

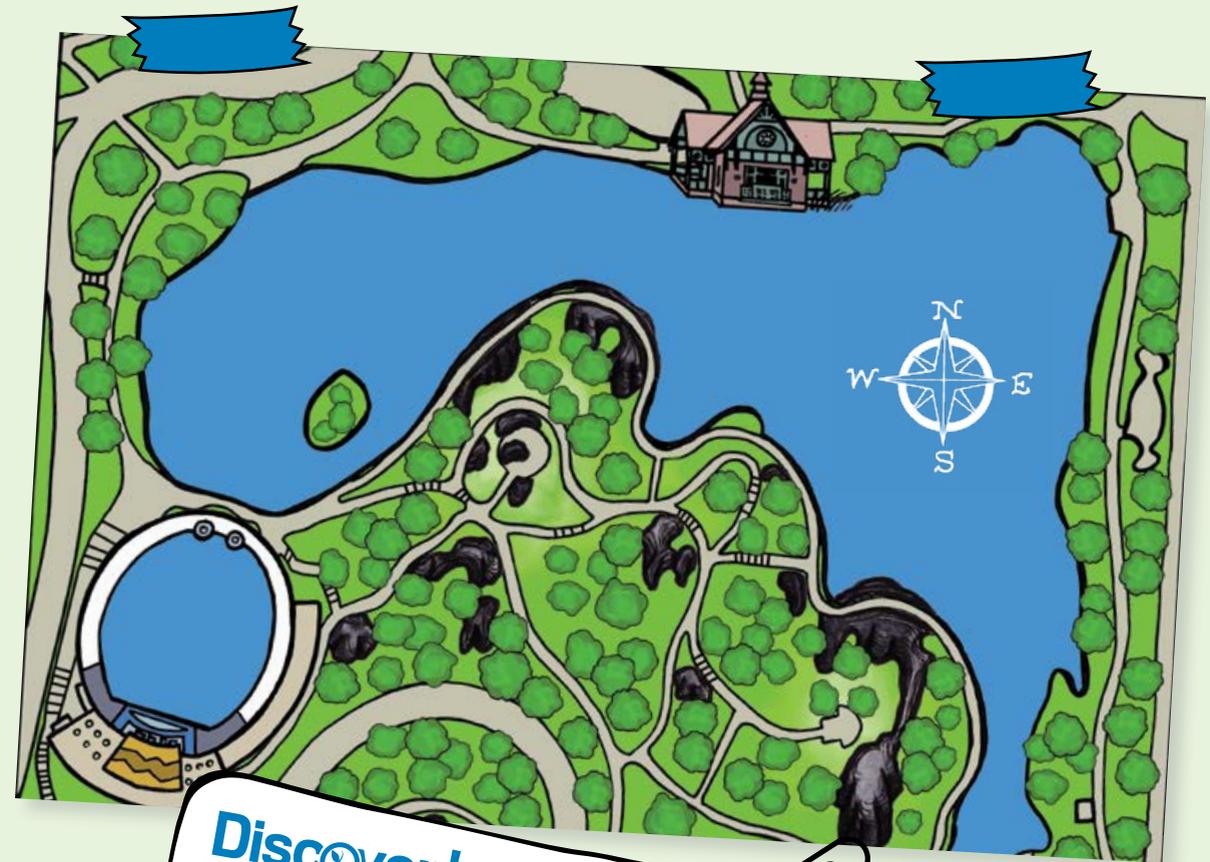
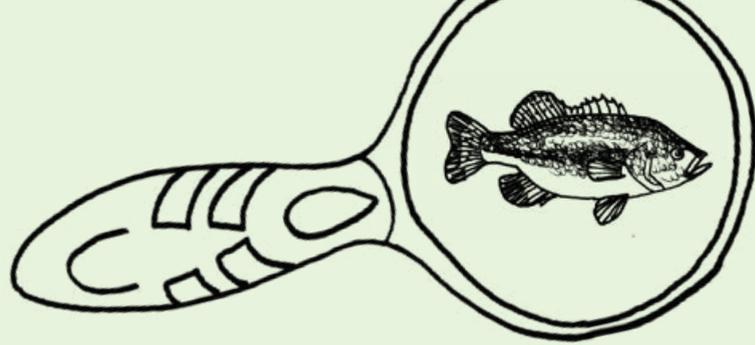


Harlem Meer Discovery Journal

Supported by The Dr. Mortimer and Theresa Sackler Foundation

Name

Date of Visit



Welcome, Park Explorer!

