

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

### WATERSHED WORD SEARCH

Find these words that are found in our watershed!

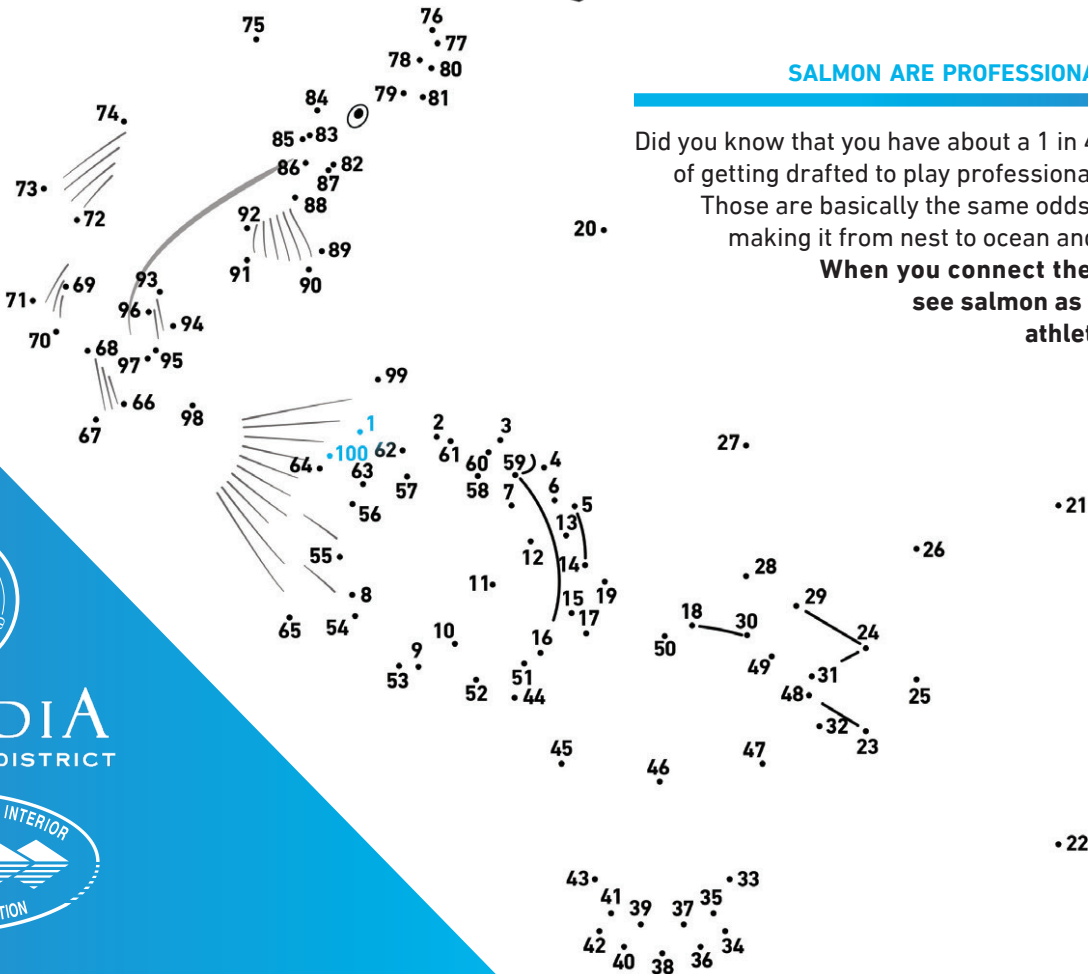
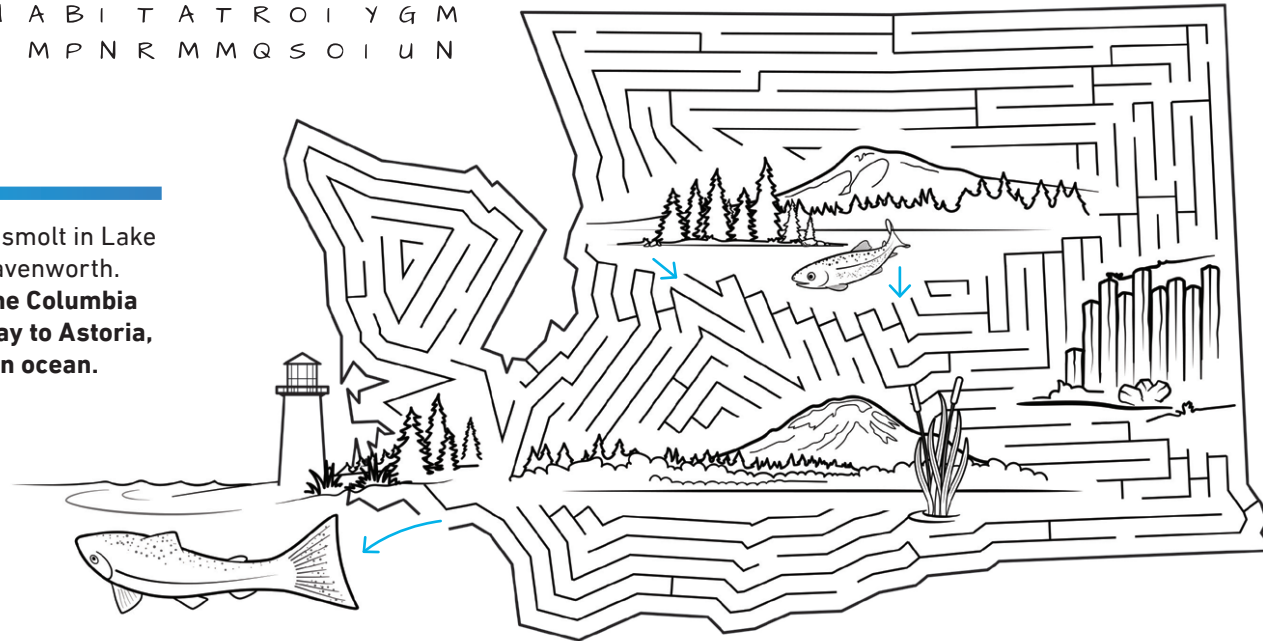
Words go forward (not backward) up, down, and diagonally.

