USDA Natural Resources Conservation Service
U.S. DEPARTMENT OF AGRICULTURE

Are YOU a Champion for Wetlands?

Guided Activity Book

July 2025

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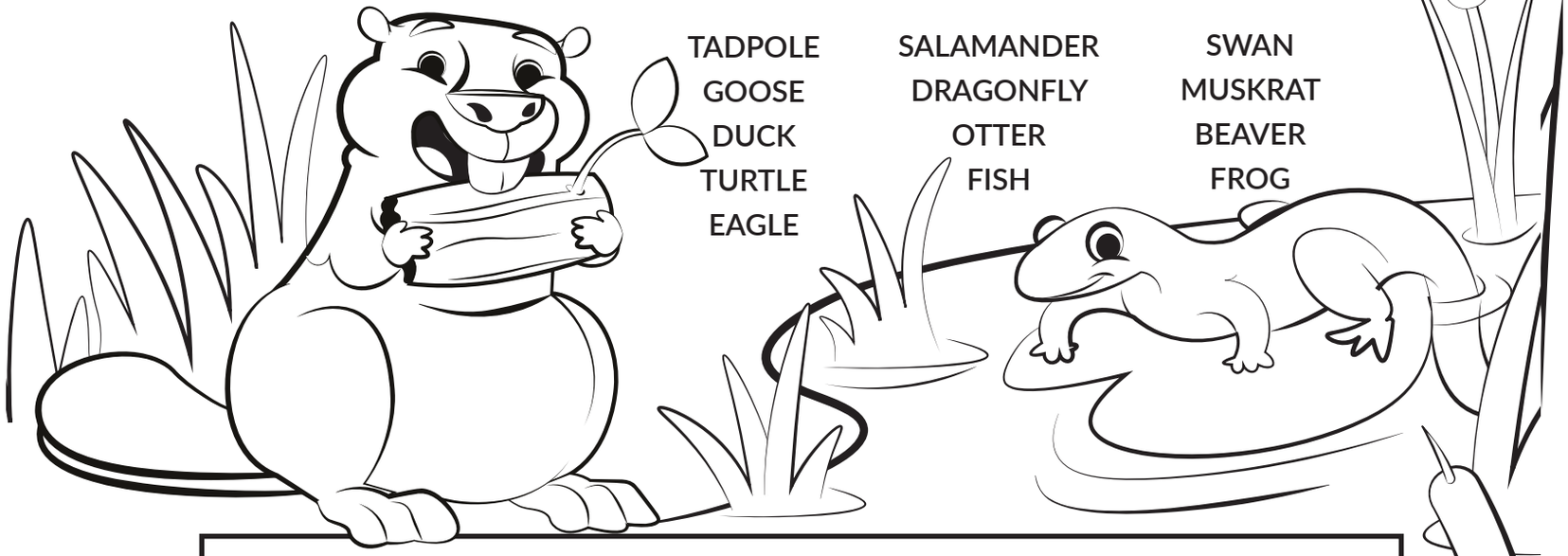
Word Search

You may ask, what is a wetland? Wetlands are amazing places. Think of a wetland as an area of land that is very wet because the soil stays wet for a long time. If you visit a wetland, you may see some water-loving creatures. You can find wetland areas around lakes and ponds, along riverbanks, near the coast of an ocean, and in low-lying areas of a landscape.



