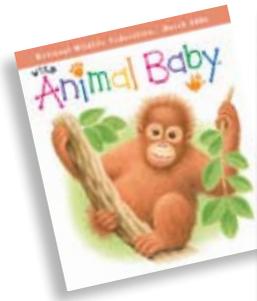
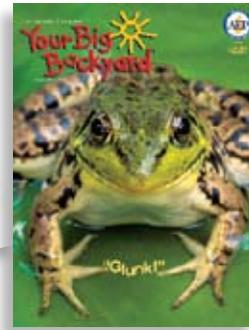


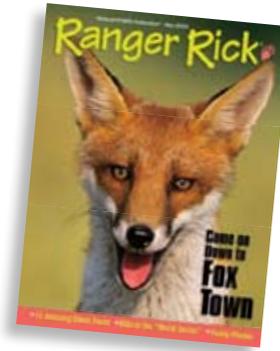
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From the National Wildlife Federation®



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Start your outdoor adventures today! Call **1-800-611-1599** and give the operator code **P7CFFG**. All Ranger Rick subscribers become a Junior Member of the National Wildlife Federation!

**What is the National Wildlife Federation?**

The National Wildlife Federation is a large group of people who care about nature and children. They want to help Americans protect wild places and animals like the Florida panther, wolves and polar bears for all children to enjoy, now and always. They also show people how to protect wildlife in their own yards.

You and your family can help out! Ask an adult to become a member at [www.nwf.org/support](http://www.nwf.org/support) or by calling 1-800-822-9919.



SeaWorld, Busch Gardens and Discovery Cove proudly support NWF's Wildlife Habitat™ program.

**Create your own wildlife habitat—it's easy!**

You and your family can make a special place for wildlife. It's fun and easy to attract birds, butterflies and other wildlife to your yard or garden. And it doesn't matter if you live in the city, suburbs, or a rural area.

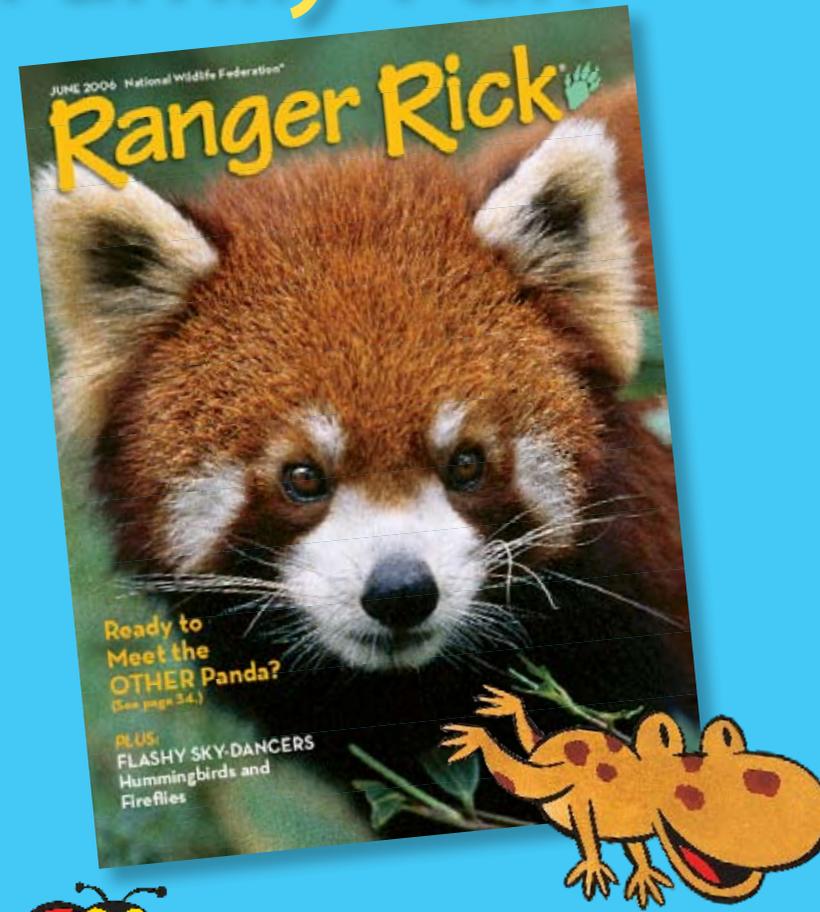
All you need to provide is food, water, cover and places for wildlife to raise their babies. Your yard may already have some of these things.

Start by watching the critters that are visiting now. You may want to add some native plants\* or a bird feeder. National Wildlife Federation's Wildlife Habitat™ program can give you ideas.

Learn more about creating and certifying your yard for wildlife at [www.nwf.org/backyard](http://www.nwf.org/backyard).

\*Ask the grownups in your family to help find out about native plants.

