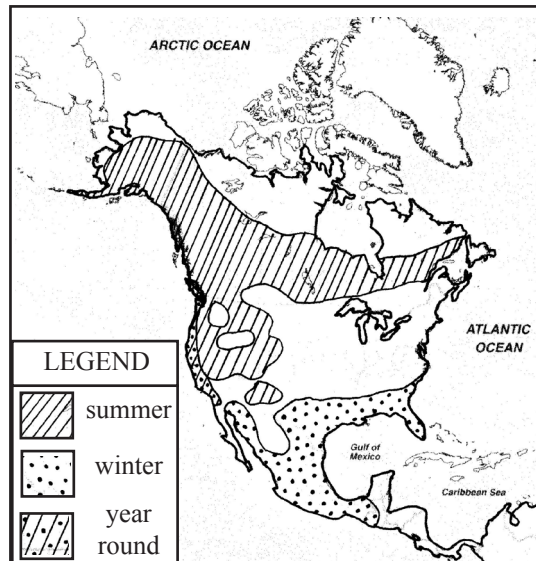
insects

## Habitat



shrubs

**COOL FACT:** Orange-crowned Warblers flit through vegetation removing insects from the tips of branches and leaves. This way of feeding is called gleaning.



MYWA

# Myrtle (Yellow-rumped) Warbler

*(Dendroica coronata)*

color code

- 1 white
- 2 black
- 3 bright yellow
- 6 gray

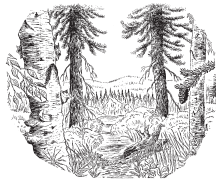


## Food



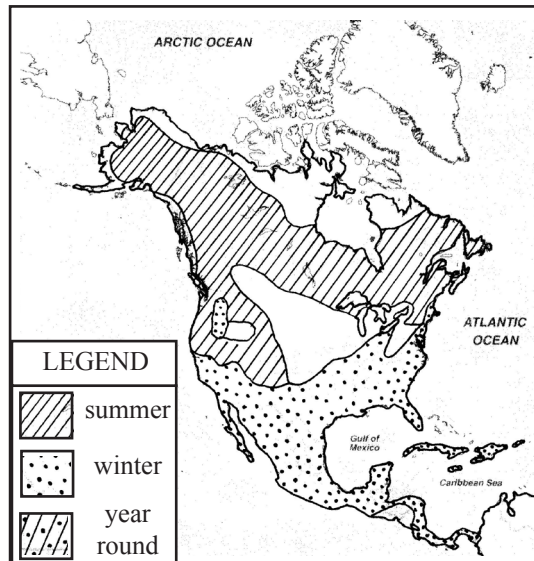
insects

## Habitat



mixed forests

**COOL FACT:** There are two different kinds of Yellow-rumped Warblers. Myrtle warblers are found in the east and north (including Alaska). Audubon's warblers are found in the west. Both have a yellow spot on their rumps that has earned them the nickname "butter rump!"