This journal is your guide to exploring the Harlem Meer as a **designer**, a **gardener**, and a **naturalist**. By completing the challenges on these pages, you'll discover how designers, gardeners, and naturalists are also **stewards**, or caretakers, of this special place. With millions of visitors each year, it takes a lot of hard work to keep Central Park's landscapes healthy and beautiful.

The Central Park Conservancy is the official steward of Central Park. But we need your help, too! As you explore the Harlem Meer, follow the Park Explorer's Code of Conduct:

✓ **Stay on the path.**

Walking off of pathways can damage plants and disturb animals.

✓ **Take pictures, not souvenirs.**

If every visitor took home a flower or leaf, there wouldn't be any left in the Park.

✓ **Put trash in its place.**

Litter pollutes the Park and can be harmful to animals.

✓ **Keep wildlife wild.**

Human food is for human beings, not animals.

✓ _____

✓ _____

Add one more guideline for Park Explorers to follow, so they can be stewards, too!

Discover!

As you explore the Harlem Meer, pay close attention to the differences between the water, the shoreline, and the surrounding landscape.

In/on the water, I notice...

Along the shoreline, I notice...

In the surrounding landscape I notice...

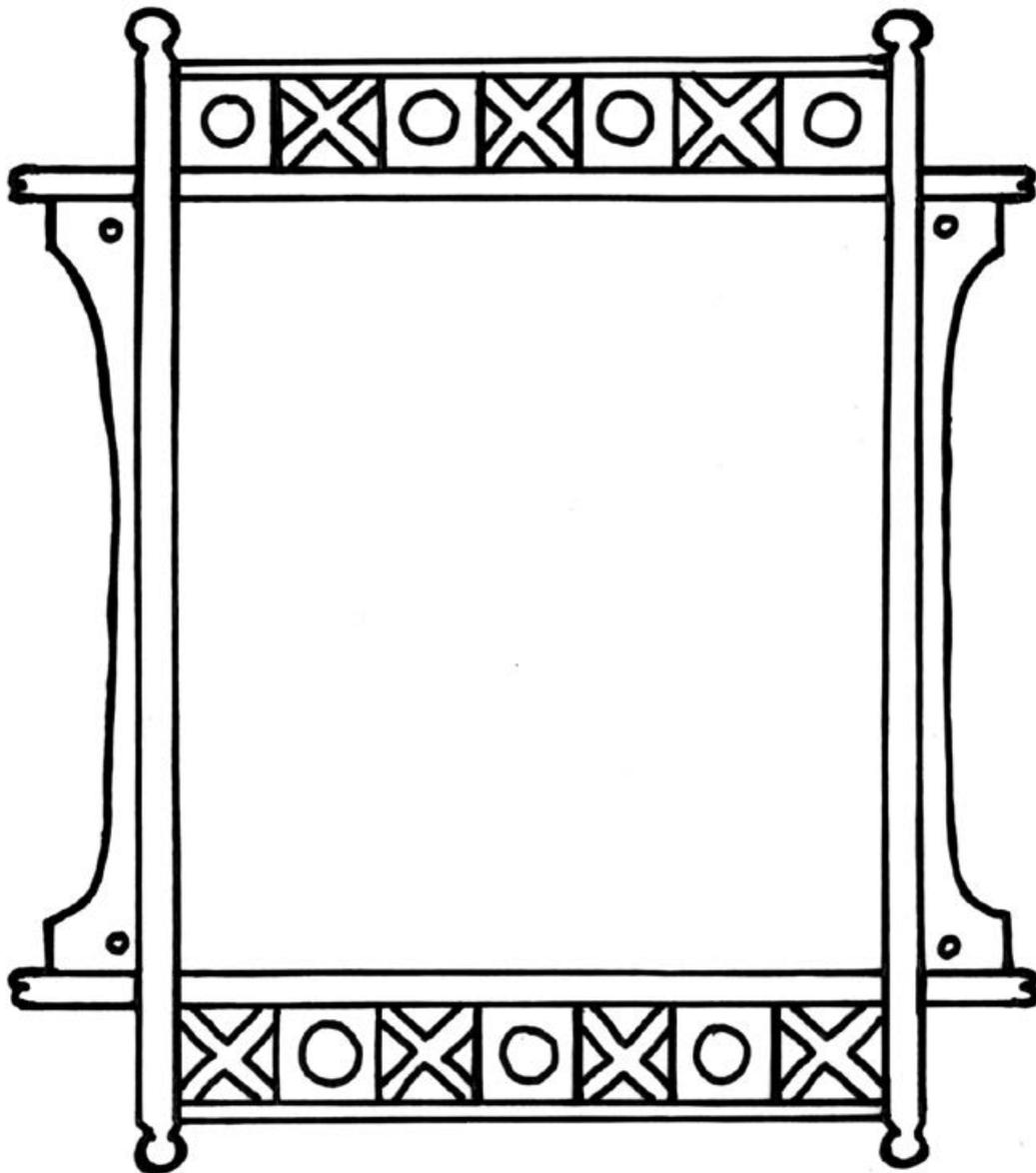


One Meer, Two Views

Before Central Park was built, much of this area was marshland fed by the Harlem Creek. After studying the shape of the existing land, Park **designers** created the Harlem Meer. They designed the shape of the water body and chose the location of trees and shoreline plants. Designers integrated the rocky bluffs into the carefully planned landscape to create dramatic views from the bluffs and from the shore, and designed paths for visitors to explore these views without harming the landscape.

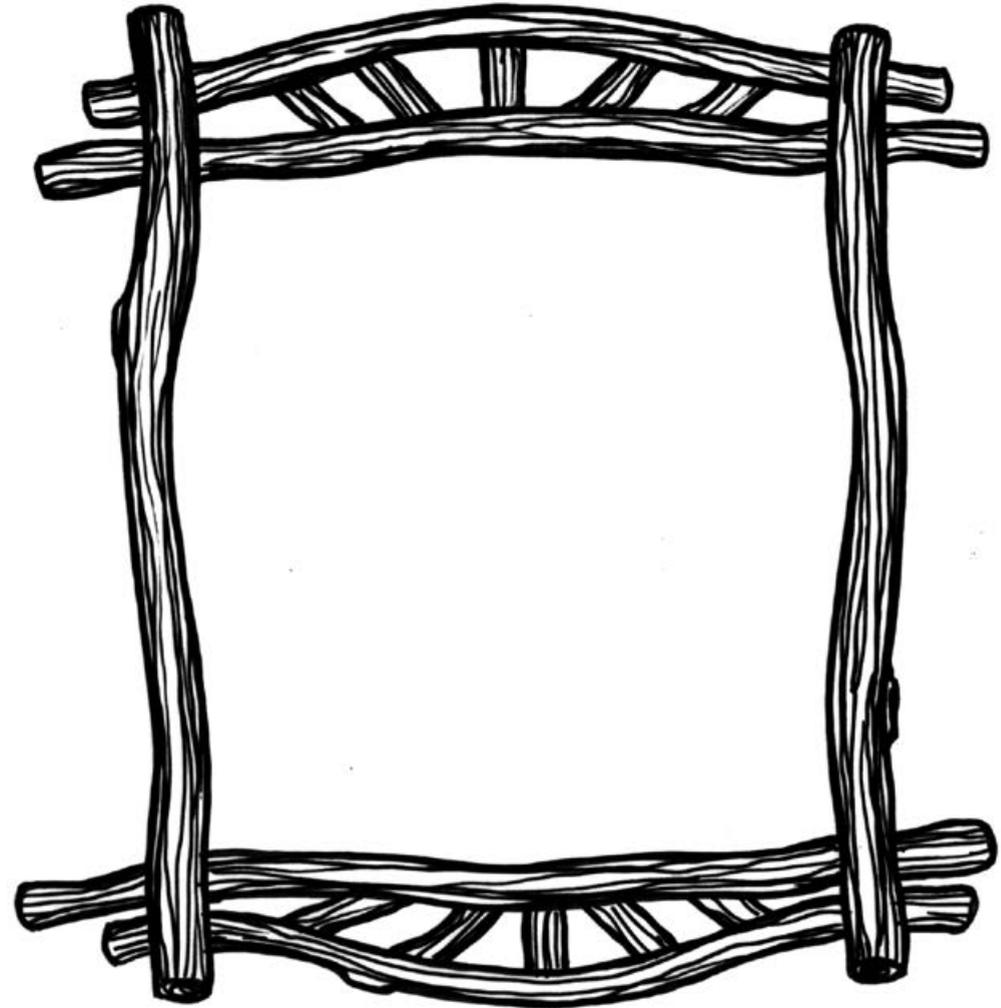
Discover!

