

# Night Prowl



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Welcome to **Night Prowl**, a program designed for learning about the night. Share the fun of learning about the night sky (constellations & stars), and the nocturnal animals, birds and other beasts that come alive at night.

Included in this document is a wide variety of activities, games and crafts to choose from. Choose the activities that work best for you and the girls and feel free to change or adapt the activities to suit your needs.

This camp was originally compiled by a committee with the following members: Mary Murray, Wendy Kinloch, Marlene Aschenbrenner, Roberta Fehr, Philomena Martin, Tamra Dorma, Lynne van der Linden, and has been reviewed and updated October 2014 by the Provincial Camping Committee.

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AB Camping Committee  
October 2014

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## The Constellations

### What Are Constellations

The first thing you need to know is that constellations are not real. The constellations are totally imaginary pictures in the night sky that poets, farmers and astronomers have imagined over the past 6,000 years. The real purpose for the constellations is to help us tell which stars are which, nothing more. On a really dark night, you can see about 1,000 to 1,500 stars. Trying to tell which is which is hard. The constellations help by breaking up the sky into more manageable bits. For example, if you spot three bright stars in a row on a winter evening, you might recognize that they are part of Orion. Suddenly the rest of the constellation falls into place.

### Where Did The Constellations Come From

OK, so we know the constellations are helpful for remembering the stars, but why would people want to do that. I said that farmers invented the constellations but why did they do that. Around the world, farmers know that for most crops, you plant in the spring and harvest in the fall. But in some regions, there is not much difference between the seasons. Some different constellations are visible at different times of the year and you can use them to tell what month it is. For example, Scorpio is only visible in the northern hemisphere's evening sky in summer. When they saw certain constellations, they would know it was time to begin planting or harvest.

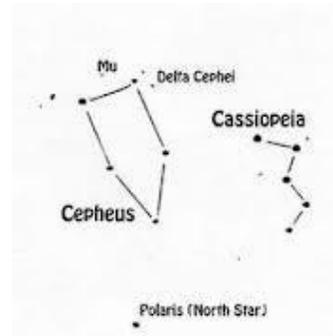
This dependence on the sky became a strong part of many cultures. Perhaps there is something about the mystery of the night sky that makes people want to tell stories about the constellations. The constellations have changed over time. In our modern world, many of the constellations have been redefined so now every star in the sky is in exactly one constellation. In 1929, the International Astronomical Union adopted official constellation boundaries that defined the 88 official constellations that exist today.

## Cassiopeia

Cassiopeia was the wife of Cepheus, the Ethiopian king of Joppa. The queen was both beautiful and vain, and her vanity caused great distress. After promising her daughter in marriage to Perseus, Cassiopeia had second thoughts. She convinced one of Poseidon's sons to disrupt the ceremony by claiming her daughter for himself. He arrived with an entire army and a fierce struggle ensued. During the battle Cassiopeia was said to have cried, "Perseus must die", but Perseus was victorious.

Perseus had also recently slain Medusa and cut off her head. He took the head to the warring wedding party and instantly turned everyone to stone. Poseidon was very upset and put Cassiopeia in a chair which revolves around the Pole Star, so half the time she's obliged to sit upside down.

The "W" shape of Cassiopeia is very easy to spot and the two end stars can be used as pointers to Pegasus.



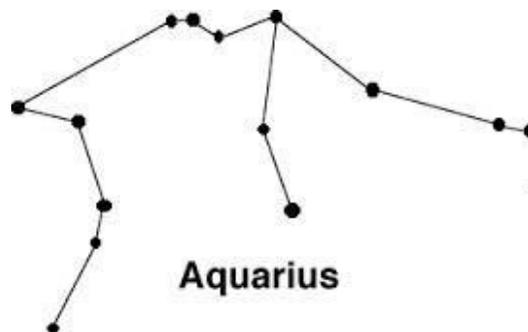
## Pegasus

Pegasus, the winged horse, flew out of the head of Medusa when Perseus slew her. He was fathered by Poseidon, some time earlier and waited for Medusa's death. Pegasus was given to Bellerophon and he rode Pegasus in a number of victorious battles. Flushed with victory, he flew off for Olympus, home of the gods, as if he too, were immortal. Zeus sent a fly, which stung Pegasus on the bum and Bellerophon was kicked off the horse. Pegasus went alone to Olympus, where he was used by Zeus to carry around his thunderbolts. Three stars and the end star of Andromedia make up the Square of Pegasus, a large formation easily seen though not bright.

## Aquarius

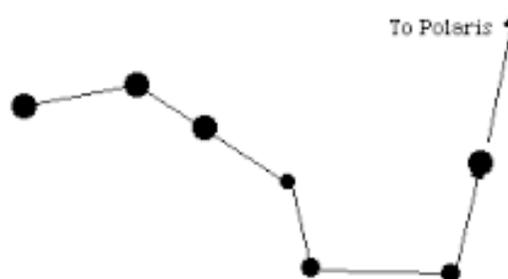
In Greek mythology Aquarius was "cup-bearer to the gods". His position was essentially to pour wine for all the gods on Olympus, a function far removed from the initial importance of the Water Bearer.