# Outdoor Family Fun



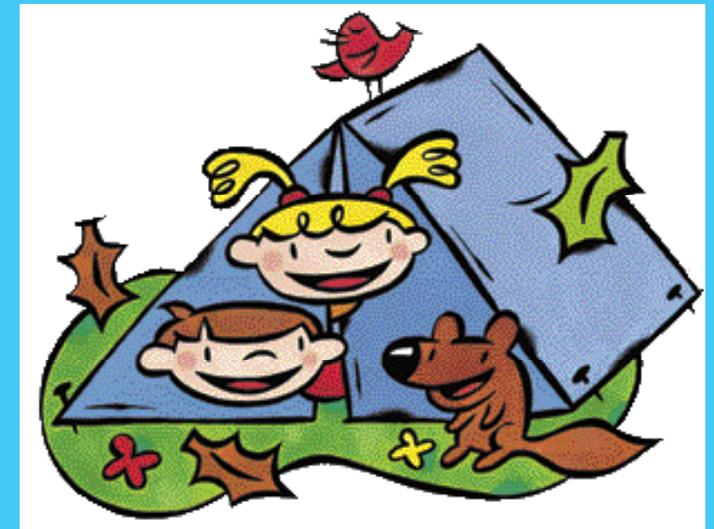
From the National Wildlife Federation®, publisher of Ranger Rick® magazine

**Go outside and play—an hour a day!**

Playing outside is really fun! Next time you're bored, think about the cool things you can do outside. Have you ever camped out in your own yard? Or put up a birdfeeder, or watched the squirrels? Even if you live in the city, you can ask an adult to take you to the park. Lie down in the grass and watch the clouds in the sky!

Playing outside is more than just fun. It's good for you, too! Scientists have proved it. Just an hour a day outside can help you be healthier. You'll concentrate better, and be more relaxed and creative. How cool is that?

So when your folks say "Go outside and play," take them up on it! Here are some ideas to get you started. Your family can find more outdoor fun ideas at [www.greenhour.org](http://www.greenhour.org).



## Pinecone Feeders

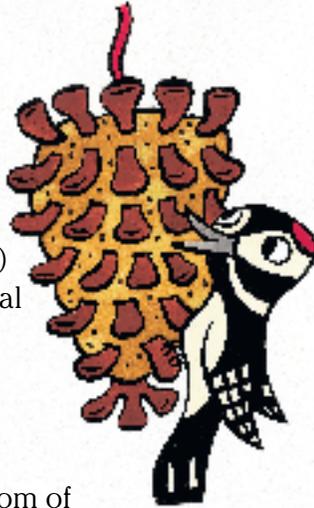
Birds and other creatures usually find the food they need. But you can provide a “snack” with these homemade feeders.

### You'll need:

- Pinecones
- 1 cup of chunky peanut butter
- 1 cup of rendered suet or lard (available where bird seed is sold)
- 2½ cups of coarse yellow cornmeal
- 1 box of raisins
- 1 bag of birdseed
- 1 roll of ribbon

1. Tie a length of ribbon to the bottom of the pinecone. Mix together peanut butter, suet, cornmeal, 1 cup of birdseed and ½ cup of raisins in a small bowl.
2. Stuff the mixture into each pinecone.
3. Roll pinecones in additional birdseed.
4. Hang from trees with ribbon.

**Note:** Not all birds will use a feeder. To help those who don't, plant different kinds of native plants. Learn about the right plants for your area by logging onto [www.nwf.org/backyard](http://www.nwf.org/backyard). Click on Native Plant Guide.



## Toad Abode

Make a cool home for amphibians such as frogs, toads and salamanders.

### You'll need:

- 1 medium-size clay pot
- Clay saucer without drainage hole OR an old pie pan

1. Place the pot upside-down in a shady part of your yard. Prop up the edge of the pot with a rock. (If you have a broken pot with a chunk missing at the rim, your abode has an instant doorway—no need to prop it up.)
2. Fill the saucer or old pie pan with water. Set it in front of your toad abode. This water will make the house even more attractive to these amphibians.



## Simple Bird Bath

Wildlife needs water for drinking and bathing.

### You'll need:

- Shallow dish (about 1 to 3 inches deep) with gently sloping sides (A pie tin or saucer from a flower pot can work)
- 12 to 16 bricks (or as many as you would like to use)

1. Make a sturdy pedestal for your bird bath by stacking up the bricks about 2 feet high.
2. Fill the shallow dish with water. Place it on top of the bricks. Be sure the dish is stable.
3. Empty the dish and refill with fresh water every one to three days. It's important to keep the bath water clean, but just rinse it—you don't need to use soap.

Bird baths can help many kinds of animals—not just birds—that have lost natural water sources due to drought, pollution, or overdevelopment.



## Grow Your Own Hideout

Here's a magical playhouse for you and a friend! Wildlife will love it too.

### You'll need:

- A flat, sunny, weed-free piece of ground
- Sunflower seeds (one of the tall kinds, such as Mammoth)
- A hoe and some water

1. Use the hoe to scrape an outline of your sunflower house in the soil.
2. Dig beneath the outline about 1 inch.
3. Drop seeds into the outline about 10 inches apart.
4. Cover the seeds with an inch of soil, press down lightly and water gently.
5. Water the seeds every day.
6. Have fun in your playhouse! It may take about 2 to 3 months for the plants to form a hideout. While you're having fun, birds will love to eat the seeds!

