



"Chica, do not fear. These creatures [aquatic macroinvertebrates] understand that life is fleeting. They are crushed as easily by a rock rolling down the river. They do not fear death because they understand it."

**Nature Quote:**  
**Pati Ortiz**  
*Entomologist and professor in Costa Rica*

- Materials:**
- Mesh produce bag
  - 8-inch plastic embroidery hoop
  - Scissors
  - 1/2-inch wooden dowel
  - Colored wire
- Activity**
1. Loosen the screw on the embroidery hoop, and remove the center ring.
  2. Wrap the mesh produce bag around the center ring, then slide it back in the outer ring and re-fasten the screw.
  3. Trim away any excess mesh fabric.
  4. Wrap colored wire around the end of a wooden dowel, then use the wire to attach the dowel to the embroidery hoop to make a handle.

**Make a Bug Net**

The activities in this journal can be done on almost any quiet patch of earth in our area.



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POCKET  
**Nature Journal**  
 Macro-invertebrates



Notes

**Traits:** Up to 1 inch, brown and bulky, large head and abdomen, short antennae

**Habitat:** Still or slow-moving water, found in vernal pools, ponds, lakes, rivers, and streams

**Dragonfly larva**

Order: Odonata

**Macro Vocab:**

**Macro-invertebrate:** Animals without a backbone; large enough to be seen with the naked eye; live on the bottom of streams, lakes, and rivers.

**Aquatic:** Water

**Terrestrial:** Land

**Larva:** The active immature form of an insect, especially one that differs greatly from the adult and forms the stage between egg and pupa. (Plural: larvae)

**Activity**  
**Pond Discovery**

Take a walk to a nearby pond or stream with an icecube tray, spoon & net. Fill the tray with water and use the spoon & net to collect various life in the water. Use the ID-guides on [www.wfltmaine.org/nature-activities](http://www.wfltmaine.org/nature-activities) to identify what you have found.



Notes

**Traits:** Up to a half-inch long, brown, wriggling worm-like body, hang upside down at water surface

**Habitat:** Still water found in swamps, vernal pools, ditches

**Mosquito larva**

Order: Diptera (True Flies)

**Caddisfly larva**

Order: Trichoptera

**Traits:** 1 - 3 inches long, brown caterpillar-like bodies, use silk to make protective cases, which are strengthened with gravel, sand, twigs, pieces of plants, or other debris

**Habitat:** Streams, rivers, lakes, ponds, vernal pools



Notes