

JUNIOR RANGERS ALPINE ACTIVITY BOOK

JUNIORRANGERS.COM.AU

WHERE ARE THE ALPINE NATIONAL PARKS?

If you are going to the snow somewhere in Victoria this winter it is likely you will be in or surrounded by a National Park. Below is a map of them all. Which one are you visiting?



FIND THE NAMES OF 6 ALPINE NATIONAL PARKS IN THE WORD SCRAMBLE BELOW.



Snowy River, Mount Baw Baw, Mount Buffalo, Alpine, Yarra Ranges, Errinundra

1

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3

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5

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BORN TO EXPLORE.



Junior Rangers are born to explore. If you have an interest in nature, animals and the outdoors then Junior Rangers is for you.

Junior Ranger activities are led by a park ranger and are designed to get children outdoors, have fun and learn about Victoria's wonderful parks.

Ranger led activities are available during school holidays in many parks across the state.

Junior Ranger activities that you can do anytime with your family in a park are also available, as well as animal fact files, games and other environmental activities.

Visit juniorrangers.com.au for more information.

ALPINE RIVERS & CREEKS.

As you drive up the mountain write down the names of each creek or river you cross:



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juniorrangers.com.au

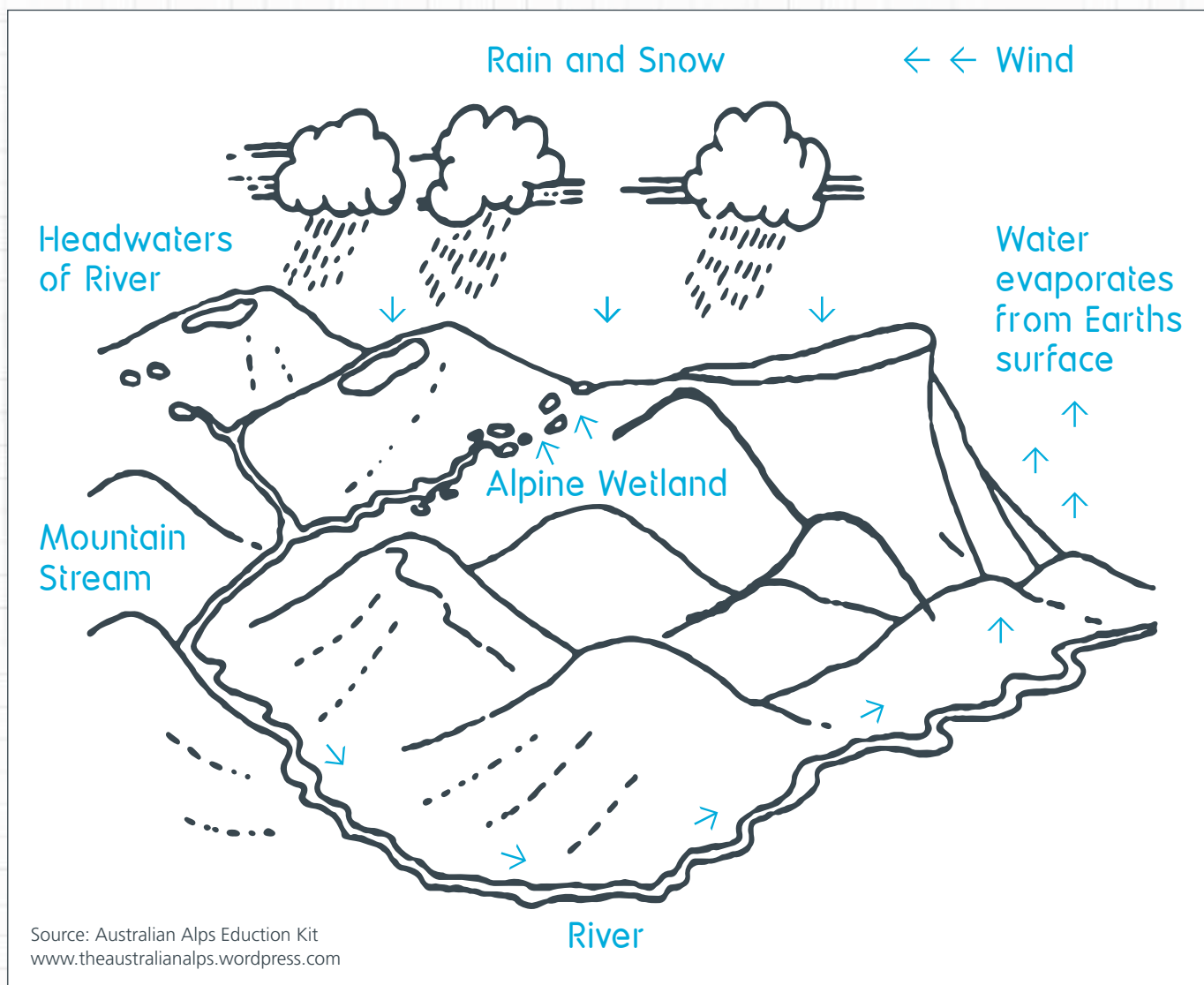
MOUNTAINS; WATER TOWERS OF VICTORIA.