TADPOLE
GOOSE
DUCK
TURTLE
EAGLE

SALAMANDER
DRAGONFLY
OTTER
FISH

SWAN
MUSKRAT
BEAVER
FROG

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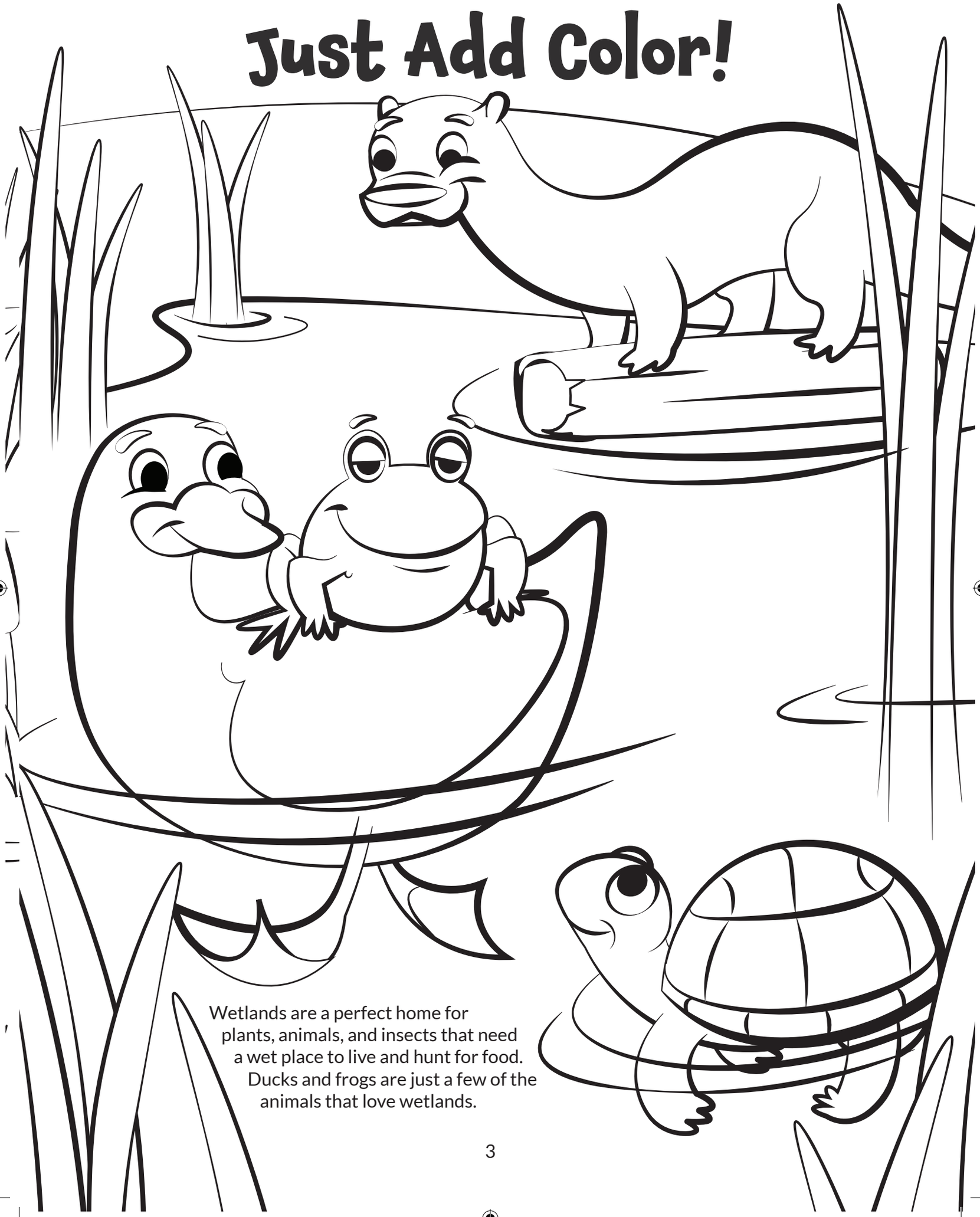
E	T	A	D	P	O	L	E	G	L	K	G	C	A	T
U	W	T	M	M	Z	O	D	O	E	W	X	Z	T	E
Y	U	B	Z	M	R	H	B	O	H	U	E	U	T	R
F	I	S	H	T	D	I	H	S	O	X	Z	B	X	R
J	J	F	L	O	P	S	N	E	T	U	R	T	L	E
S	A	L	A	M	A	N	D	E	R	P	T	F	R	L

Just Add Color!