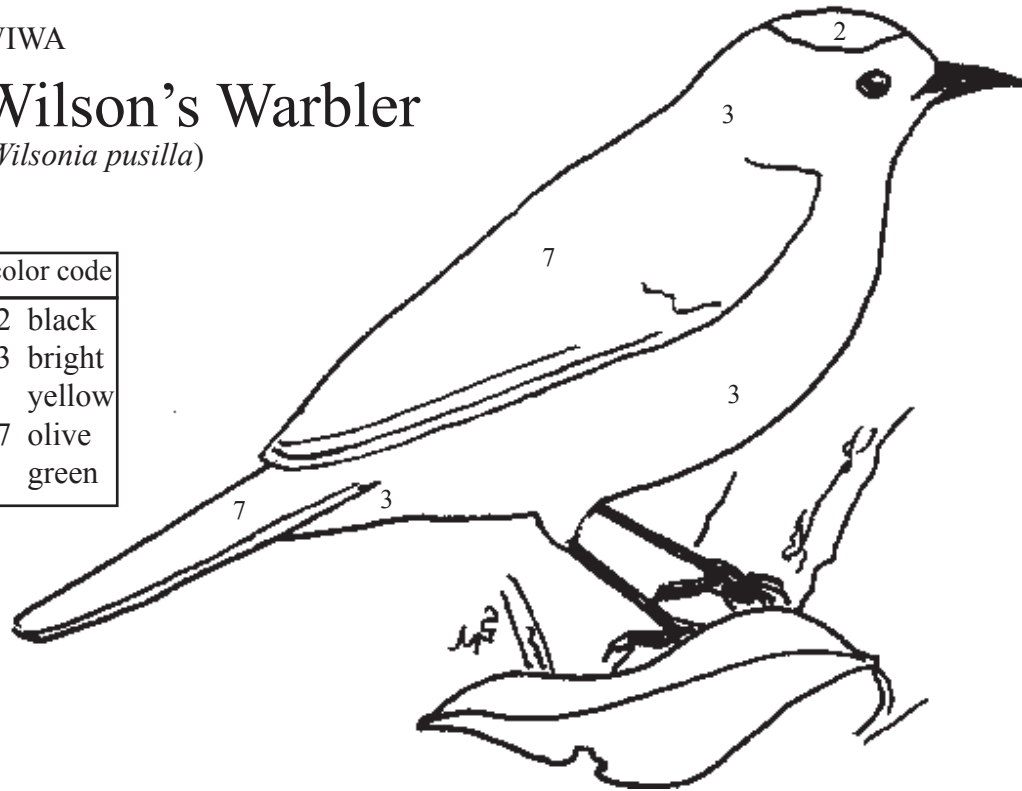
WIWA

# Wilson's Warbler

(*Wilsonia pusilla*)

## color code

- 2 black
- 3 bright yellow
- 7 olive green



## Food



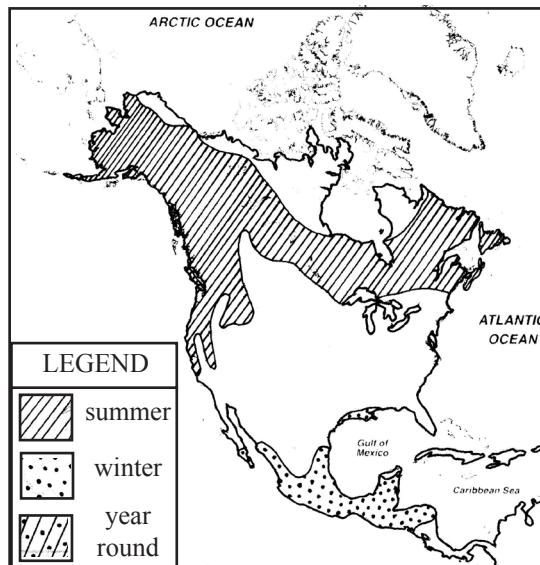
insects

## Habitat



shrubs

**COOL FACT:** Wilson's Warblers are named for Scottish-American naturalist Alexander Wilson. He traveled throughout North America in the early 1800s watching, painting, and describing the birds he saw.



