

# Conservation

## Fun Outdoors!

It's good for our physical and mental health to spend time outdoors in winter. A big benefit is that our skin absorbs Vitamin D from the sunshine. Vitamin D is required for bone health and disease prevention. Being outdoors when it's cold doesn't lead to sickness. So bundle up and get outside in the cold; it is more beneficial than staying inside.

## for Kids!

### Word Search: Sights in Winter

## Hunting Tip

Plan ahead for your comfort during a cold-weather hunting trip. Will you be walking or hiking? Sweaty feet are no joy in cold weather. It's preferred to wear waterproof, insulated boots that also have a breathable membrane to release moisture. Avoid cotton socks; choose wool or wool-blend instead. And take an extra pair of socks in a sealed plastic bag so you can swap out when needed. Your feet will thank you!

## Fishing Tip

During winter, crappie are lethargic. A "dead stick" approach might be most effective. Drop your jig to the desired depth and let it sit idly. Occasionally pop your rod tip upward without reeling and let the jig fall back down. The current in the water will create subtle movement to your jig.

N	Y	R	A	B	B	I	T	W	R	A	V	G	N	T	T
Y	W	S	J	E	L	N	J	M	K	B	B	C	Y	S	U
P	Y	N	A	K	F	R	E	T	N	U	H	N	L	K	M
D	L	C	Q	N	U	X	G	L	C	I	E	C	A	W	D
H	R	U	P	E	T	I	O	L	C	U	X	Y	P	U	X
N	C	A	W	N	X	A	E	Q	Z	I	S	O	O	U	C
V	S	A	L	A	K	A	Q	W	V	Y	C	L	K	U	T
Y	E	I	R	L	C	E	E	D	A	K	C	I	H	C	D
W	O	N	S	D	A	N	L	Q	U	S	P	D	Z	B	P
F	W	P	N	I	I	M	A	L	U	R	L	Q	A	M	A
H	L	D	F	N	P	N	U	T	W	Y	K	J	V	X	C
U	K	G	H	Q	I	F	A	R	A	C	B	N	Z	B	R
O	N	E	N	X	Q	R	H	L	Q	R	O	K	Q	X	Z
R	U	E	A	B	T	Q	X	T	S	O	R	F	J	F	I
M	E	S	Q	S	Y	X	B	P	S	X	N	D	E	O	U
T	M	E	S	G	E	N	M	T	V	P	W	J	S	G	Y

Find and circle these things we often see during winter in Oklahoma.

Cardinal

Chickadee

Fog

Frost

Geese

Hunter

Icicle

Mallard

Rabbit

Santa

Snow

Stratus Cloud

## COOL FACTS About the Northern Cardinal:

- They have a head crest, a thin black “mask” around the bill and eyes, and a thick, red-orange bill.
- No other Oklahoma bird has the cardinal’s thick, orange-red bill.
- It is common in urban and residential neighborhoods with trees and large shrubs for cover and nesting.
- Cardinals are found year-round in Oklahoma except the western Panhandle.
- The male’s plumage is bright red overall; the female’s plumage is reddish on the tail, wings and head crest, but warm grayish brown otherwise.
- They are about 8 inches long when mature.
- They visit all types of feeders and will take seeds (especially sunflower seeds) scattered on the ground.
- They forage for a variety of seeds, some insects and some berries.



## Color a Critter: Northern Cardinal