In fact the constellation seems to have represented water in a number of ancient cultures. In Egypt, the constellation was thought to cause the Nile to give forth its annual floods. The waters of the Nile, far to the south, would start to rise in June as the rains from the Ethiopian highlands began to run off into the Blue Nile. The night sky in June showed Aquarius at its zenith. The most obvious stars are the central four making the "water jug"; the stars below are the streams of water from it.



## Ursa Major

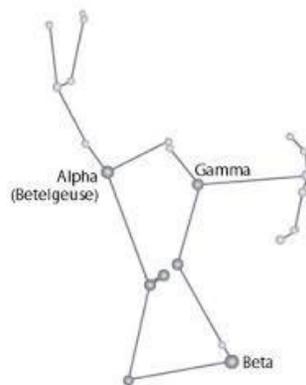
Ursa Major is a large sprawling constellation, the third largest. It is mainly known as the home of the Big Dipper. The name great bear seems to have been assigned to the constellation due to its northern latitude. Only a bear could live in such a northerly climate. The great bear is a large constellation, whose 7 brightest stars make the Big Dipper. Some of the First Nations tribes believed that when the Big Dipper faced up, it would be a dry season and when down it would be a wet year, because the rain would pour out of it.



## Orion

Orion is the master of the winter skies. He lords over the heavens from late fall to early spring, with his hunting dog Sirius trailing at his feet. Orion was known as the "dweller of the mountain" and was famous for his prowess both as a hunter and as a lover. But when he boasted that he would eventually rid the earth of all the wild animals, his fate was sealed. The Earth Goddess sent a scorpion to kill Orion with its sting. He engaged in battle with the scorpion but quickly realized that its armour was impervious to any mortal's attack. Orion then jumped into the sea and swam towards Delos. But Apollo had witnessed Orion's struggle with the scorpion and would not let him escape so easily. He challenged his sister, who was an excellent shot, to see if she could hit that small black object far away in the sea. He told her that it was the head of a treacherous villain. She struck the object with her first shot and swam out to retrieve her victim's corpse, but discovered she had killed Orion. She implored the gods to restore his life but Zeus objected. So she put Orion's image in the heaven. In his eternal hunting, Orion is careful to keep well ahead of the scorpion. In fact Orion has disappeared over the horizon by the time Scorpio rises in the east and it becomes his turn to rule the evening sky.

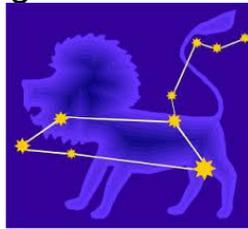
A great hunter in Greek mythology, Orion contains more bright stars than any other constellation.



## Leo

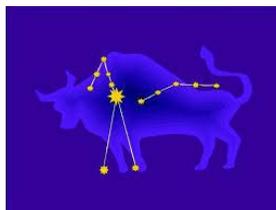
The first thing on the list of Heracles' labors was the task of killing the Lion, a giant beast that roamed the hills and the streets of the villages, devouring whomever it met. The animal's skin was impervious to iron, bronze and stone. Heracles' arrows harmlessly bounced off the lion, his sword bent in two and his wooden club smashed to pieces. So Heracles wrestled with the beast, finally choking it to death.

He then wrapped his lion pelt around himself for protection. As the story goes, the lion found its way to the heavens to commemorate the great battle with Heracles. Long before the Greeks began telling stories the lion was an ancient symbol of power. Leo the lion, is one of the few constellations which looks like what it is named after, a crouching lion.



## Taurus

Europa was the daughter of King Agenor. One fine spring day, accompanied by her handmaidens, Princess Europa went to the seashore to gather flowers. Zeus, who had fallen in love with her, seized the opportunity. Zeus transformed himself into a magnificent white bull and as such he joined King Agenor's grazing herd. Europa noticed the wonderful white beast, which gazed at them all with such a mild manor that they were not frightened. Europa wove wreathes of flowers for the beast and wrapped them around his horns. She led him to the meadow and he was as docile as a lamb. Then as he trotted down to the seashore, she jumped on his shoulders. Suddenly, to her surprise and fright, he plunged into the sea and carried the princess to Crete. Zeus and Europa had three sons and they introduced the bull into Crete culture. The horns of Taurus the bull were a symbol of fertility and bountiful riches in many cultures for thousands of years. The star Aldebaran is the bull's red eye. Its head is the Hyades star cluster and despite its name, normal eyesight can only find six stars in the "Seven Sisters" Pleiades cluster.



## Information on Nocturnal Animals

When you go to bed in the evening, many animals are just waking up. After spending the day resting, some animals go out to find food or mates during the night. Animals that are active at night are called nocturnal. Staying up at night might sound like fun to you, but it is a matter of survival for nocturnal animals. The dark helps small animals to hide from their enemies. Creatures that need to keep their bodies moist come out at night too, when the air is damp and cooler. And hunting at night helps some predators avoid competing for food with daytime hunters.

