

Westie's

Community Partners

ACTIVITY BOOK

Explore Your
Community

with
Westie!

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illustrated by:

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Hi Kids! My name is Westie.



You may know me from the books in Northwest Federal Credit Union's Westie adventure series. Or maybe we have met at a Northwest Federal event!

I'm super excited about my new activity book which is not only filled with fun things to do, but it also has some great information about my favorite charities and community organizations.

Whenever I get my allowance, I put a little money in my Save jar, a little in my Spend jar and a little in my Share jar. Today, I am going to count the money in my Share jar and see what I can do to help these amazing Northwest Federal Credit Union Community Partners make our community a better place!

Thank you to all of the following Northwest Federal Community Partners for sharing our commitment to supporting the community. Together, we serve and inspire to transform lives.

Appalachian Trail Conservancy
Arts Herndon
Audubon Society of Northern Virginia
Autism Society of Greater Orlando
Autism Tennessee
Children's Science Center
Cornerstones
Florida Literacy Coalition
Forsyth Humane Society
Friends of Runnymede Park
Herndon Environmental Network
Humane Society of Calvert County

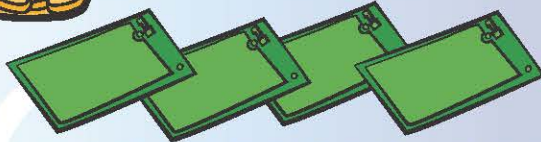
League of Reston Artists
Loudoun Arts Council
Loudoun Cares
Loudoun Education Foundation
Loudoun Wildlife Conservancy
NWFCU Foundation
Potomac Appalachian Trail Club
Professional Association of Visual Artists
Serve Our Willing Warriors
Special Olympics Virginia
Step Sisters

Counting Coins and Bills

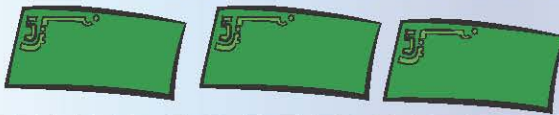


Westie needs help!!!

Help Westie count how much he has in his share jar. What are some ways to spend the money from a share jar?



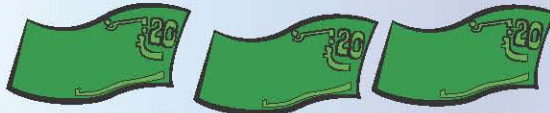
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add all of the sums to get the **Grand Total** = _____

All of the activities on the following pages have been inspired by Northwest Federal's Community Partners. Make sure to take a peek in this same spot on every page to learn more about these partners and discover all the great things they do for the community!

Belly Botany - An Outdoor Exploration

Take a nature hike on the Appalachian Trail or visit your own backyard to discover the amazing things you find in just a small section of the ground.