CULVERT	REDDS
EROSION	RUNOFF
FRY	SEDIMENT
HABITAT	VELOCITY
RIPARIAN	WATERSHED

### RIVER RIDER

You're an ambitious smolt in Lake Wenatchee near Leavenworth.

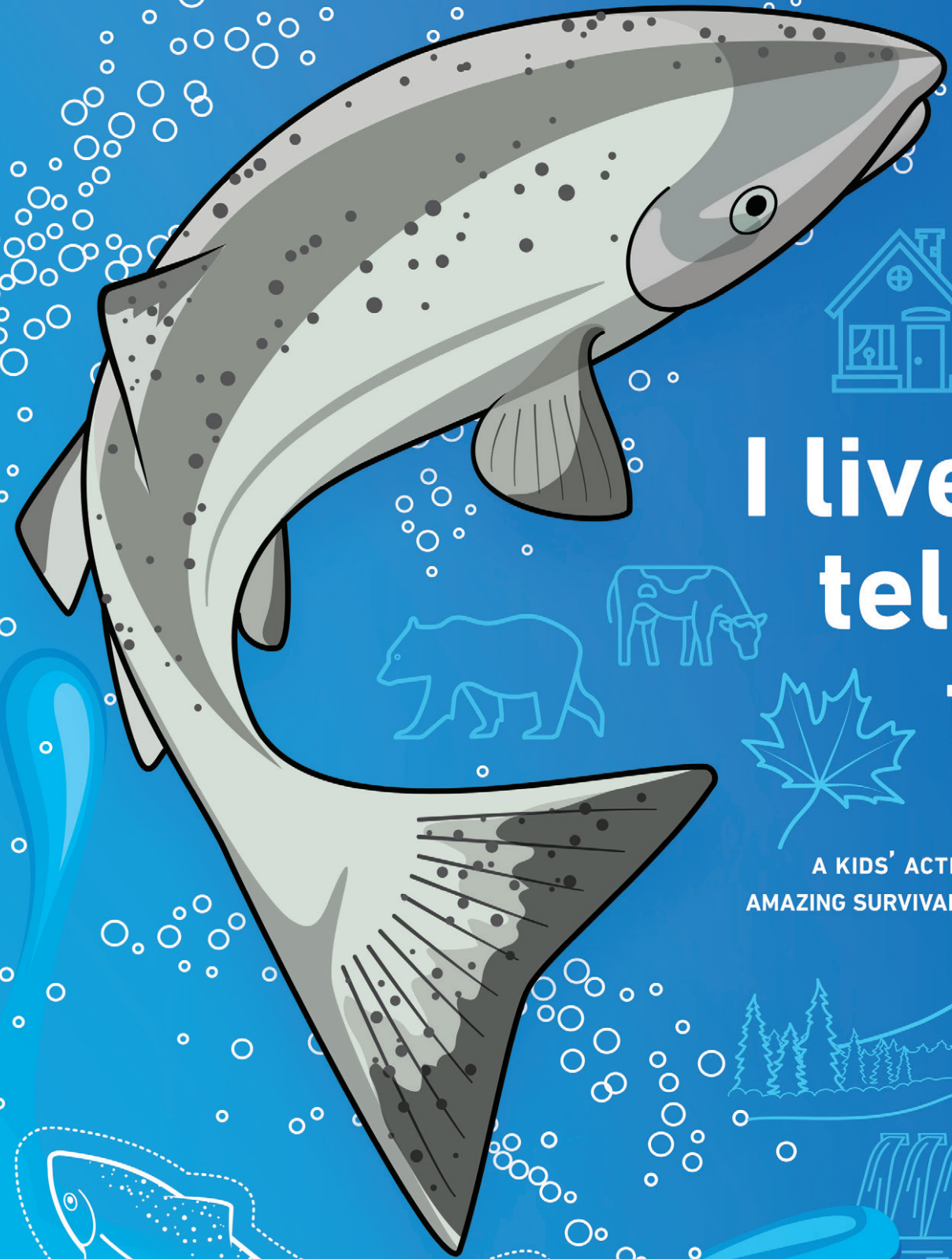
**Make your way to the Columbia River, and all the way to Astoria, Oregon and the open ocean.**



