



Cabrillo Adventure

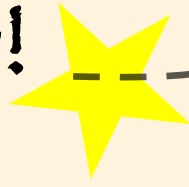
Activities Guide

For Ages 8-12



Cabrillo National Monument

Your Adventure Starts Now!



Thanks for joining us today at Cabrillo National Monument! Here, Rangers and Volunteers work to preserve and protect the many different stories that you will discover on your visit.

After completing the activities in this packet, return to the Visitor Center and talk to a Ranger or Volunteer about what you learned. Then you will be given your **Cabrillo Adventure Badge**.

Have fun adventurers!

Don't Forget!

- Always stay on the sidewalks
- Keep plants and animals where they are
- Pack it in, pack it out – everything you brought to the park must leave with you, especially trash



Biodiversity Hotspot

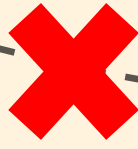


Biodiversity is the variety of life in an area, from small plants to large mammals and everything in between. Cabrillo National Monument is part of what is called a “biodiversity hotspot” – a unique area of high biodiversity. However, these plants and animals are under threat from human impacts. It’s the job of Rangers, scientists, and kids like you to help protect biodiversity and keep ecosystems healthy.

Activity: As you walk around the park, try to observe this biodiversity. Complete the scavenger hunt below by drawing what you see. Try to get BINGO – 4 in a row!

Black Bird	Plant with Flowers	Tree	Plant with Spines (Cactus)
Squirrel	Pelican	Plant with Berries	Bee
Fish	Lizard	Plant with Small Leaves	Small Singing Bird
Crab	Butterfly/Moth	Crawling Insect	Plant/Animal of Your Choice

Native Plants



The **Kumeyaay** are the native people that have lived in this area for thousands of years. Like their ancestors before them, today's Kumeyaay utilize what nature provides, using plants, animals, rocks, and shells to create what they need, such as food, shelter, and medicine.

Native plants are important part of Cabrillo National Monument. San Diego has what is known as a **Mediterranean Climate**, which is characterized by a long, hot, dry period, and a short rainy season. The plants that live here have different adaptations, or special characteristics, to help them survive these harsh conditions.

Below are some of the most common native plants at Cabrillo National Monument. Read about their adaptations and their uses, then complete the activity on the next page.

Shaw's Agave (*Agave shawii*)



- Thick, spongy leaves store water
- Saves energy by growing very slowly
- Fibers used to create nets, fishing line, rope, and more

California Sagebrush (*Artemisia californica*)



- Strong scent protects from predators
- Small leaves protect from the sun
- Light-colored leaves reflect sunlight
- Used to mask odors and treat headaches

Lemonade Berry (*Rhus integrifolia*)



- Waxy leaves retain water
- Leaves point up toward the sky to reduce exposure to the sun
- When added to water, the lemony berries create a refreshing drink

Bush Sunflower (*Encelia californica*)



- Saves energy by going "dormant," dropping its leaves and flowers until it rains
- Flowers used as medicine to treat a variety of ailments

Activity: Imagine you could create your own new plant. What adaptations would it have to survive here in the Mediterranean Climate? How could people use it in every day life? In the space below, draw what your plant would look like, then answer the questions at the bottom.