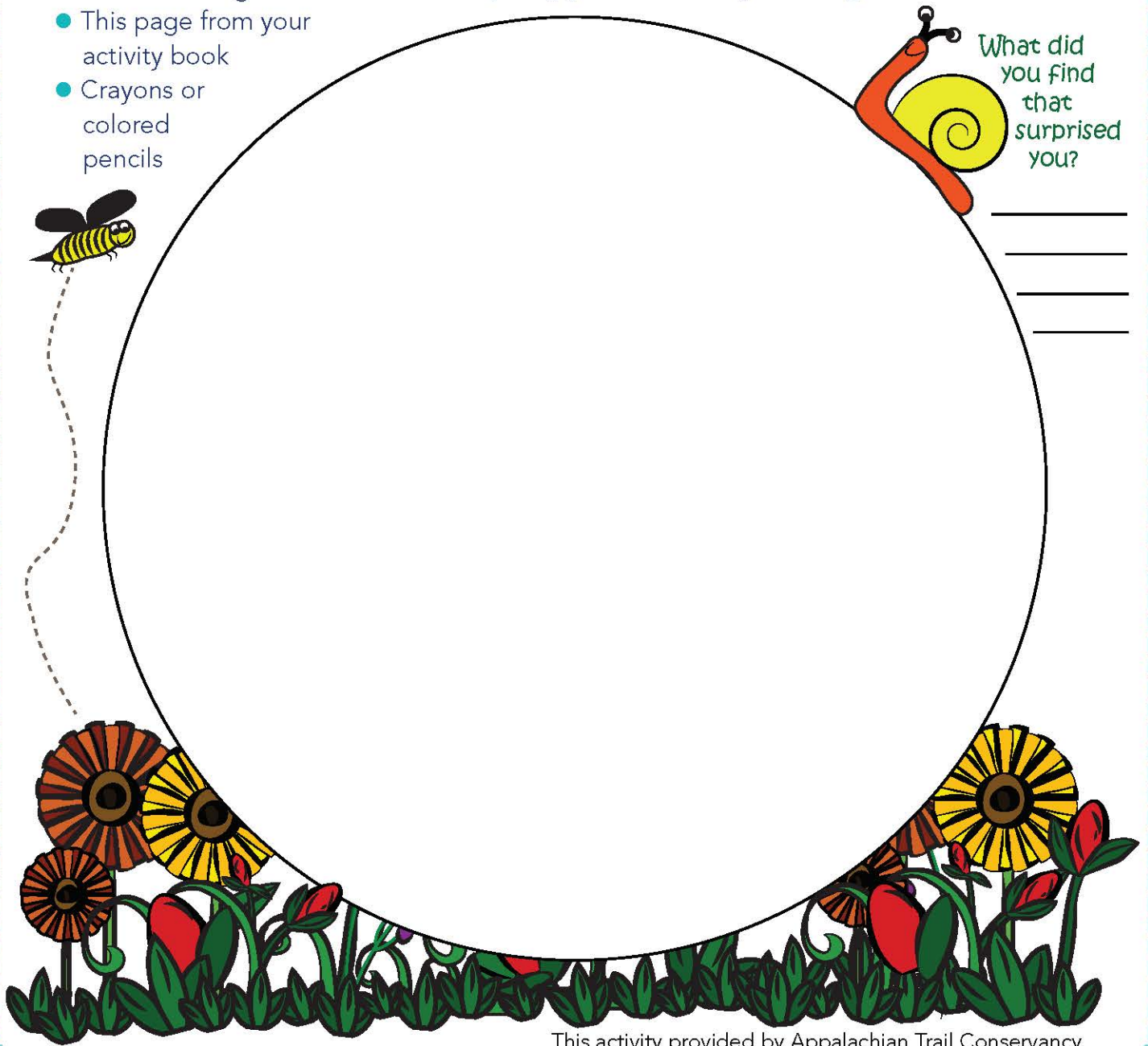
You'll need:

- Piece of string around 20 inches long
- This page from your activity book
- Crayons or colored pencils

Instructions: Use your string to make a circle on the ground.

Next, lie down and look closely at everything inside that circle.

Draw everything you see inside your string circle below.



This activity provided by Appalachian Trail Conservancy.

Appalachian Trail Conservancy (ATC) - www.appalachiantrail.org

Established in 1925, the Appalachian Trail Conservancy (ATC) leads the effort to protect, maintain and celebrate the Appalachian Trail. They are part of a unique cooperative-management system, working with a number of local, state and federal partners to ensure greater protections for the Trail.

Walking Water Experiment

Learn what capillary action is and how this relates to plants and rainbows. Ask a grown-up to help gather these common household items to do this fun experiment. You will learn how the movement of water within the spaces of a porous material is helpful to the plant life around us.

Materials:

- Water
- Cups or jars
(3 or more – an odd number)
- Food coloring
(two or more primary colors - red, yellow, or blue)
- Paper towels
- Scissors

How it Works:

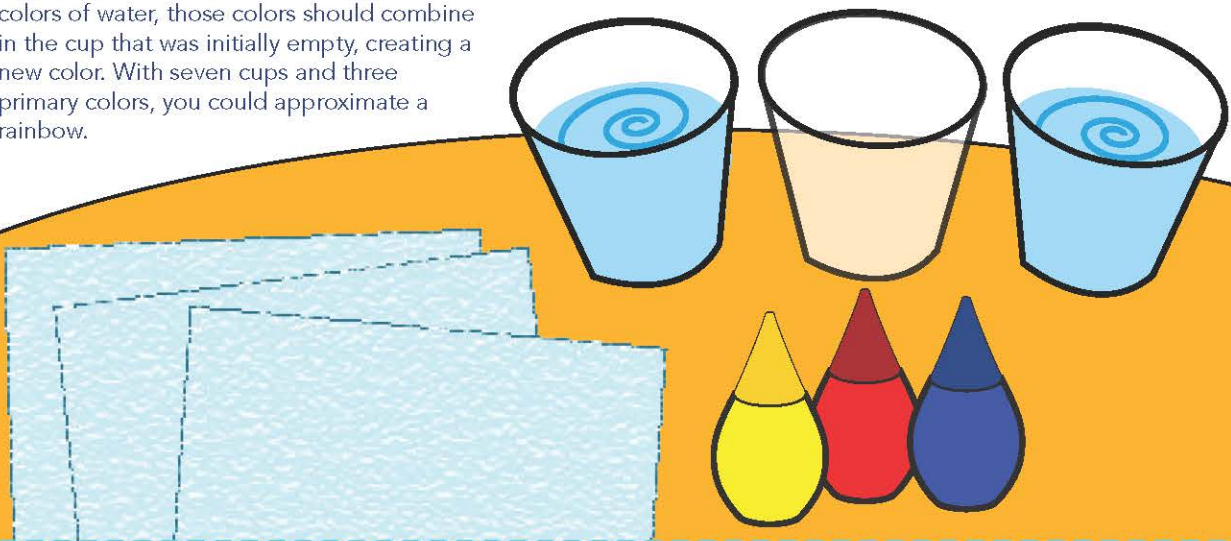
Capillary action is the movement of water within the spaces of a porous material, the paper towel in this case. Water molecules bind to the paper towel through a process called adhesion, but the water molecules also stay close to each other because they are cohesive. The result is that water is drawn up through gaps in the paper towel, which act as capillary tubes. Another example of this process is where water travels from the roots of a plant to the leaves. In this experiment, water should be drawn through the paper towels from the full cups to the empty cups. And if you've used different colors of water, those colors should combine in the cup that was initially empty, creating a new color. With seven cups and three primary colors, you could approximate a rainbow.

Procedure:

1. Fill every other cup with water colored by different colors of food coloring.
2. Fold the paper towels in quarters and cut the ends.
3. Place one end of each paper towel in a full cup of water and one end in an empty cup.
4. Make predictions, then observe what happens.

Do you think the empty cups will stay empty?
If not, what color water do you expect to see in them? Write your prediction here:

This experiment was provided by the Children's Science Center citing the following sources: www.coffeecupsandcrayons.com, www.science-sparks.com, WhizKidScience (YouTube) and <https://water.usgs.gov>.