Both swallows and bats eat flying insects, swallows by day and bats by night. One bat can eat 500 mosquitoes an hour on a summer's night. Building a bat box is a good way to attract the bats and to make use of this remarkable and cheap insect control. Bats are fussy about personal hygiene. They lick their fur, scratch themselves and wipe their faces. They are particularly fussy about keeping their wings clean. Bat poop, called guano, is a great fertilizer for your garden. It will collect under the bat box. All cottage-country bats eat only insects. In some parts of the world, bats eat pollen and are important pollinators of fruits. Blood sucking vampire bats are tropical. Bats will leave their nesting spots by September to look for warmer winter hangouts in hollow trees, caves and the attics of old building. They hibernate over winter.

Otters aren't naturally active at night, but they become nocturnal when they live near people. Mice come out at night when it's harder for foxes to hunt them. Great Homed Owls and Red-tailed Hawks eat the same prey. The owls hunt at night and the hawks hunt during the day, so they can live in the same habitat without fighting over food. Earthworms, salamanders and slugs need to stay damp, so they avoid hot sunlight and come out at night.

Insects usually change into adults, or emerge from their pupal case at night, because it is the safest time for them. A new adult insect's skin is soft and its body could easily dry out in the sun. The insect also moves very slowly and can't fly for several hours after it emerges. If you take an early morning walk by a stream or marsh in the summer, look on rocks and shoreline plants for the shed skin, or casts of dragonflies and nymphs.

If you walk outside in the dark, you will probably trip and bump into things. Animals that are active at night are specially equipped with super senses to help them stay safe in the dark. Many nocturnal animals rely on their ears for survival. Barn Owls can hunt by hearing alone. Bats also use sound to find food and to avoid bumping into things while flying at night. They send out high-pitched squeaks and then listen for the echoes that bounce off nearby objects. This is called echolocation and using this, a bat can tell where an insect is, how big it is, how fast it is moving and in what direction it is flying. Some whales and porpoises also use this to find prey in the underwater darkness.

Seeing in the dark is much easier when you have a flashlight. Some animals have built-in flashlights to help them see at night, find food, attract a mate or avoid enemies. Creatures that can light up in the dark are called bioluminescent. The light is created by a chemical reaction, usually inside the animal's body. These living lights may be colored greenish blue, yellow or red and some species make more than one color. At night the ocean lights up with the glow of many creatures. You may find glow-in-the-dark creatures on land too. Some millipedes, centipedes and earthworms produce their own light and so do insects such as fireflies, glow-worms, ground beetles, click beetles and midges. Even some mushrooms have glowing parts. The main reason why animals light up is to send messages to each other, especially when they are searching for a mate. Each species of firefly has its own code or pattern of flashes and a female responds to the code. When a female flashes back, the male swoops down to mate with her. If you see fireflies flashing watch their light patterns closely and you may see the male and female signals.

Seeing an owl is a rare event, since most owls are active at night when people are asleep. You may hear the sound of an owl calling at night. It calls to communicate with other owls and claim its territory. Owls have large sensitive ears for hearing prey and are hidden under the feathers at the sides of its saucer-shaped face. Its large eyes let in lots of light and help an owl to see in the dark. Both eyes point forward, so the owl can see depth and details far away. An owl's flight feathers are fringed so air passes through them silently and the bird can sneak up on its prey. An owl's body is light in relation to the size of its wings, so it doesn't need to flap as much as other birds. This also helps it make less noise while hunting. When an owl eats, it swallows its prey whole. It can't digest the bones, fur, claws, beaks and other tough bits, so its body forms tiny dry packages called "pellets" that contain these parts. The owl then spits the pellets up to get rid of them.

When you hear an owl call, stop and listen for the next round. Count the number of sounds and memorize the rhythm. When you think you have got it repeat the call several times. The owl may come to investigate, thinking you're another owl trespassing on its territory.

#### Hooting Owls

Great Horned Owl

WhaWhaWha – Whooo – Whooo

WhaWhaWhaWha- Whooo – Whooo

Barred Owl

Who – Who – WhaWha- Whoohooow

#### Shrieking Owls

Barn Owl

Chaaaaaaaaaaaaaaaaaaaaaak (can hiss, too)

Long – eared Owl

VVaaaaaaaaaaaaaaaaaaaaaaaaa (can be wheezy or shrill)

Wailing Owls

Screech Owl

Oo-o-o-o-o-o-o-o-o-oooooo

(descending and quavering like a far-away ghost)

Turn on a light or a candle and sit back and watch the nocturnal creatures it will attract. Moths prefer the dark but they'll come to a light in search of food. Mosquitoes and midges will also swarm around the light and attract bigger insect predators. You may even get a beautiful lunar moth to visit, so you can check out its huge smoky, pale green wings. If you attract one, treat it with respect; they only live a few days, just long enough to mate and lay eggs. In early summer, late in the afternoon, smear ripe banana or peanut butter on a tree near a light. Then sit back in the night shadows and wait. Check the tree again in the daytime and see if any daytime creatures like banana.