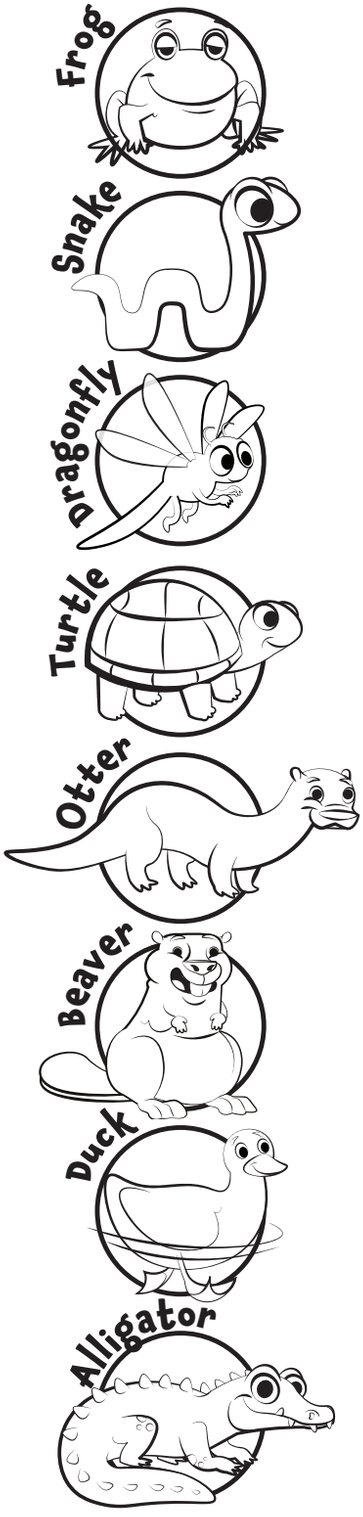


Wetlands are a perfect home for plants, animals, and insects that need a wet place to live and hunt for food. Ducks and frogs are just a few of the animals that love wetlands.

Discover the Connections

Wetlands are home to many water loving animals. Did you know, 40% of the world's animals live or have babies in wetlands? You may ask, how are they able to live in water? Many wetland animals have special features that enables them for life in water. Some have webbed feet, their bodies may be sleeker and more simplified, and some have special organs and structures in their bodies that allow them to get oxygen from water.

Draw a line from the mother or father animal to the baby animal.



Pups or **Kits** are not natural swimmers from birth. They are afraid of the water at first but by four months of age they can swim and dive well enough to catch their own food. They can hold their breath for up to 8 minutes.

Ducklings are hatched from eggs that the mother sits on to keep warm until the egg hatches. Ducklings can fly within 5-8 weeks after they are born.

Kits are born in the spring months. When they reach a year old they are called "yearlings." Kits are raised by both their parents in a house called a lodge.

Hatchlings are born from eggs. They use their "egg tooth" to break themselves out of the shell of the egg. As adults they are known for their ability to kill with their sharp teeth and strong jaws.

Turtlets receive no care from their parents when they are born. These babies are born looking like their parents but have soft shells that harden as they grow older.

A **tadpole** lives in water and has a large head, a long tail, and no arms or legs. As it grows, it develops legs and lungs, and the tail disappears. It is also called a polliwog.

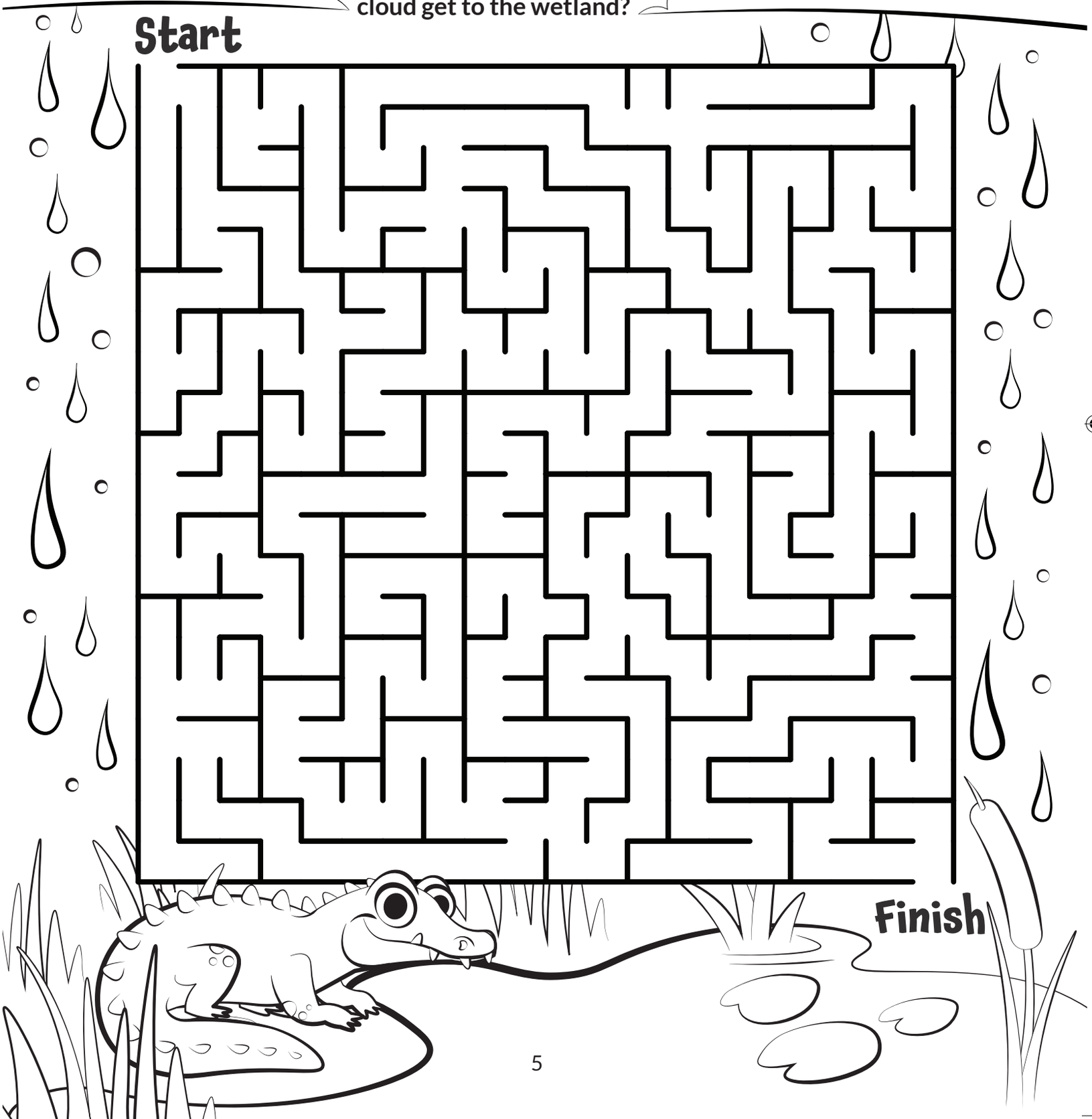
Nymph hatches from an egg under water. They have tiny wings and a large lower lip. They are not near as pretty as their parents.