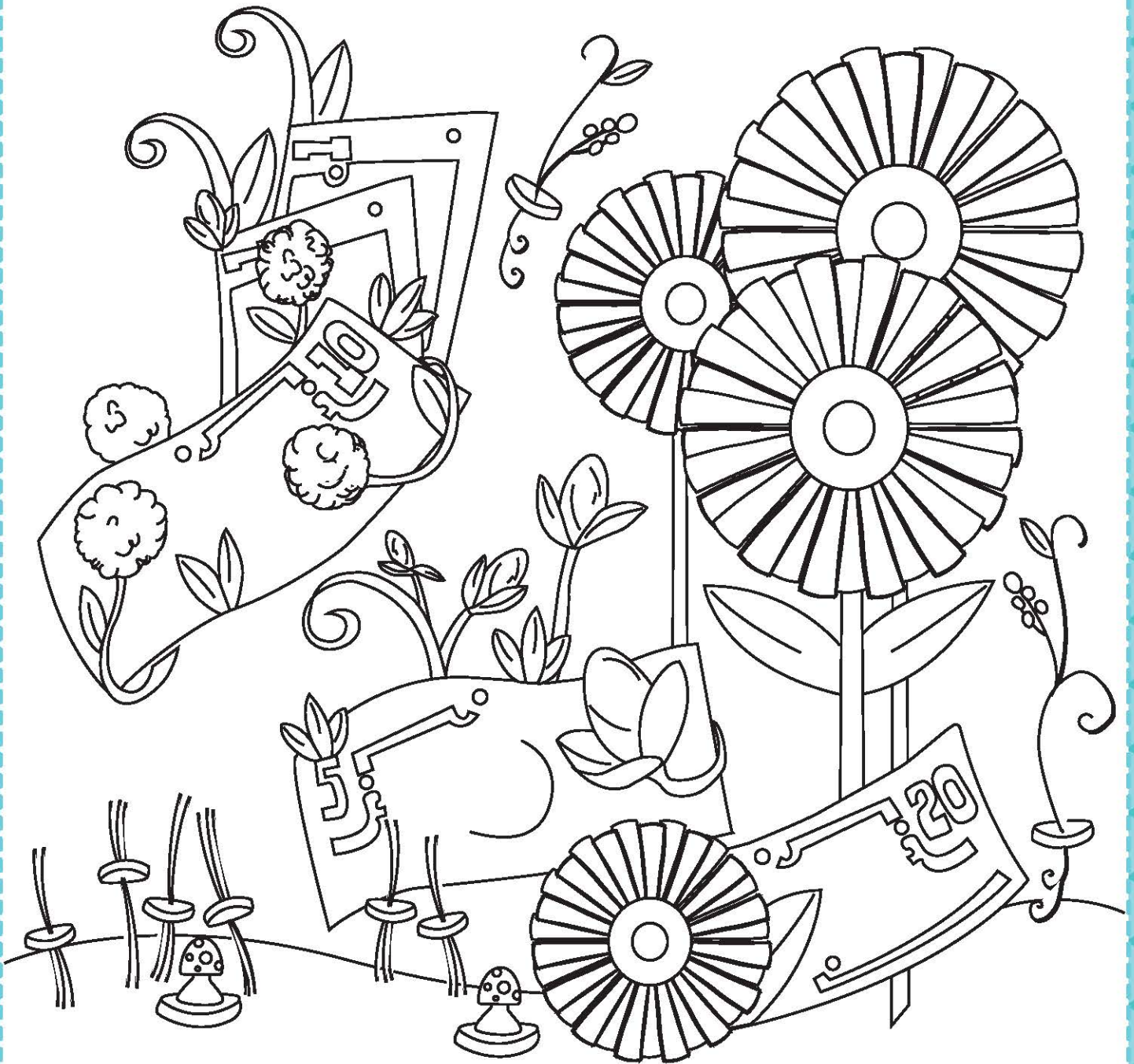


Children's Science Center - www.childsci.org

The Children's Science Center is a 501(c)(3) non-profit organization with a mission to instill a love of learning science, technology, engineering, and mathematics (STEM) in all children by providing unique opportunities to explore, create and be inspired. In addition to the Children's Science Center Lab and community programs, the Center is planning to build a world-class science museum in Dulles, VA.

Coloring Fun

Here's your chance to be a Westie book illustrator! Bring this page from Westie's second book, *Westie's Amazing Spectacular One-Hundred Dollar Jar* to life with your crayons, markers or colored pencils.



Loudoun Arts Council - www.loudounarts.org

Loudoun Arts Council is an organization that fosters the health and growth of arts and culture within a defined service area. All disciplines of the arts are included: music, dance, literature, theater, and visual arts.

You're the Author!

Read the paragraph below from Westie's first book, *Westie's Triple Decker Decision*. Use the lines provided to write what *you* think should happen next. Be as creative as you can be even if you know what happened next in the book. You are now the author so whatever happens next in the story is completely up to you!

Bonus: Try to use at least three adjectives in your paragraph. An adjective is a word that describes a noun (a person, place or thing.)

Every Friday after school, Westie's mom and dad give him three crisp \$1 bills. Westie loves "Allowance Fridays." He grins his biggest doggie grin, tucks the bills into his paw and bounces up to his room to think about how he will spend it.

Florida Literacy Coalition - www.floridaliteracy.org

The Florida Literacy Coalition promotes, supports and advocates for the effective delivery of quality adult and family literacy services in the state of Florida. FLC provides a range of services to support more than 300 adult education, literacy and family literacy providers throughout Florida.

Connect the Pet to His or Her Human

Help the pets find their way through the maze to get to their correct owner. If you could choose one, which pet would you like to have?



Humane Society of Calvert County - www.humanesocietyofcalvertcounty.org

Improving its community for animals and people by: sheltering and protecting animals from harm; placing them into caring responsible homes; increasing awareness through humane education and community outreach; endeavoring to reduce animal over population and to eliminate cruelty; serving as an advocate for animals by promoting humane standards; and enhancing the relationship between animals and people.