In the frame below, draw your view of the Harlem Meer from the shore!



Discover!

In the frame below, draw your view of the Harlem Meer from the Fort Clinton Overlook!



Something I can only see from the shore of the Meer is...

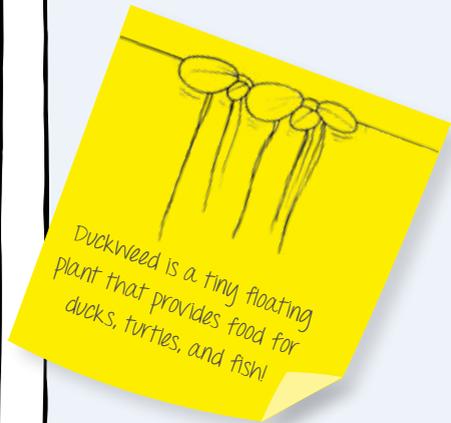
Something I can only see from the Fort Clinton Overlook is...

Who Keeps the Harlem Meer Healthy?

Gardeners work hard to keep the Harlem Meer healthy for the plants and animals that live there. Here are just some of the things a gardener may do during the day:

ONGOING MEER PROJECTS

- ✓ Add plants that protect the shoreline and provide habitat for animals.
- ✓ Add fences to help protect sensitive plantings and wildlife.
- ✓ Cut back old plants to allow new plants to grow.
- ✓ Remove litter to keep the water clear.
- ✓ Lower the level of the water before it rains to prevent the Meer from flooding.
- ✓ Test the water to make sure it is healthy for wildlife.
- ✓ Teach visitors about the Meer and its cultural and natural history.



Some shoreline plants are adapted for living on dry land, just at the edge of the water. Other shoreline plants are adapted to growing right in the water! All shoreline plants have deep roots that hold the soil in place. Gardeners arrange these plants close together to prevent the soil from washing away.

Discover!

Record and compare the plants you observe along the shoreline.

THE MEER SHORELINE STUDY

Shoreline Edge

I notice that shoreline plants living in the water...

I notice that shoreline plants living along the edge...

Not Just for People!

Urban **naturalists** study the plants and animals living in cities. The Harlem Meer is a habitat for many animals that live in New York City for some or all of the year, providing them with food, shelter, space, and water. Naturalists teach others about the importance of places like the Harlem Meer by recording and sharing what they observe.

Discover!

Complete the Animal Survey by recording the number and type of animals you observe.