Australia is the driest inhabited continent on earth, but our mountains are like water towers storing large amounts of water over the winter months in snow and ice.

Rain and snowmelt is also stored in alpine soils and vegetation, particularly in alpine wetland communities also, called peatlands or moss beds, and released slowly into creeks and rivers over the summer months.

Draw in and name the streams that you saw on the way up.
You might like to colour in the picture below as well.



Source: Australian Alps Education Kit
www.theaustralionalps.wordpress.com

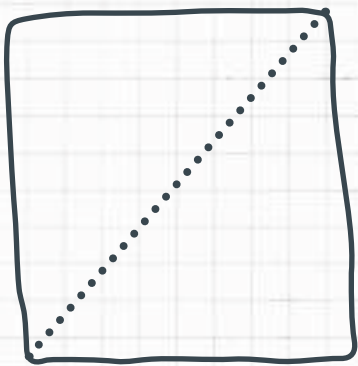


WHAT IS SNOW?

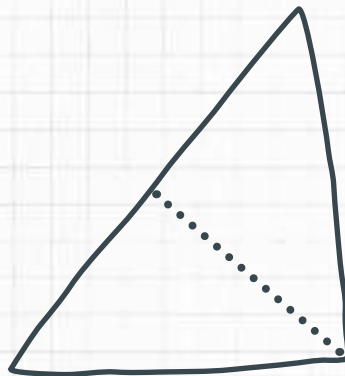
Snow is made up of ice crystals that form when water vapour freezes in the clouds. Ice crystals can take on many interesting, beautiful and unique shapes.

Why not try making one?

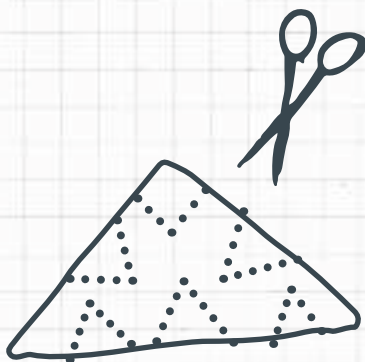
1 FOLD



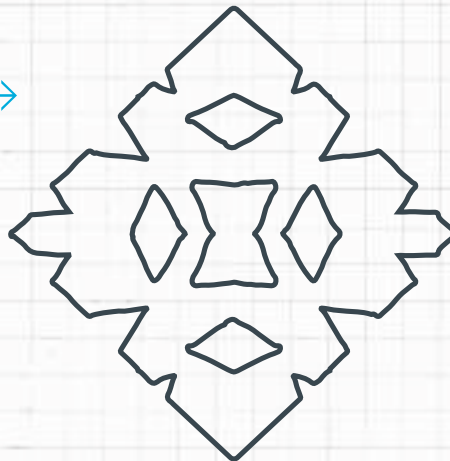
2 FOLD AGAIN



3 CUT SHAPES AROUND THE EDGES



4 UNFOLD YOUR SNOWFLAKE !



HOW DO PLANTS AND ANIMALS SURVIVE IN THE COLD?