Clean up the Stream

Westie loves Runnymede Park so he volunteered to help clean the stream at the Town Parks & Stream Clean-Up event. Help Westie with the clean-up by **circling** any bits of trash you find in this drawing of the park.



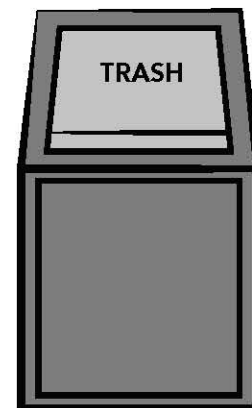
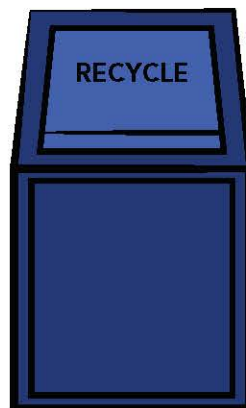
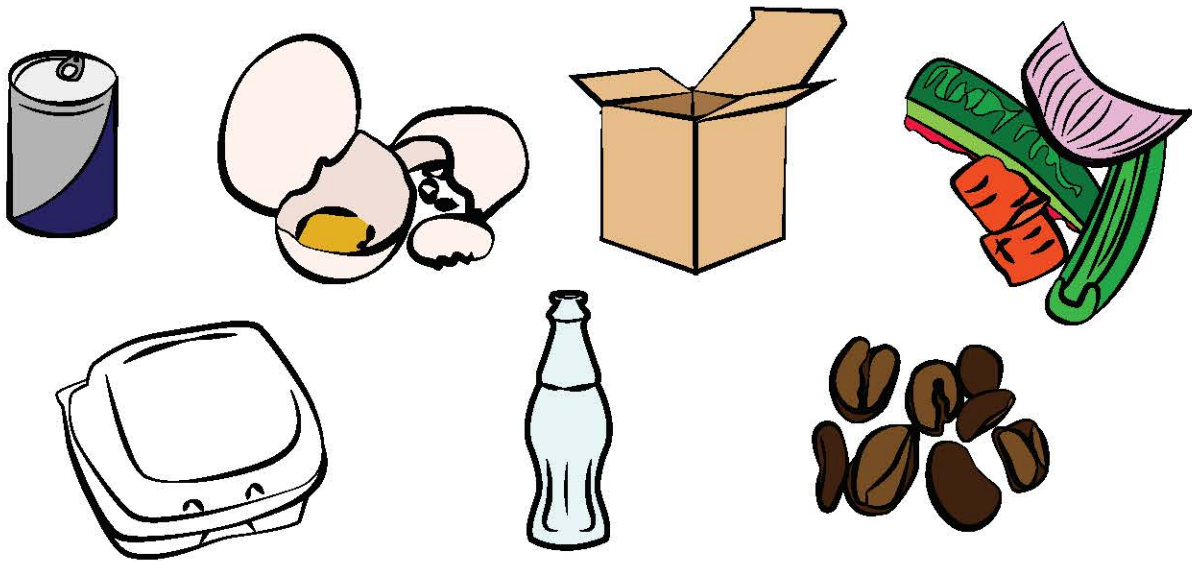
Friends of Runnymede Park - www.frpweb.org

The Friends of Runnymede Park want to protect, enhance, and preserve the physical, natural, and cultural heritage of this special public parkland in the Town of Herndon, Virginia. They also provide educational brochures and maps of the beautiful park.

To Toss or Not to Toss?

Westie is helping his mom separate the items that can go into their compost pile. Compost is a way to reuse organic materials like leaves and vegetable scraps to create a natural fertilizer that can help gardens grow. Connect the lines from the items on the top to the container on the bottom to show the correct way to dispose of the item.

Hints: There is only one item below that should go into the trash. Materials you can recycle include cans, cardboard, glass and plastic. Only natural materials should go into compost.



Herndon Environmental Network - www.herndonenvironment.org

The Herndon Environmental Network (HEN) works to bring awareness of the environment through education, initiatives, and advocacy in the Herndon area.