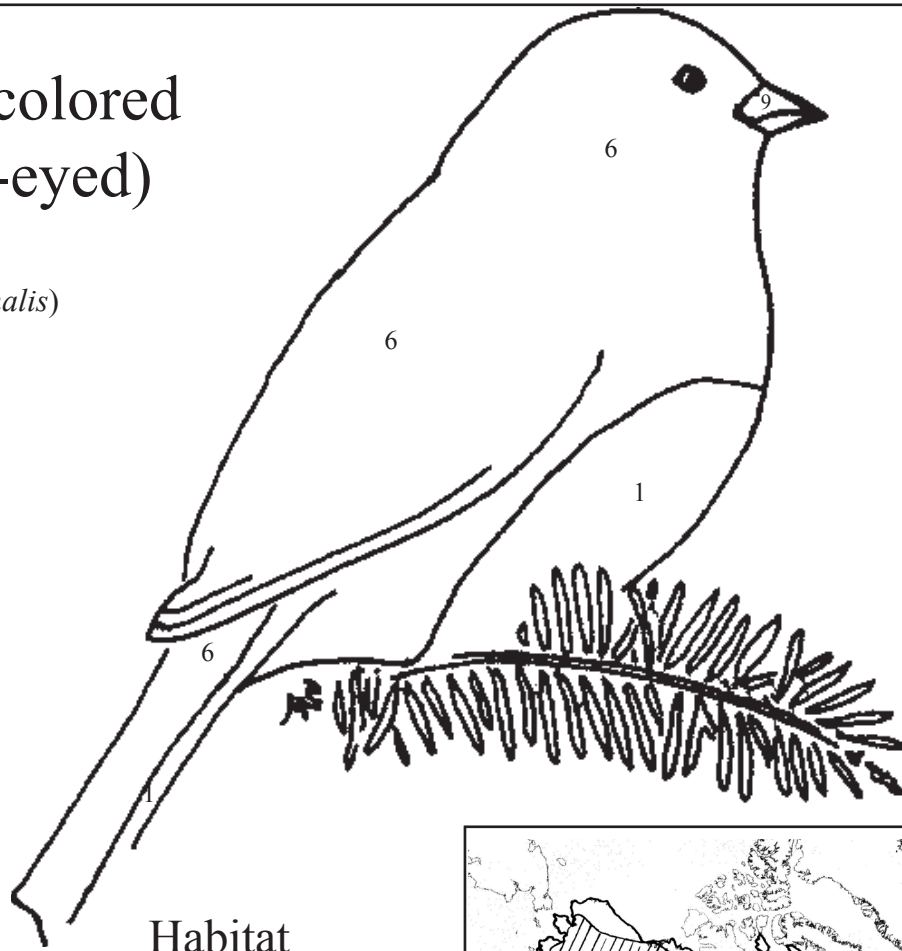
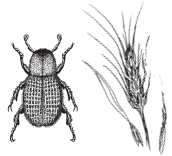
SCJU