In late evening, bats begin their nocturnal activities with a drink from a lake. Then you'll see them swooping near lights, even a campfire, looking for prey. Listen for their high-pitched sounds-clicks, buzzes and cries. They are listening to echoes of their own voices to locate prey and avoid obstacles as they fly. Some of these sounds you can hear, others are too high pitched for human ears. If a moth starts to fly in a wild zigzag pattern or if it dive-bombs to the ground to hide in the grass, you'll know there is a bat looking for dinner close by. Bats should never be picked up. They can carry rabies and when startled, they will bite.

Crowds of insects fly around streetlights on a summer night. Night flying insects use moonlight as a guide for flying in the dark. Since the moon is so far away, insects can fly in a straight line by keeping the moonlight at the same angle to their eyes all the time. When the insects see the brighter, close up light of a porch light, they get confused and use the nearer light as a guide instead. Unfortunately, in order to keep the nearby light at the same angle to their eyes, the insects end up flying in circles, closer and closer to the light.

Whether you live in town or in the country, you may hear the sounds of animals that come out after dark. Raccoons leave their dens in hollow trees to rummage through garbage cans and gardens for food. Rats and mice scamper through the dark looking for scraps of food and trying to avoid the cats and dogs that are also out at night. Skunks root under stones or in lawns for tasty grubs and other insects to eat. If you are in the country you may hear coyotes or wolves at night. Coyotes look for food around farms in the night.

Wolves try to avoid people so you will hear them more in the wilderness. Wolves howl to draw the pack together before hunting or to defend their territory. Listen to wolves howling after dark in late summer when the adults are teaching their pups to hunt and howl. Some zoos have exhibits of nocturnal animals. Since you can't visit them at night, they are kept in special buildings lit during the day with red lights. Because nocturnal animals can't see red light, they think it is dark and remain active. Brighter lights are used at night so the animals will sleep.

Some nocturnal animals have an amazing ability to smell, taste and feel their way around at night. Most birds have a poor sense of smell but sea birds use smell to find fish near the water's surface at night. Insects use their antennae to help them smell, taste and feel things. A male moth can find a female in the dark more than a kilometer away just by using his sense of smell. In dark waters, fish use smell to find other fish of their species. Catfish, cod and carp have whisker like barbells growing around their mouths that can detect chemicals in the water. They drag their barbells along the bottom to help them feel, smell and taste what is down there. Raccoons use their keen sense of smell to find food in the dark. Deer and rabbits use their sense of smell to detect danger. The long, stiff hairs growing from its eyebrows, cheeks and mouth area help a cat feel its way around in the dark. Slugs and snails use small pairs of tentacles to help feel their way through the dark. Snakes use their tongues for smelling. The tips of the forked tongue collect tiny scent particles from the air and bring them back into a special scent organ in the snake's mouth.

Imagine sleeping upside down like a bat or taking 90 second power naps the way a dolphin does. Some bats wrap their wings around their bodies like blankets, and the big-eared bats may tuck their ears under their wings for warmth. Many animals curl up in a furry ball with their nose and tail touching to keep warm. Horses, elephants and other large animals can nap standing up, but they lie down for long sleeps. Opossums snooze for 18 hours a day whereas a giraffe only needs 2 hours of sleep a day. Mice, moles and other small animals line their beds, called burrows or nests, with dried leaves and grasses. Fish and turtles head to the muddy bottom of a marsh or pond to sleep. Do you know why a bird doesn't fall off its perch when it sleeps? When the bird's toes wrap around the perch, special muscles in each leg lock the toes into place so that they won't slip, even when the bird is asleep. Watch a cat or dog sleep, you may see it twitching, growling, wagging its tail or moving its feet. That is because it is dreaming.

## CRAFTS

### Constellation Cans

Use an empty soup size, clean can, leaving the bottom in place. Trace a circle on paper the same size as the bottom of the can. On the circle of paper mark the stars of a constellation. Using a nail make holes through the star marks. Turn the can upside down, turn the constellation paper over and mark the position of the holes on the bottom of the can. The constellation will be marked backwards on the bottom of the can. Use a hammer and a thick nail to make holes in the bottom of the can. At night, shine a flashlight into the can. Project your constellation on a tent roof or wall of a dark room.

### Space Mobile

Construction paper- black, yellow, gray or blue

Wire - coat hangers will work

Quilting thread

Scissors

Wire cutters

Hole punch

String

Metal ring

Take two pieces of wire approximately 12 inches long and attach them in the middle. Using the black construction paper cut out silhouettes of nocturnal animals and birds, bats, mice, owl etc. Using the gray or blue construction paper cut out a moon (half-moon would work best). Using the yellow construction paper cut out stars. Each girl will need four stars, four nocturnal animals and a moon. In the top of each item punch a hole. Tie a piece of quilting thread, of varying lengths, on each item and tie the other end to the wire. Tie the moon to the center, the nocturnal animals on the end of each wire and the stars in the center of each section. Tie a string to the center where the wires are joined and attach the other end of the string to a ring. The ring is then used to hang up the mobile.