Make Your Own Heart Box



Westie wants to give a little gift to a special person and is making a cute gift box to put it in. You can make one too!



Visit Northwest Federal's channel on YouTube to watch a step by step video on how to make your Heart Shaped Gift Box.

www.youtube.com/NorthwestFederal



Instructions:

1. Cut along the outside gray lines of the box.
2. Cut the gray dashed lines to create slits.
3. Fold along all of the dashed teal lines towards the inside of the box.
4. Glue the tab that says "Glue Here" and adhere it under the flap with the dark blue line.
6. Fold the bottom side flaps into the box and secure the bottom.
7. Secure the top by inserting the two top tabs into the slits to create a heart.

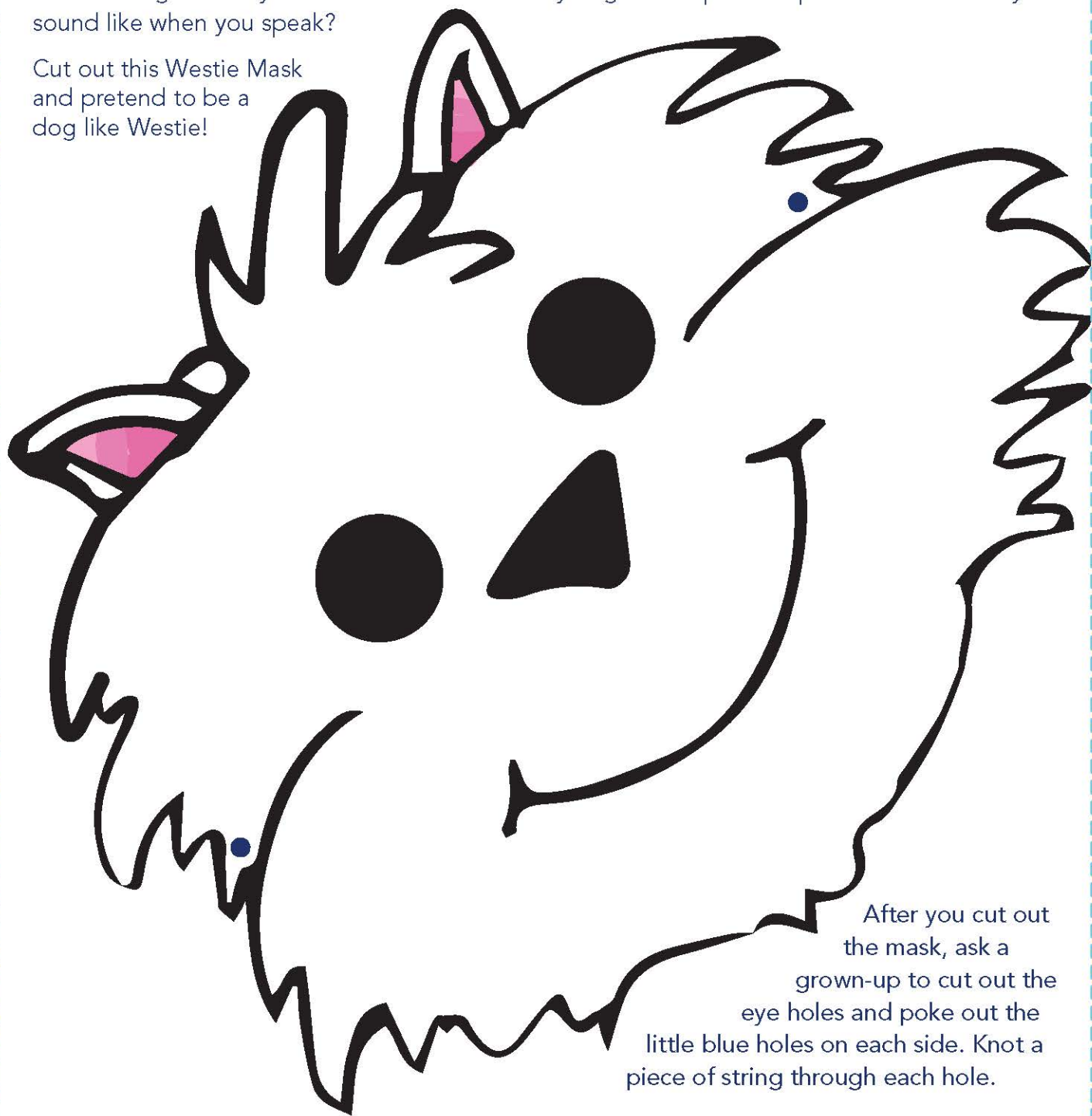
Loudoun Cares - www.loudouncares.org

Loudoun Cares, connecting nonprofits and residents since 2004, is dedicated to building a strong Loudoun County providing life-sustaining and life-enhancing resources to all residents. Programs include: Information & Referral Helpline, Nonprofit Center, Volunteer Center, and the Claude Moore Community Builders program.