### SALMON ARE PROFESSIONAL ATHLETES

Did you know that you have about a 1 in 4,000 chance of getting drafted to play professional basketball? Those are basically the same odds as a salmon making it from nest to ocean and back again!

**When you connect the dots, you'll see salmon as the amazing athletes they are!**



# I lived to tell the tale!

A KIDS' ACTIVITY GUIDE TO THE AMAZING SURVIVAL STORY OF SALMON



**CASCADIA**  
CONSERVATION DISTRICT



## I WOULD DO ANYTHING TO GET BACK HOME.

A LOCAL WASHINGTON SALMON HAS ABOUT A 1 IN 4000 CHANCE OF COMPLETING ITS LIFE CYCLE AND RETURNING TO THE STREAM IN WHICH IT WAS BORN. WITH SO MANY OBSTACLES, LIFE FOR SALMON WILL ALWAYS BE HARD WORK. WITH A LITTLE HELP FROM YOU, THEY STAND A BETTER CHANCE OF MAKING IT!

**FROM ALEVIN TO FRY** About 800 tiny salmon called alevins will emerge from the gravel. They live from a food pouch on their belly until they get hungry and start to swim out to look for food. They are now called fry and make yummy snacks for many predators — watch out little guys!

**YOUR JOB** Fry need shade and hiding places. **Help them by planting native trees next to rivers and streams.**

**EGGS** One female salmon will lay about 4000 eggs in clean, cold stream gravel, in a nest called a redd. Eggs are tiny and very sensitive! Temperature changes, too much sediment in the stream, and getting stepped on can really hurt.

**YOUR JOB** Look very carefully before you step into streams and rivers during the fall. Redds (nests) look like bright, clean areas of gravel.

**SMOLTS** After about a year or two, approximately 80 little salmon have survived, and grow into smolts. They head downstream toward the ocean, past reservoirs and dams which can be confusing to their sense of direction. They need to get to an estuary, their last stopping place and where they get ready for life in saltwater.

**YOUR JOB** When you put chemicals on your lawn, they end up in rivers, and eventually in estuaries. **Using natural, organic and slow-release lawn fertilizers helps keep water clean for salmon.**

**RETURNING HOME** Salmon have incredible senses, and can find the exact spot where they were born. They head upstream, swimming hard against the current, past fishermen, and up tall fish ladders. It's like climbing a huge mountain! Salmon need cool water with lots of oxygen to rest and recharge.

**YOUR JOB** Salmon take breaks in areas of deeper, cooler water. Those are getting harder to find. **If you are floating on the river and see salmon, give them lots of space. They are very tired.**

**SPAWNING** Of the 4,000 original eggs in their redd, an average of 1-2 salmon return to where they were born to lay and fertilize their own eggs. Those are current rates — people working to help salmon would like to see this number increase to 2-5 salmon per 4,000 eggs. By working together, we really can help more salmon survive this epic journey.

**YOUR JOB** Each fall when you return to school, salmon are returning home. Remember their journey, ask about their future, and find ways to help, every day.

**ADULT SALMON** About 5 or 6 of these salmon survive life in the ocean. There are fishing boats, sea lions and whales to escape, and the constant need to find food. At about 4-5 years of age, these big, strong salmon know it's time to head home.

**YOUR JOB** Trash in the ocean is a big problem for salmon and all sea life. **Recycle as much as possible. Bring your own bags to stores and use reusable water bottles for lunches and sports practices.**

Salmon need you in their story.