A **snakelet** is also referred to as a neonate. They are smaller than their adult parents and may have slightly different physical characteristics.

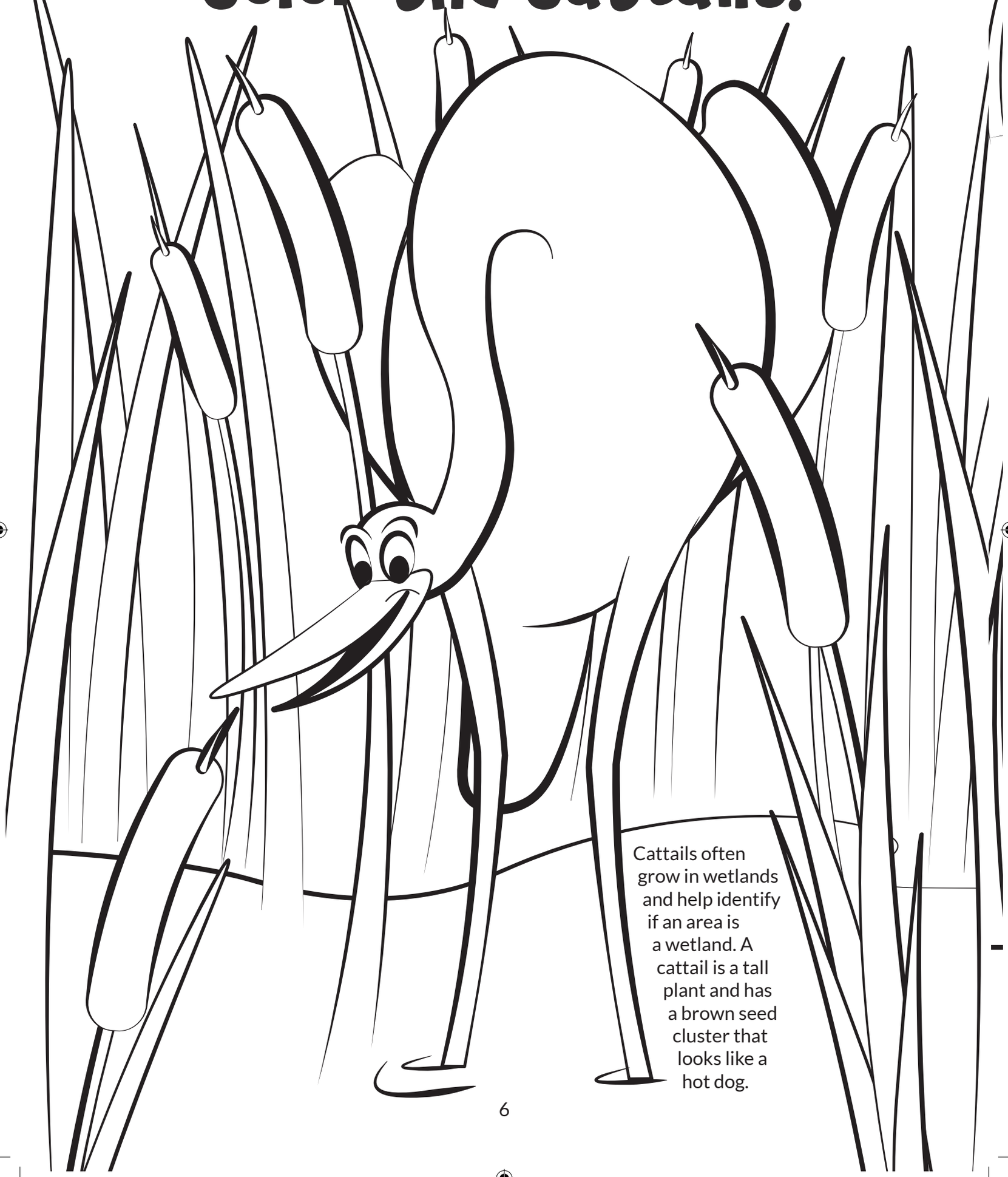
Navigate the Maze

Healthy wetlands act as giant sponges by absorbing heavy rainfall and releasing the water very slowly. This helps prevent flooding. Wetlands help clean and filter water that passes through them.

Can you help the rain from the cloud get to the wetland?



Color the Cattails!

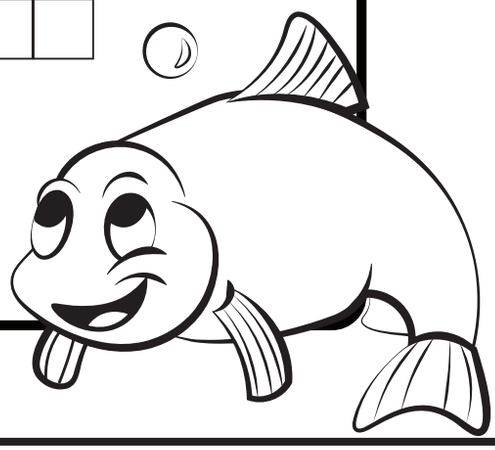


Cattails often grow in wetlands and help identify if an area is a wetland. A cattail is a tall plant and has a brown seed cluster that looks like a hot dog.

Word Scramble

Wetlands are sometimes called “nature’s kidneys” because they are so good for the health of the planet. A century ago, some people thought it would be a good idea to get rid of wetlands. Today, we understand the value wetlands provide. Wetlands store and clean water, and provide a place for many plants and animals to live.

1. ynidke
2. ahlhet
3. rtwae
4. utnaser
5. npsatl
6. laaismn
7. ifhs
8. lesnawdt
9. acenl
10. ufn



A Wetland Reserve Easement is available through the USDA Natural Resources Conservation Service’s (NRCS) Agricultural Conservation Easement Program. The program allows private landowners to voluntarily protect, restore, and