Plants and animals have developed special ways of surviving called 'adaptation' that make them different to animals and plants in other parts of Australia and the world.

1



Some migrate to warmer areas, like the Flame Robin.



2



Staying small helps some plants avoid high winds, like the Marsh Marigold that flowers under the snow.



3



Being flexible, like this Snow Gum means plants don't break under the weight of the snow.

4



Some animals hibernate during the winter, like the Mountain Pygmy Possum.



DID YOU KNOW?

Macpac is the Principal Partner of our Junior Rangers program – supporting the next generation of nature lovers.

Visit [macpac.com.au](https://www.macpac.com.au) for family outdoor adventure inspiration



BECOME A CITIZEN SCIENTIST

Look for, Currawongs, Wombats, Lyrebirds, Flame Robins, & Gang Gang Cockatoos. Take a photo and upload to:

<https://www.inaturalist.org>

to help scientists and park managers understand when and where these animals occur.

MOUNTAIN PYGMY POSSUM FACTS.

- Possums live up high; 1400m & above (also known as **altitude**).
- **Hibernation** usually occurs between April and September.
- During winter they put on large amounts of fat and roll into a ball to **conserve** heat.
- They live within the **boulder** fields on the Bogong High Plains, Mt Hotham and Mt Buller.
- The snow cover over the boulders also provides an important protective layer, called **insulation**, which locks in heat.
- Possums feed mainly on the high energy **Bogong moth** that takes **refuge** in the cool rock **crevices** of the boulder fields. This is called **Aestivation**.



Look for the Tunnel of Love; an artificial boulder field under the Mt Hotham road

MOUNTAIN PYGMY POSSUM FAMILY WORD FIND.



Circle the words below found in the puzzle

AESTIVATE

ALTITUDE

BOGONG

BOULDER

CONSERVE

CREVICE

HIBERNATE

INSULATION

MOTH

REFUGE

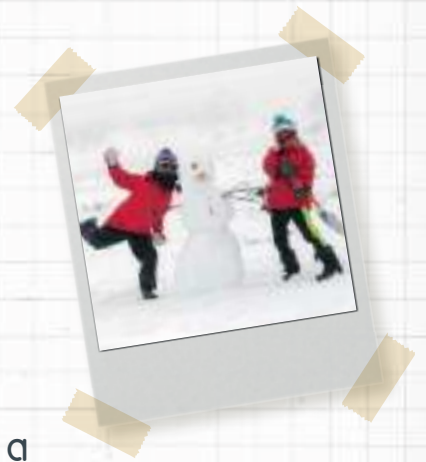
Answers are on the back page

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

BE SAFE IN THE SNOW.



KNOW
BEFORE YOU
GO!



1

Plan your activity and don't go without an adult.

2

Wear lots of layers, a **thermal** top, jumper and maybe a vest.

3

Wear a **waterproof** coat.

4

Wear a **hat**, waterproof **gloves** and **goggles**.

5

Carry a bag of **nuts**, **dried fruit** & **chocolate** in your pocket.

6

Ask a family member to help you study the **map** so you know the name of where you are **starting from** and where you are **going to**.



ANSWERS

Mountain
Pygmy Possum
Family Word Find.

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

BE PREPARED

Get prepared for winter like the Mountain Pygmy Possum by wearing thick layers, storing food and keeping warm.

Follow the rules above and go to snowsafe.org.au for more information on staying safe in the snow.



Front Cover Image:
Mt Feathertop.
Alpine National Park