

Hiking at the East End Lagoon and Nature Preserve

Looking for Wildflowers and Pollinators



Are you ready to explore the trail at the East End Lagoon Nature Preserve and look for wildflowers and pollinators?

Here's what you will need:

- [Directions or a map](#) to the nature preserve
- Your "Field Guide to Plants at the East End Lagoon Nature Preserve"
- A pencil (optional)
- Walking shoes
- Something to drink
- Sun protection

What to do:

Walk along the trail at the **East End Lagoon Nature Preserve** just like Matt did in the video about wildflowers and pollinators. Take along your "Field Guide to Plants" to help you remember the names of the plants in the video. Make a few notes on what you see and check off the flowers in your guide as you find them.

- 👁️ Look for any insects around the plants. Are they pollinators you recognize like bees or butterflies? Can you spot a hummingbird sipping nectar from a flower?
- 👂 Be silent for a moment and listen for the sounds of nature around you. Do you hear the calls and conversations of the birds? Try to locate the birds you hear.
- 🌬️ Is there a breeze? How does the air feel on your skin? Moist, dry, cool, warm?
- 👃 Take a deep breath. How does the air smell? Do you notice the taste of the air on your tongue?

When you return to your home or classroom, take some time to remember your walk at the nature preserve. Draw or paint that memory. Or write a story or poem with words that remind you of your time exploring the East End Lagoon.

You are invited to share your artwork or writing by posting it on the **East End Lagoon Nature Preserve** Facebook page [here](#).