# Slate-colored (Dark-eyed) Junco

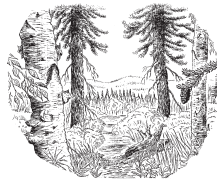
*(Junco hyemalis)*

color code

1 white  
6 gray  
9 pink

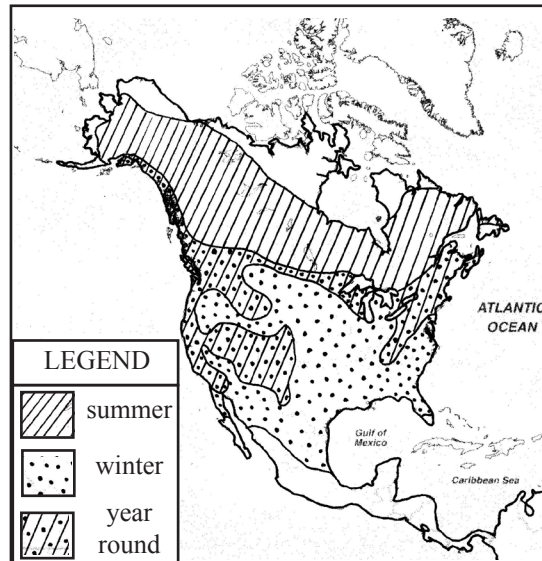
Food

insects &amp; seeds

Habitat

mixed forests

**COOL FACT:** The male Dark-eyed Junco's song is an even trill that many people think sounds like a telephone.



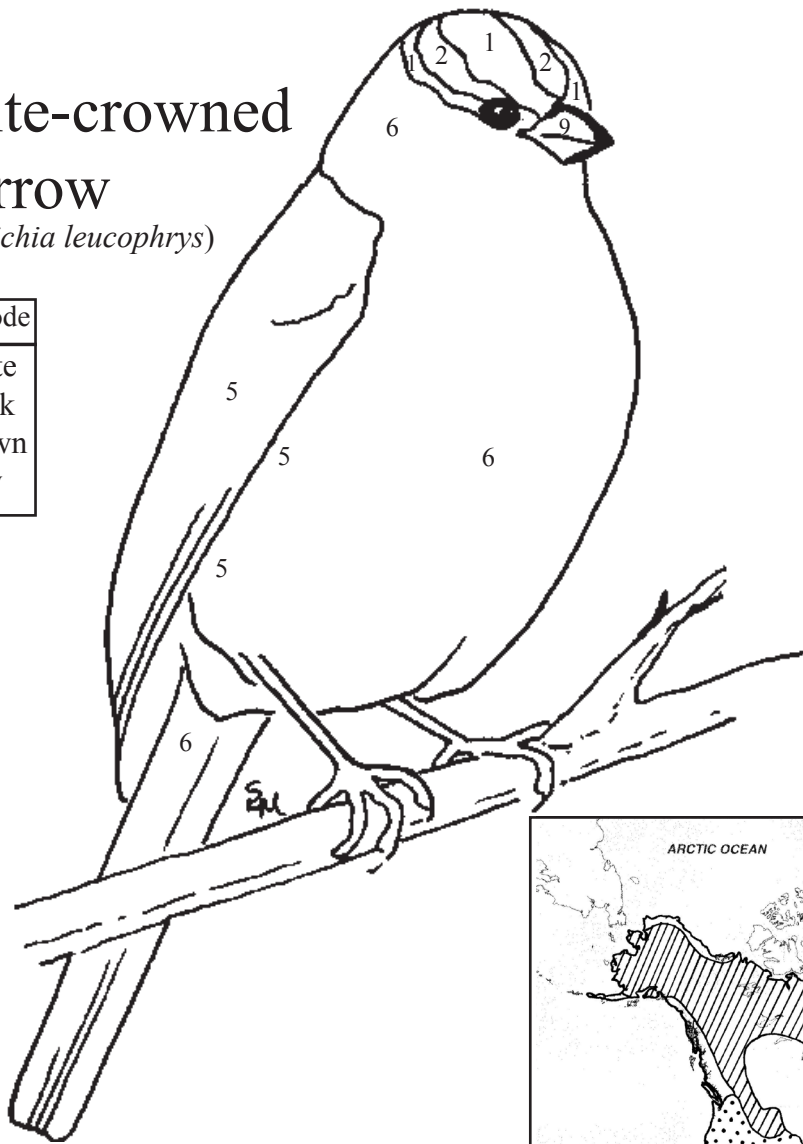
GWCS

# White-crowned Sparrow

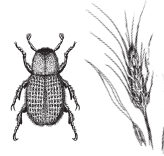
(*Zonotrichia leucophrys*)