enhance wetlands on their property. NRCS buys certain rights from the landowner and pays for the wetland restoration project. The landowner still owns the land, controls access, and keeps certain other rights, but must protect the restored wetland ecosystem for future generations.

Become a Wetland Warrior!

When a wetland is not taken care of properly, it becomes unhealthy and cannot perform the functions it is supposed to. You can be a champion for degraded wetlands by cleaning up trash, and planting native grasses, trees, and shrubs.

Be sure to take time each day to enjoy the outdoors!

The roots of trees help stop riverbanks from breaking down, which is key for maintaining the wetland's structure and function.

Key

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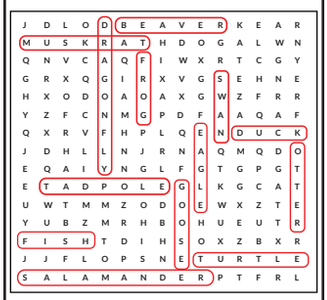

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Frog..... Tadpole
Snake..... Snakelet
Dragonfly..... Nymph
Turtle..... Turtlets
Otter..... Pups or Kits
Beaver..... Kits
Duck..... Ducklings
Alligator..... Hatchlings

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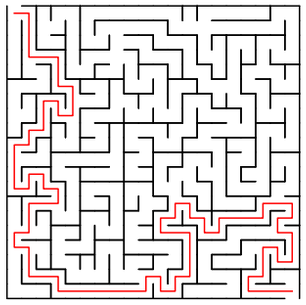

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1. kidney
2. health
3. water
4. natures
5. plants
6. animals
7. fish
8. wetlands
9. clean
10. fun

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