What is your plant called? _____

Is it tall or short? _____

Are its leaves small or large? _____

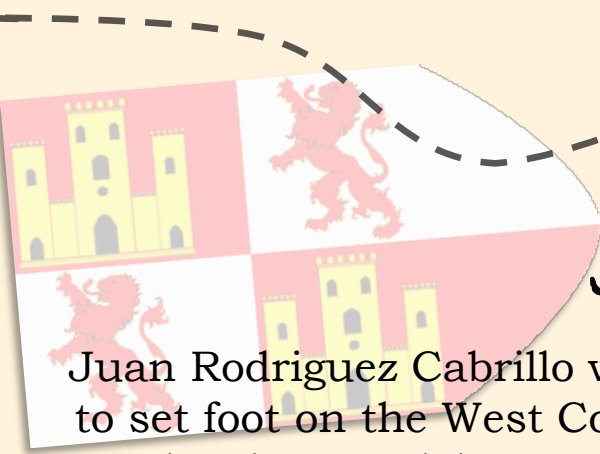
What color are its leaves? _____

How does it store or save water? _____

Does it have flowers or berries? _____

How can it be used by people? _____

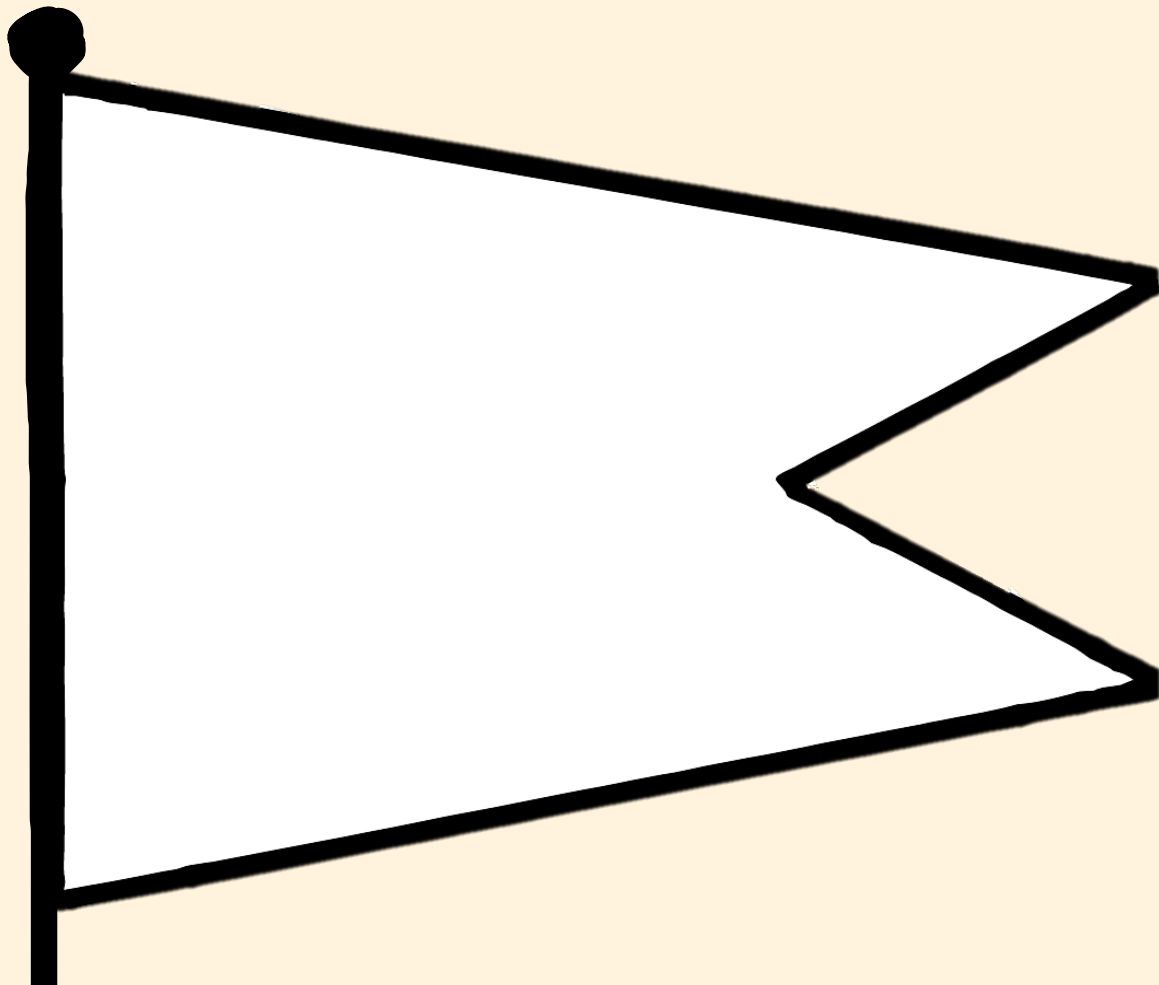
Any other interesting facts? _____



Juan Rodríguez Cabrillo

Juan Rodríguez Cabrillo was a Spanish explorer and the first European to set foot on the West Coast. His flagship, named San Salvador, sailed under the Spanish Royal flag, which depicted lions and castles in red and gold. Flags such as this have been used to identify individuals, groups of people, and entire countries throughout history. Flags were especially important to help explorers tell other people where they came from and things about their homeland. This was all told through colors, symbols, and picture drawings. Words and writing were not widely used on flags because they would be hard to read from far away.