color code

- 1 white
- 2 black
- 5 brown
- 6 gray



## Food



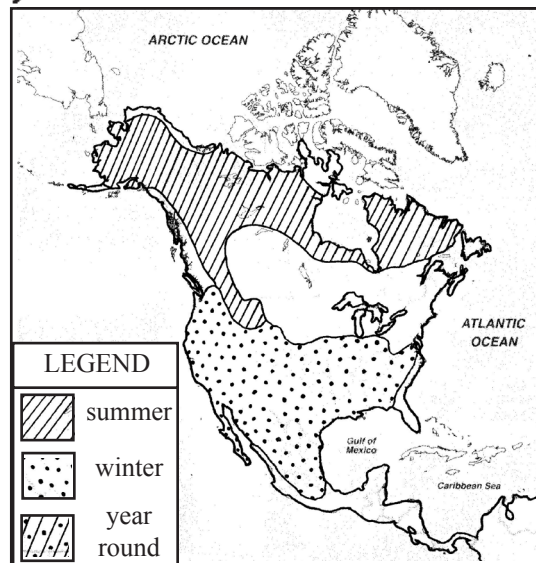
insects &amp; seeds

## Habitat



shrubs

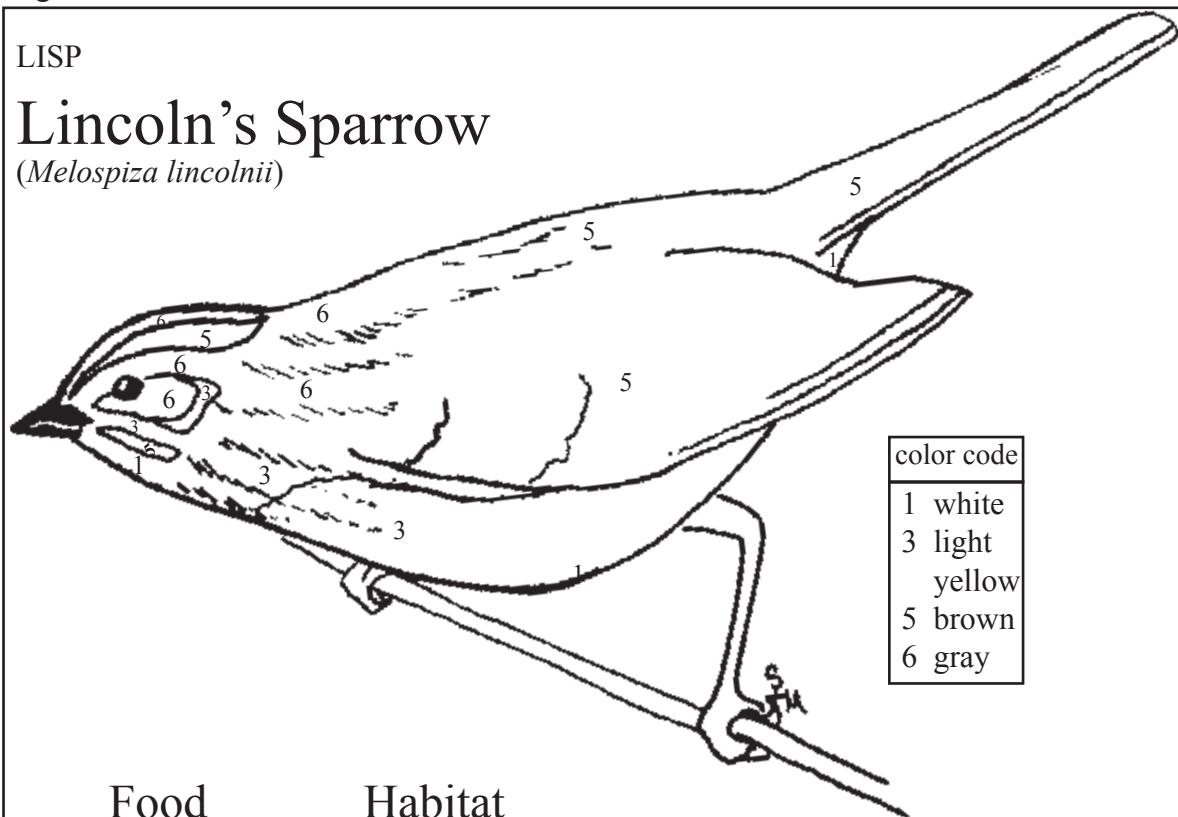
**COOL FACT:** A migrating White-crowned Sparrow was once tracked moving 300 miles in one night!



LISP

# Lincoln's Sparrow

(*Melospiza lincolnii*)