### Punch Craft

*The Craft Book*, Girl Guides of Canada, Published by Ontario council 1997,  
Page 94

Make a circle of fun foam with a nocturnal animal punch out in the center of the foam. Sew the punched out animal with yarn using a running stitch. Also finish off the edges of the circle with yarn.

### Hat Craft- Fireflies

Glue gun  
4 inch scrap of wool  
2 half inch pompoms  
4 googly eyes ( 3 mm )  
Glow in the dark fabric paint  
Scissors  
Safety pin

Tie the wool on the round end of the safety pin; knotting it so one end is longer than the other. Hot glue the ends of the wool on the back of each pompom. Hot glue the eyes on the front of each pompom. Dab 'glow in the dark' fabric paint on the bottom of each pompom. Pin to the edge of your camp hat and watch your fireflies dance. In the dark they should glow.

### Hat Craft -Mouse In A Tin

Black film canisters with lids  
Glue gun  
5 inch lengths of wool or thin gold or silver cord  
Strands from an old black paintbrush for whiskers  
Googly eyes  
Brown felt scraps  
1 inch pompoms (color of your choice)  
Small pompoms for noses (color of your choice)  
Scissors  
Safety pin or clasp

Put a dot of glue on opposite sides of film canister and press ends of wool or cord into each dot. Run a circle of hot glue around the inside of the film canister and press bottom of the 1 inch pompom into it. Put hot glue on back of pompom and inside the top of film canister lid. Quickly position the lid in desired position. Using pattern shapes shown, cut out feet and ears from brown felt. Tuck the straight edge of feet inside film canister and glue in place. Glue ears, eyes, nose and whiskers in place. Pin on a camp hat as a reminder of camp.

## GAMES AND ACTIVITIES

### Night Eyes

#### Equipment:

Black construction paper

Red reflective tape

White glue

Scissors

Mactac or laminate the cards

Nail Hammer String

Cut out a mask shape out of the construction paper. The construction paper mask can be glued to cardboard so that it will hold its shape and last longer with use. Cut eye shapes of the various animals out of the red reflective tape. Glue them on to the construction paper masks. Mactac or laminate the masks for reuse. Using the hammer and nail, punch a small hole in the top of each mask and attach a piece of string. On the back of each mask note the animal the eyes belong to and the height that they would be from the ground.

#### Advance Preparations:

The eyes need to be hung using the string, or placed in the grass or bushes, at the approximate height of the animal before the stalking game begins. Don't let the participants see you setting them up. Try to set things up so that the cardboard does not move in the wind and twirl around so that the reflective eyes are not facing the trail.

#### Groups:

Divide the girls into groups of 5 or 6 and each girl should have a flashlight or at least each group should have several flashlights. Each participant in the game is given a photocopied sheet with details about the various animals that she will spot, a picture of the eyes and the height off the ground that they will be found.

#### Instructions:

The girls are to go out in groups and find the 10 to 12 sets of eyes that are on their list. The eyes should be along the trail, so that they can be found fairly easily and no girls get lost. The end of the trail or turning point, if it is not a loop, should be well marked. The girls must stay with their group and an adult can go along as an observer if required.

## Night Flashlight

Red tissue paper

Scissors

Elastic bands in various sizes

Cut out circles from the red tissue paper that will fit over the end of the flashlight. Place the elastic band over the tissue paper to hold it on to the flashlight. See "Night Prowl".

## Night Prowl

If you really want to know what goes bump in the night, you will want to go on a night prowl. Put on your dark clothes. Stand still to get used to the dark. Look at the trees and watch how moonlight and breezes play on them. Each kind of tree moves in its own way. You are now ready to go on a night prowl. When you're used to the dark, walk ahead softly, the animals can hear you, so you must be very quiet. Have the girls use their "Night Flashlights". Because nocturnal animals can't see red they think it's dark and remain active. Sweep, the dark with your light. When you hear a sound, track it in the flashlight beam.

These are some of the things you may see and what they are.

- black, zigzagging shadows in the air (bats)
- flashes of light in the grass or bushes (fireflies)
- tiny glowing dots of light on the ground or in rotting logs (beetle grubs or fungus)
- tiny crawling specks of white (spider eyes)
- large close-set orange eyes (bear - oops - walk away noisily, yelling & throwing things on the ground)
- bright yellow eyes (raccoon)
- shining green eyes (bullfrog)
- bright white eyes (dog, coyote, wolf)
- dull white eyes (whip-or-will)
- flash of white tails hopping near the ground (cotton-tail rabbit)
- flash of white tail bounding away above eye level (white-tailed deer)
- white streaks waddling along the ground (skunk)
- a silent shadow gliding tree to tree (owl)

When you're on your night prowling, why not look for some worms. Worms can be found easily after a rain or at night using a flashlight. They live in cool, damp places so look under logs, at the edge of a wood or dig in the garden. Worms eat a variety of garden leaves, carrot tops, cabbage or lettuce leaves. Worms need water to survive but they breathe through their skin and will drown if the soil is too wet. Worms are blind but they are sensitive to light. Worms are also deaf but they can still sense vibration. When they feel the footfalls of birds or animals, they retreat into their burrows.

