

# Get Outside!



**Hearts** go pitter-patter on Valentine's Day this month and not just human hearts. Human adult hearts average about 72 beats per minute. Check out the heart rates of these animals. (bpm= beats per minute)



Mouse:  
670 bpm

Crow:  
378 bpm



Cottontail Rabbit  
205 bpm



American Turkey  
193 bpm



Large Dog  
85 bpm

## Here's how to find out how fast your heart beats:

To take your resting heart rate at the wrist, place your index and middle fingers together on the opposite wrist. (Your index finger is the one next to your thumb). Line the two fingers up with the index finger of the hand you are taking your pulse from.) Feel for a pulse. Count the number of beats you feel in a one minute time period.



## Basket "Snow" Ball

Looking for a little something new to try? Give this simple, but fun outdoor activity a try. You can attempt it alone or with friends or family.

All you need for this game is a plastic clothes basket or storage tub and some snow (the good packing kind to make snowballs).



1. Place the plastic container on a flat surface of snow.
2. All players should make a snowball.
3. Each player should stand three steps away from the basket and take turns throwing their snowball into the basket. All the players who make the basket can take three more steps from the basket. Take turns shooting baskets again with new snowballs.
4. Each player continues to shoot baskets, moving three steps back from the basket each time they toss a snowball into the basket. The farthest one from the basket after everyone else has missed their shots wins the game.
5. Try a different version of the game by having everyone standing in a single line instead of around the basket or placing the clothes basket up higher (like on top of an overturned basket or sturdy container). Make up your own variation!



*The idea and instructions for this game came from the book "Winter Day Play" by Nancy Castaldo. The wording has been modified and variations added.*



## Henry Knows!

### Do Stars Really Twinkle?

When we look at the stars in the night sky, they appear to twinkle. However, they don't truly twinkle, they only seem to. Why? Stars are very far away. In fact the closest one after our sun is 25 trillion miles from earth and we see it and other stars as tiny pinpoints. As their light passes through the earth's thick atmosphere, which is always moving, the ripples of cold and warm air make the light quiver and twinkle.

Stargazing is not just a warm weather activity. Winter is a great time to check out the night sky. So on the next clear night, dress warm, grab a friend or family member and head outside to gaze at the stars. Can you find the North Star? The Big Dipper? How about Casseopia? To learn the locations of star patterns, called constellations, check out an astronomy book or with parent's permission or help, search the internet for local sky and star guides.



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## Explore a Nature Preserve!

### Round Lake

The Little Traverse Conservancy office is located in the northwest corner of this nearly 60 acre preserve! It's great to be surrounded by woods and to enjoy the many critters we've seen through the office windows: turkey, deer, fox, raccoons, squirrels, and many birds!

A trail winds through the forest, wetland, and shoreline habitats. A raised boardwalk leads to a platform from which you can view Round Lake. During the winter, many animal tracks and pathways can be seen in the snow.



*This preserve is located between Petoskey and Harbor Springs. From U.S.-31N at the intersection with M-119, take M -119 north about 1 3/4 mile. Turn right onto Powell Road. Go about 200 feet and turn right into the driveway.*