Activity: On the blank flag below, design your own flag that represents you! Use symbols, designs, and/or colors to tell your story – where you come from, what you like to do, and what makes you unique. You can break your flag up into different sections or design it as a whole. Be creative and have fun!





Old Point Loma Lighthouse

The Point Loma Lighthouse was one of the first eight lighthouses constructed on the West Coast. It was used from 1855 to 1891 before it was decommissioned and replaced by the newer lighthouse down the hill. Lighthouse Keepers worked to keep the light on from sunset to sunrise. While life was much different in the 1800s than it is today, the children who lived in the lighthouse went to school, did chores, and played games, just like you!

Activity: Technology has changed quite a lot since 1891. Below, match the 19th century item, common to life at the lighthouse, with its modern-day equivalent by drawing a line between them.



Horse & Wagon



Microwave



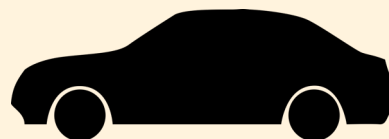
Fire-Powered Stove



Lightbulb



Quill & Ink



Car



Candlelight



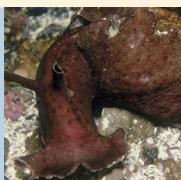
Computer



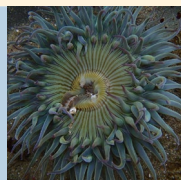
Life in the Ocean

Cabrillo National Monument protects 1.5 miles of Rocky Intertidal, or the area between land and sea. The Intertidal has three zones: high, middle, and low, and each has their own stressors as the tide comes in and out. The high zone is only under water during high tides, while the low zone is only exposed during low tides. The middle zone is underwater for parts of the tidal cycle and exposed for other parts. Altogether, this is one of the most extreme environments on the planet. The plants and animals that live there have special adaptations to help them survive these extreme environmental shifts.

Activity: Read the descriptions of the animals below, then write the name of the animal in the zone that it belongs in.



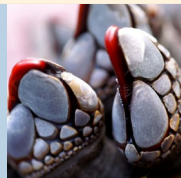
Sea Hares are rarely found above the low tide zone because their soft bodies can easily dry out in the sun.



Sea Anemones are often found in the mid-tide zone. They capture prey using their tentacles, but close up to protect themselves during low tide.



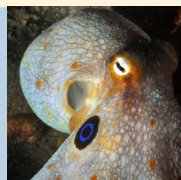
Owl Limpets are found throughout the high tide zone. Its shell keeps in water and protects its soft body from the sun during low tide.