color code	
1	white
3	light yellow
5	brown
6	gray

## Food



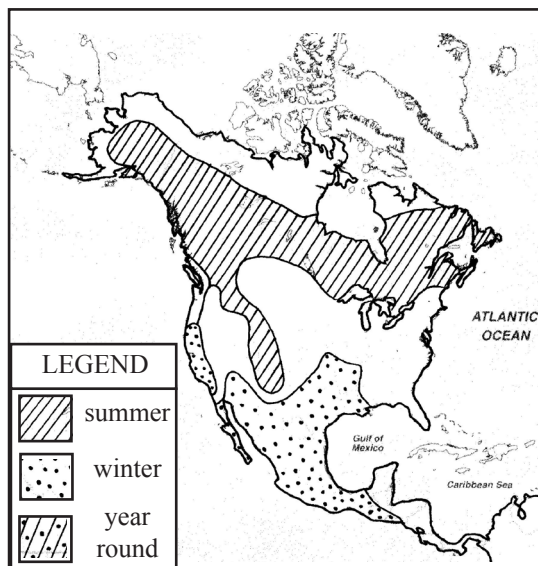
insects & seeds

## Habitat



wetlands

**COOL FACT:** Lincoln's Sparrows live and feed in dense grasses and shrubs. They are very secretive.



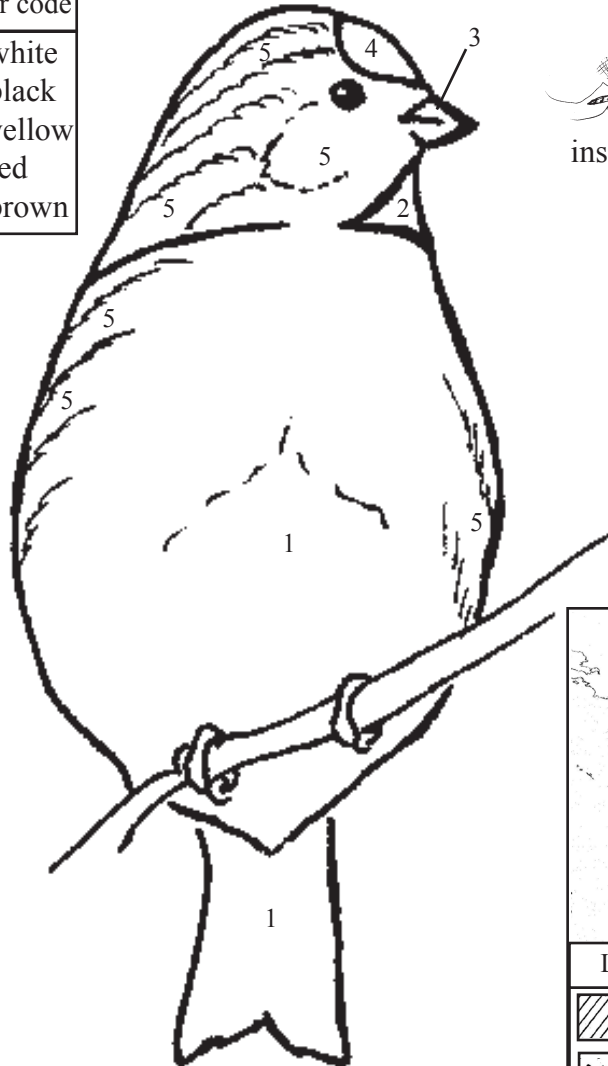
## CORE

# Common Redpoll

(*Carduelis flammea*)

## color code

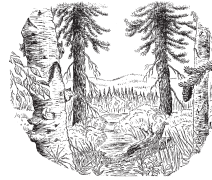
- 1 white
- 2 black
- 3 yellow
- 4 red
- 5 brown



## Food



## Habitat

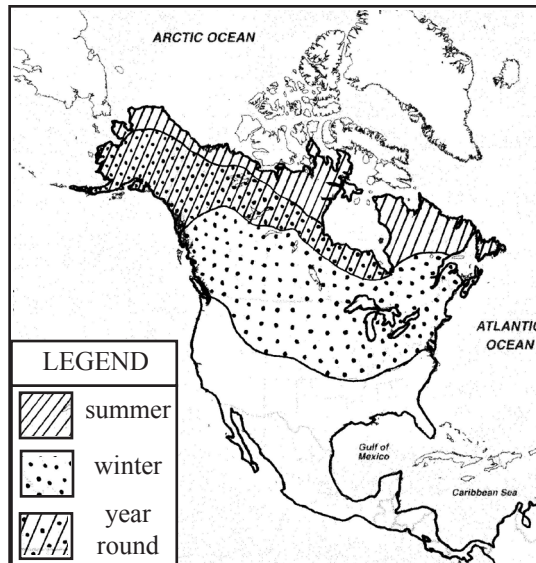


insects & seeds

mixed forests

## COOL FACT:

Redpolls have throat pouches for storing seeds. They may fill their pouches at your bird feeder in winter, and then swallow and digest the seeds during the cold winter night.