### Sparking Saliva

The girls will need good night vision for this activity to be successful. Do it after you have been in the dark for a while. Get a package of Wintergreen Life Savers. (No other Life Savers or candies will work.) Have the girls pick a partner and stand facing each other. One girl watches while the other girl puts a lifesaver in her mouth and chews with her mouth open. It will look as though she has sparks in her mouth. Let the girls switch around so that everyone gets to see it and have a candy.

### Sardines

This is a stalking game played in a large area with lots of ground cover. This hide and seek type game will eventually have all players hiding in the same place packed together like sardines. The player who is "It" is given a few minutes to find a hiding place where she stays until the signal to end the game. On the start signal all other players scatter to try to find the person "It". When a player locates "It" she tries to hide with her without anyone else seeing her hide. The game continues until all players have found the hiding place. The first one to have found the hiding place becomes "It" for the next round.

### Bat & Moth

This stalking game can be played indoors or out. The girls form a circle. One girl is in the middle, blindfolded; she is the "bat". Two more girls go in the middle, also blindfolded, they are the "moths". The object of the game is for the "bat" to catch a "moth". The bat shouts, "bat", and moves one step and the moths shout "Moth" together and move one step away from the bat's sound. Explain to everyone that the sound a bat makes is a radar signal to see if anything is out there. The call bounces off the "moths" and returns to the "bat" just as a radar signal. This is the real way that bats find food. Allow the game to continue until the "bat" catches a "moth" or set a time of 5 calls before changing people in the middle. This game is good for concentration and group co-operation, as the circle must also keep very quiet.

### Critter- Friendly Scavenger Hunt

On this scavenger hunt, only things that can be returned can be taken from the woods.

- a leaf
- four different seeds
- something round
- a thorn
- a feather
- something you have never seen before
- something soft
- a gift for someone special
- something fuzzy
- a piece of fur
- a piece of an egg
- something sharp
- something shaped like a letter of the alphabet
- something beautiful
- something with five different colors
- something that changes shape without breaking
- something that reminds you of yourself
- a big smile

### Crown Jewels (Stalking Game)

You will need a blindfold and several crown jewels, made by scrunching aluminum foil into balls. Use old Christmas gift-wrap or color ordinary foil with felt markers to show that some jewels are worth more than others.

One of the girls is the guardian of the jewels and sits blindfolded in the center of the room with the jewels around her. The other players sit on the floor in a large circle around her. The game leader points to several players and says, "start". Each approaches the guardian as quietly as she can and tries to steal a jewel. She must get back safely to her place before the jewel is hers. If the guardian points directly at her, she must sit where caught and throw the jewel close to the guardian. A successful player may try to get more than one jewel but only after starting again from the original position. When all the jewels have been taken, a new Guardian is chosen.

## Owl Exercises

Lead the girls in some movements and stretches using owl behaviors as a guide.  
Girls can:

1. Fly: by flapping their arms
2. Look around: by turning their heads slowly from side to side
3. Perch: by bending their knees and standing on their toes with their arms at their side
4. Swoop: by sticking their arms out straight to each side and dipping their heads down and then back up from side to side

## The Owl

An owl sat alone on the branch of a tree

*(use arm as tree branch and raise thumb for owl)*

And she was as quiet as quiet could be.

'Twas night and her eyes were wide open like this

*(circle eyes with fingers and look around)*

She looked all around, not a thing did she miss.

Some little birds perched on the branch of the tree,

*(fingers of other hand fly onto tree branch)*

And sat there as quiet as quiet could be.

The solemn old owl said "who-who-who,"

And up jumped the birds and away they flew.

*(wave hand away and flutter fingers behind back)*

## Frog Calls

Listen and try to identify frogs and toads near your night pond.

Spring peepers call in a high bell-like whistle.

Green frogs call in a dull twang like a tuned down banjo.

American toads call in a long trill.

Pickerel frogs call in a short snore.

## Meteor Showers

Look for meteors in the sky falling to the earth through the atmosphere. As these stony particles enter the air, they burn up, creating what are commonly known as shooting stars. Find out when the best showers are expected to appear in your area through the newspaper and have a Shower\Party.

### Search for Nocturnal Aquatic Animals

Suspend a waterproof flashlight into a pond or a lake and catch water creatures attracted to the light. Compare with a sample of water from 'dark water'; i.e. water that was not illuminated.