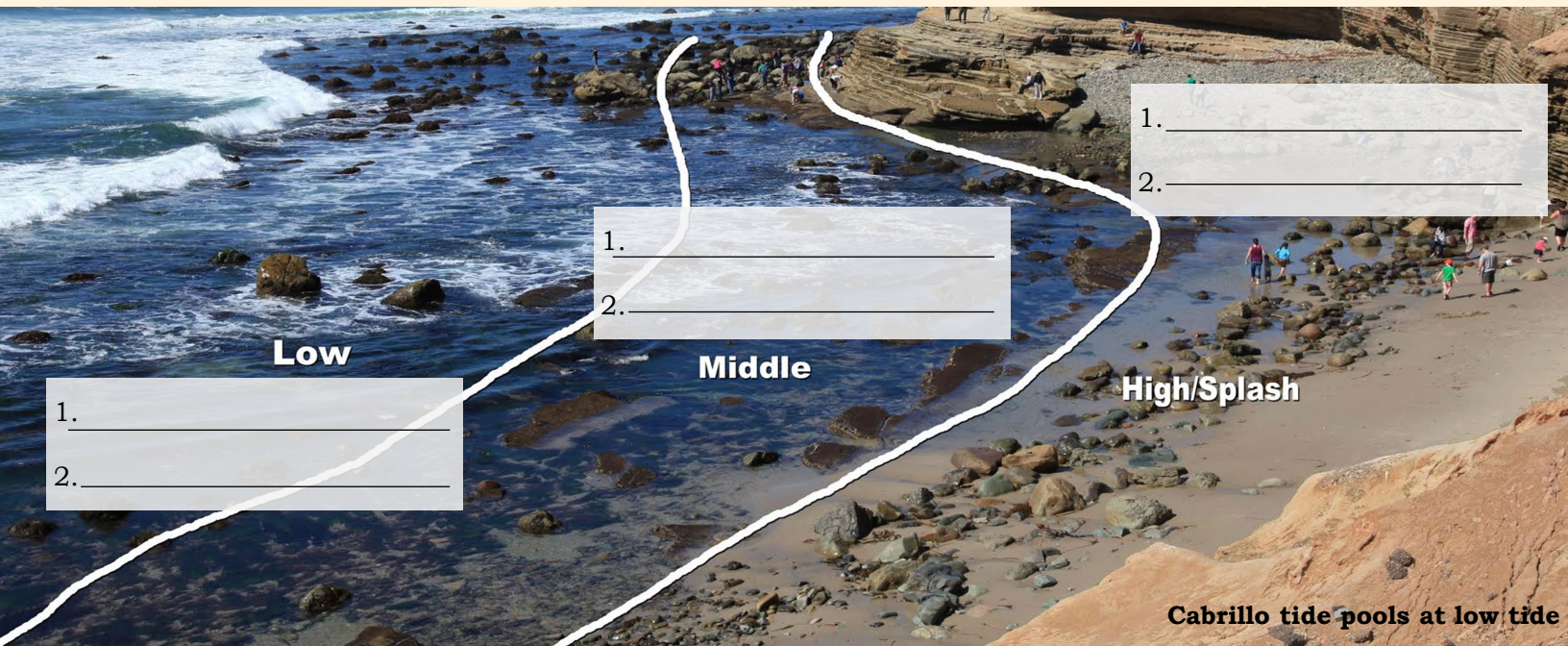
Gooseneck Barnacles are found in the mid-tide zone. They have a protective shell that closes at low tide, and opens so they can feed at high tide.



Striped Shore Crabs are found in rock crevices in the high tide zone. They only need to wet their gills once every 70 hours (almost 3 days)!



The **Two-Spot Octopus** is a soft-bodied invertebrate who roams between the rocks in the low tide zone looking for food.



1. _____
2. _____

1. _____
2. _____

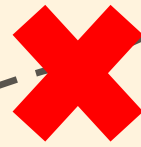
1. _____
2. _____

Low

Middle

High/Splash

Preserve & Protect



The role of the National Park Service is to preserve and protect America's special places for generations to come. But, it's not just the Rangers' job to protect these beautiful places and stories – we need your help, too! There are many things you can do to help protect places like Cabrillo National Monument.

Activity: Some ways you can help protect the park are listed below. With the help of your group, try to think of three more ideas. Then, circle one thing your group will promise to do today.



1. Pick up five (or more) pieces of trash.
2. Make a plan to visit other National Parks.
3. Tell someone what you learned. Use the postcard on the next page to send a letter.

4. _____

5. _____

6. _____



Congratulations Adventurer!

You completed your journey and learned so much! Make sure to stop by the Visitor Center to pick up your Cabrillo Adventure badge. And remember, now that you're an official Cabrillo Adventurer, it's your job to:

- **Enjoy and learn more about your National Parks.**
 - **Protect wildlife by not disturbing animals.**
 - **Protect plants by not picking them.**
- **Help protect Cabrillo National Monument and other National Parks so that kids in the future can enjoy them too.**



Cut here

Old Point Loma Lighthouse
 Cabrillo National Monument
 San Diego, CA
 Photo: Ann Collins

*Place
 Stamp
 Here*

Recipient's Address



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#CabrilloAdventure

Hello From

Cabrillo National Monument!