This is an example of a data sheet like those used by the Alaska Songbird Institute. The information on the sheet is from actual birds captured at Creamer's Field. You can add new data from birds you see being banded while you visit ASI.

YEAR: \_\_\_\_\_

unknown	0
AHY	1
HY	2

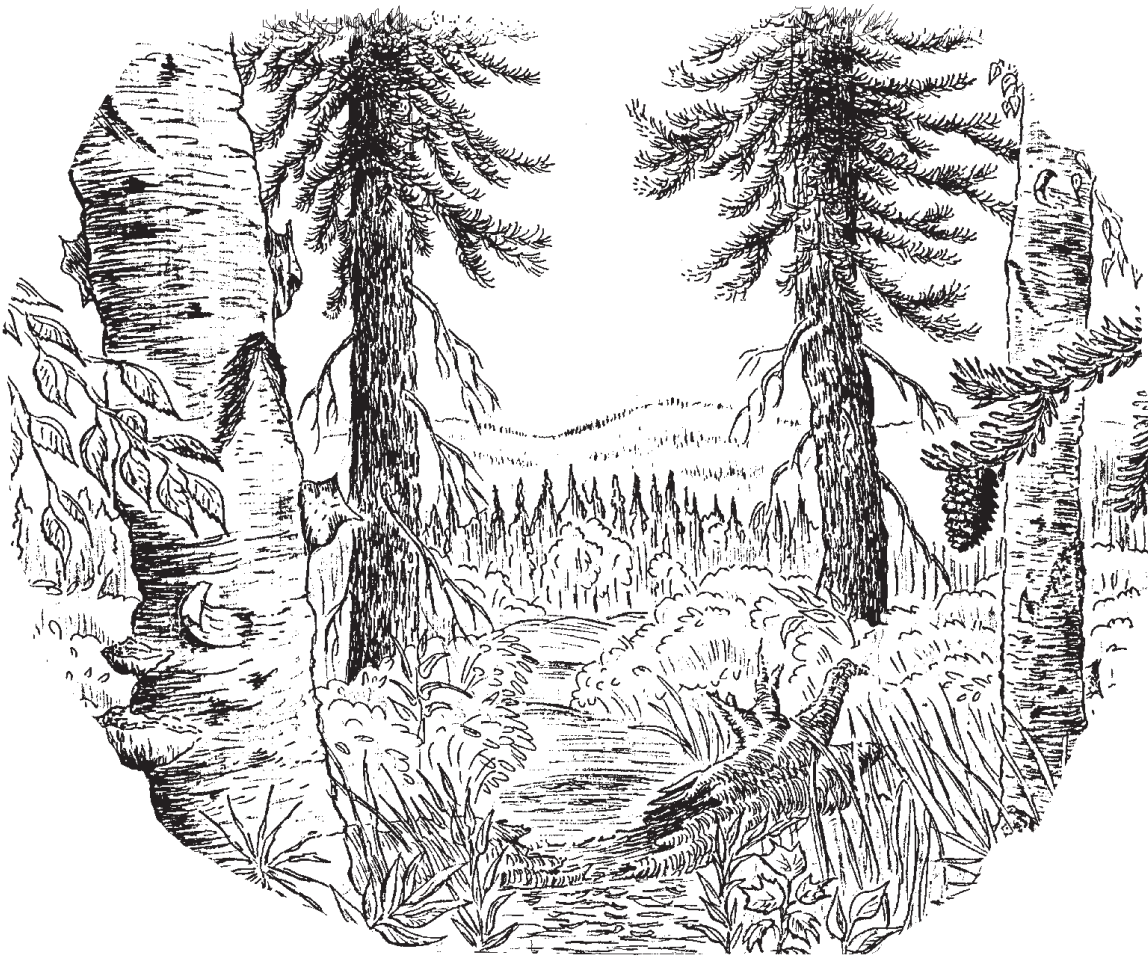
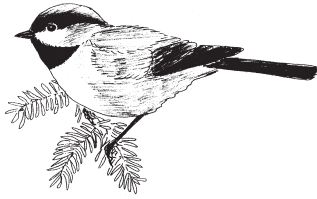
male	M
female	F
unknown	U