	Water	Shoreline	Surrounding Landscape
Birds			
Fish			
Turtles			
Insects			
Other			

Discover!

Complete the Animal Card for one animal you observe in the Harlem Meer.

HARLEM MEER ANIMAL CARD

Name

↷

Draw animal here!

Location Water Tree Plant Fence Rock Pathway

Other _____

Habitat Meer Shoreline Surrounding Landscape

Behavior Eating Flying Singing Resting Climbing

Swimming Crawling Drinking Building

Other _____

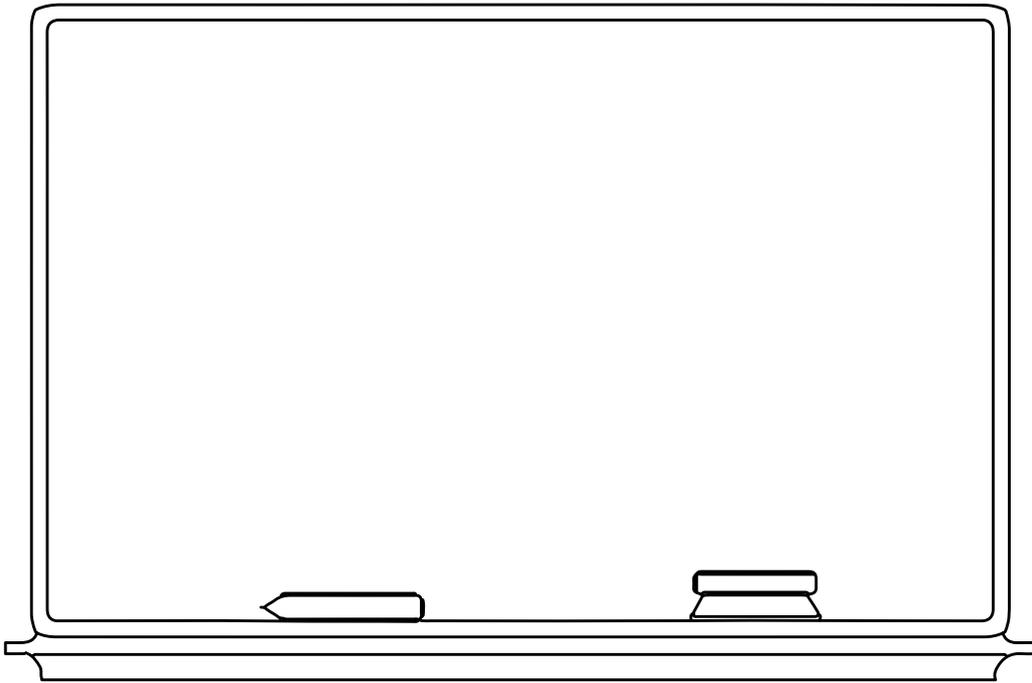
Interesting Observation

Central Park is MY Park!

You are one of millions of people who visit Central Park every year! With so many visitors, it takes a lot of hard work to keep Central Park's landscapes healthy and beautiful. The Central Park Conservancy is the official steward, or caretaker, of Central Park. By following the Park Explorer's Code of Conduct, you are a Central Park steward, too! Sharing why Central Park is important to you and teaching others about your discoveries is another way to be a **steward**.

Discover!

Share your favorite Harlem Meer discovery!



This is...

I'm sharing this because...

