

## Sl-o-o-w & Steady

It's true - nothing much seems to happen in swamps, marshes and bogs. Water just sort of sits there. Even the animals that live in them seem to just loll around, waiting for something to happen.

Did you ever hear the expression "still waters run deep"? Lots of activity is going on below a swamp's surface. It just takes a sharp eye to spot it.

In wetlands, the roots of the plants go deep into the muck. As water passes through this ooze, soil, sediment and even chemicals get trapped. Swamps actually clean the water, just the way your kitchen sponge cleans up a spill. That means gunk from upstream doesn't end up in the lake, or maybe even in your drinking water!

Swamps, bogs and marshes are chock-full of food. As a result, they make 'marsh-velous' rest stops for migrating birds. They also provide breeding and nesting grounds for all kinds of creatures, from beavers to butterflies.

No wonder Canadian wetlands are home to about 600 different kinds of plants, animals and insects!

Wetlands act like giant sponges. They soak up water that flows into them from creeks and streams. That's a good thing - just think about what could happen if there were a huge storm up in the hills. Floodwaters rushing down from the hilltops could wash away whole neighbourhoods.

Wetlands stop floods in their tracks. They slurp up stormwater runoff and hold it tight until it can be put to good use.

# Nature Activity

## Wetlands Word Search

Can you find all the wetland words in the list below?

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

beaver  
bog  
cattail  
clean

dragonfly  
duck  
fish  
filter

frog  
habitat  
heron  
lily pad

marsh  
pond  
protect  
reeds

salamander  
swamp  
tadpole  
turtle

Questions about wetlands? Ask us  
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Lake Simcoe Region  
conservation authority

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