### Stargazing

1. Lie on your back and look up on a clear night. Pretend that you are given the task of finding and naming constellations for your family and friends. Find at least three constellations of your own making and describe what you see, how to locate them, and make up a legend for fellow stargazers.
2. Using a star chart, orientate it for time and date. Locate some major constellations: the Big Dipper, Little Dipper, Draco the Dragon, Cassiopeia, Cepheus, Hercules, and as many other constellations that you can find. Look for planets. How can you tell the difference?

### Starlight Safari

Take the group on a starlight safari. After 30 minutes in the dark, your eyes can see almost as well as a cougar's. What does the night sound like? What smells were not there during the day but are noticeable now? Use your sense of touch. Feel the textures and temperatures of your environment.

*The above five activities came from the wonderful resources from Becky Vincent. These and many other resources can be found here: <http://dragon.sleepdeprived.ca/>*

### Treasure Hunt by Night

Lay out a long string of wool through the forest. The wool shows the way. The last person should roll up the wool and bring it with them. At the end of the piece of wool is the clue for the next station.

### Batty About Bats

[www.pbskids.org/frannysfeet](http://www.pbskids.org/frannysfeet)

This website has a lesson plan about bats for younger children. It gives program ideas on teaching the girls all about nocturnal and diurnal creatures with some great activities that can easily be adapted to your needs. Check it out!

### Nighttime Rocks!

[www.darksky.org](http://www.darksky.org) The International Dark Sky Association in Tuscon, AZ has a wonderful activity book for kids and parents. Lots of great activities!

## Nocturnal Animal Preschool Activities

Check out these resources for more Night Prowl fun!

<http://www.brighthubeducation.com/preschool-lesson-plans/62630-nocturnal-animal-theme/>

[http://en.wikipedia.org/wiki/List\\_of\\_nocturnal\\_animals](http://en.wikipedia.org/wiki/List_of_nocturnal_animals)

[http://en.wikipedia.org/wiki/List\\_of\\_nocturnal\\_birds](http://en.wikipedia.org/wiki/List_of_nocturnal_birds)

<https://www.kidsscoup.com/Owls/owls-crafts-activities.htm>

## LITERACY

***The Adventures of Echo The Bat*** by Ginger Butcher with Beth Broadhurst

This story was prepared especially for elementary school students by NASA. This is the story of a young bat named "Echo". You will follow Echo as he grows up in an Arizona forest. This is an excellent story to teach girls about bats. Read about Echo as a baby and follow his story as he learns to fly and learns how to catch food.

***Stellaluna*** by Jannell Cannon

When Stellaluna is separated from her mother before she is old enough to fly, she finds out that not all winged creatures eat fruit. Swallowing food that crawls is just one of the many amazing things this little fruit bat must learn to do. As Stellaluna adapts to the habits of her new family, she learns the essence of friendship in humorous and touching ways.

***Bats*** by Gail Gibbons

A book about their amazing abilities and how they fit in the natural world.

***The Best Book of Nighttime Animals*** by Belinda Weber

Evocative text and fantastic illustrations draw young readers into the mysteries of the night. Realistic artwork captures the beauty of nighttime creatures, including coyotes, raccoons, owls, monkeys, and wolves, and helps the reader understand more about the life, habitats, and behavior of animals that are active at night. Follow the hunters and the hunted as they go about their secret lives, and find out how they have adapted to live in a nocturnal world.

## SONGS TO SING

### Insect Song

*Sung to: "The Wheels on the Bus"*

The firefly at night goes blink blink blink  
Blink blink blink  
Blink blink blink  
The firefly at night goes blink blink blink  
All around the town.

The bees in the flowers go buzz buzz buzz...  
The ants in the grass go march march march...  
The crickets in the leaves go chirp chirp chirp...  
The caterpillars in the fields goes creep creep creep...

### LATE AT NIGHT

Tune: "Frere Jacques"

*(with kind permission from Jean Warren at [www.preschoolexpress.com](http://www.preschoolexpress.com))*

Late at night,  
Late at night,  
Who, who, who,  
Who, who, who.  
I can hear the owls call  
Way up in the trees so tall,  
Who, who, who,  
Who, who, who!

### IF YOU WANT TO BE AN OWL

Tune: "If You're Happy And You Know It"

*(with kind permission from Jean Warren at [www.preschoolexpress.com](http://www.preschoolexpress.com))*

If you want to be an owl, shout – Who! Who!  
If you want to be an owl, shout – Who! Who!  
Then you get to sleep all day  
And at night you get to play.  
If you want to be an owl, shout – Who! Who!

### The Frogs

*Public Domain – Jubilee Song Book*

Hear the lively song of the frogs in yonder pond,  
Crick, crick, crickety crick, BARRRUMMP!

## My Frog

Tune: "Brownie Smile Song"

I have something in my pocket that I found behind a log.  
My leader said to turn it loose, but I want to keep my frog.

It's cool and green and slimy and it wiggles in my hand.  
I also have a woolly worm, and a pocket full of sand.