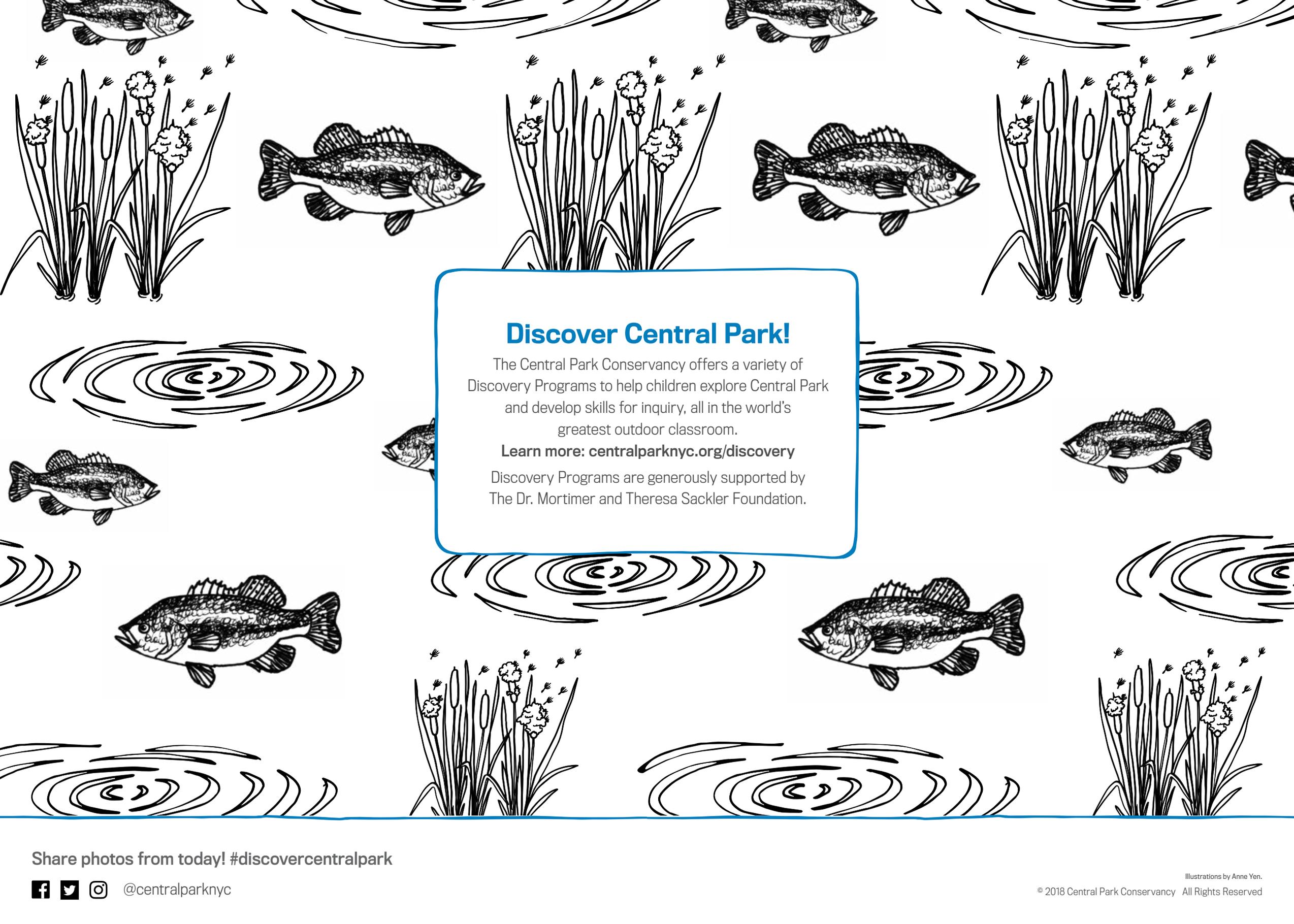
Being an urban park steward is important because...



Healthy Cities Need Healthy Parks!

The Harlem Meer is one of many special places in Central Park where people can enjoy and explore the outdoors. Since urban parks provide so many benefits to people, people need to be stewards of urban parks – including Central Park!

Steward



Discover Central Park!

The Central Park Conservancy offers a variety of Discovery Programs to help children explore Central Park and develop skills for inquiry, all in the world's greatest outdoor classroom.

Learn more: centralparknyc.org/discovery

Discovery Programs are generously supported by The Dr. Mortimer and Theresa Sackler Foundation.

Share photos from today! #discovercentralpark

   @centralparknyc

Illustrations by Anne Yen.

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