Each bird gets a metal leg **band** with a unique **number** on it. This makes sure we don't count the same bird twice when figuring out how many birds are around. We can also compare measurements if we catch the bird another time.

**Weight** is measured in grams using a scale.

All birds have a cloaca, or opening through which waste and reproductive material pass. The cloaca of male songbirds enlarges during the breeding season to form a **cloacal protuberance (CP)**. We give the CP a score of 0 (no swelling) to 3 (very swollen).

Think like a chickadee...



Look around the boreal forest. Can you find food, water, and shelter in your habitat? Where will you build your nest? Draw it. Where will you hide? Trace your path around your habitat.

Birds don't just live at Creamer's Field.  
They live around your house, too!

What kind of habitat do you live in?

If you live in the forest...  
Look for **Northern Shrikes**  
& **Black-capped Chickadees**.



If you live in the city...  
Look for **Pigeons** & **Common Ravens**.



If you live near a field...Look for  
**Northern Harriers** & **American Robins**.

If you live near the water...  
Look for **Mallards**, **Bald Eagles**, & **Arctic Terns**.



Can you find these birds?

What can you do to make their habitat a safe place?

***Charlie & Anna Creamer  
believed in conservation.***

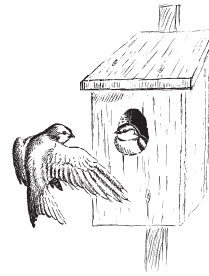
Conservation means protecting  
habitats for wildlife, plants,  
and all living things.

You can help protect habitats  
too! Here's are some ideas  
about how to do it.



☐ Keep habitats clean by putting your trash in the garbage and by picking up trash you see on the ground.

☐ Protect nesting habitats by saving snags (standing dead trees) and building nesting boxes.



☐ Make your home a safe place for birds by keeping your cat inside and asking your neighbors to do the same.

☐ Provide food for birds in winter by building bird feeders. Watch and describe the birds you see.



☐ ***Teach your friends and family about conservation by telling them what you learned at Creamer's Field!***

## Your Notes & Sketches

# Creamer's Checklist

## See

- ☐ Greater White-fronted Goose
- ☐ Canada Goose
- ☐ Mallard
- ☐ Northern Pintail
- ☐ Bald Eagle
- ☐ Peregrine Falcon
- ☐ Sandhill Crane
- ☐ Alder Flycatcher
- ☐ Black-capped Chickadee
- ☐ Ruby-crowned Kinglet
- ☐ Swainson's Thrush
- ☐ American Robin
- ☐ Orange-crowned Warbler
- ☐ Myrtle (Yellow-rumped) Warbler
- ☐ Wilson's Warbler
- ☐ Slate-colored (Dark-eyed) Junco
- ☐ White-crowned Sparrow
- ☐ Lincoln's Sparrow
- ☐ Common Redpoll
  
- ☐ barley
- ☐ an old nest
- ☐ a spruce tree
- ☐ an animal track
- ☐ sign of a moose
- ☐ an insect home
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Hear

- ☐ a bird song
- ☐ a Sandhill Crane call
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Smell

- ☐ a balsam poplar bud in spring
- ☐ fall foliage
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Taste

- ☐ a spruce needle
- ☐ a spring sugar drop
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Touch

- ☐ a feather
- ☐ a mist net
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_