## Owl in the Oak Tree

Tune: "Skip to My Lou"

*(with kind permission from Jean Warren at [www.preschoolexpress.com](http://www.preschoolexpress.com))*

Owl in the oak tree – big and strong.

Owl in the oak tree – sings his song.

Owl in the oak tree – all night long.

"Who, who, who" – come sing along.

"Who, who, who" – me and you.

"Who, who, who" – what will we do?

"Who, who, who" – all night through.

Singing our song – who, who, who!

## Bats Are Sleeping

Tune: "Are You Sleeping?"

Bats are sleeping, Bats are sleeping

Upside down, upside down

Waiting for the night

Waiting for the night

Then fly around, then fly around.

## Nocturnal Animal Songs and Poems

<http://www.songsforteaching.com/animalsongs/nocturnalanimals.htm>

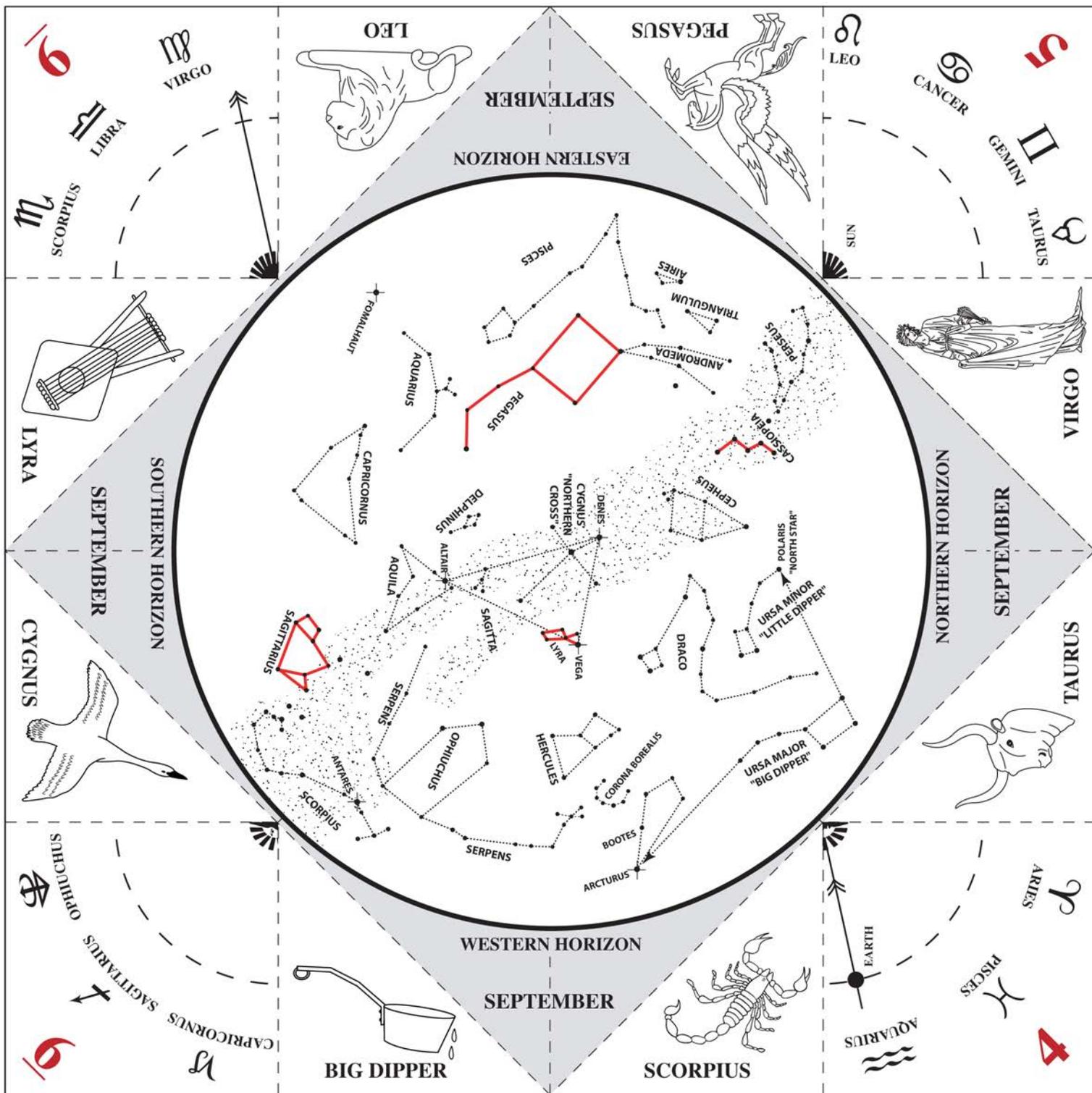
<http://wwwnancymusic.com/Nocturnal.htm>

<http://kidsmusic town.com/childrensongslyrics/animals,nocturnal.htm>

<http://jeanraiford.com/the-nocturnal-animal-song/>

<http://songsforteaching.com/fosterbrown/batsong.htm>





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