Westie Mask

Have you ever wondered what it's like to be an animal? If you were a dog like Westie, what kind of things would you like to do? How would you get from place to place? What would you sound like when you speak?

Cut out this Westie Mask and pretend to be a dog like Westie!



After you cut out the mask, ask a grown-up to cut out the eye holes and poke out the little blue holes on each side. Knot a piece of string through each hole.

Forsyth Humane Society - www.forsythhumane.org

Forsyth Humane Society educates the community on pet responsibility and the benefits of animal companionship. Being responsible includes keeping your pet safe, the community safe, yourself safe, and other animals safe. There are many programs that work with children both in and out of the classroom.

Tangram Puzzle



Westie loves puzzles. This puzzle is called a tangram puzzle and is made up of shapes called tans. The objective of the puzzle is to use all seven tans to create a silhouette shape without overlapping them. Try making the house shapes below!

Steps:

1. Print on heavy cardstock
2. Cut out shapes
3. Start playing!



Visit Northwest Federal's channel on YouTube to watch a step by step video on how to put together the Tangram Puzzle & Tangram Envelope.

www.youtube.com/NorthwestFederal



Can you make these shapes? Give it a try!



Autism Society of Greater Orlando (ASGO) - www.asgo.org

ASGO was founded in 1996 by a group of volunteer parents to better assist families of children and adults with autism in the Central Florida area. ASGO provides awareness, education, advocacy, and support to the community so autistic children and adults can become fully accepted, included, and actively participating members of the community.

Tangram Puzzle Carrier



Westie wants to make an envelope to hold all of the tangram puzzle pieces so he can take them with him in the car. Will you help him create the envelope to hold his puzzle?



Tangram Puzzle Envelope

Steps:

1. Cut along the outer solid lines to cut the envelope out.
2. Cut out the small teal colored rectangle under the house shapes to create a slit.
3. Cut along the line of the gold semi-circle to create a tab.
4. Fold in the side flaps towards the unprinted side.
5. Fold in the bottom towards the unprinted side. Fold over the top towards the unprinted side and push the tab in gently to catch the slit on the bottom flap.

Optional: Place 5x5" magnetic sticker to the center square on the unprinted side, and place the Tangram puzzle on a 5x5" magnetic sticker before cutting the shapes to create a magnetic Tangram travel game.



Puzzle

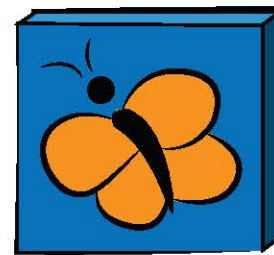
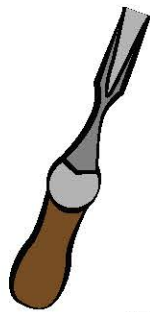
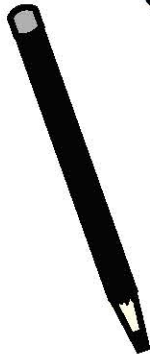
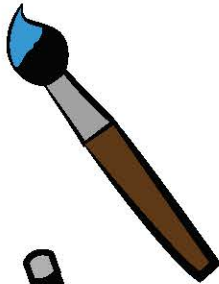


Autism Tennessee - www.autismtennessee.wildapricot.org

Autism Tennessee exists to enrich the lives and experiences of individuals on the autism spectrum, their families, and their surrounding community through support, advocacy, and education.

Match the Art to the Artist Tool

Westie wants to learn to be an artist like the members of the League of Reston Artists. What tools does he need to learn how to use to create these masterpieces? Match the tool on the left side to the piece of art on the right that is needed to create it.

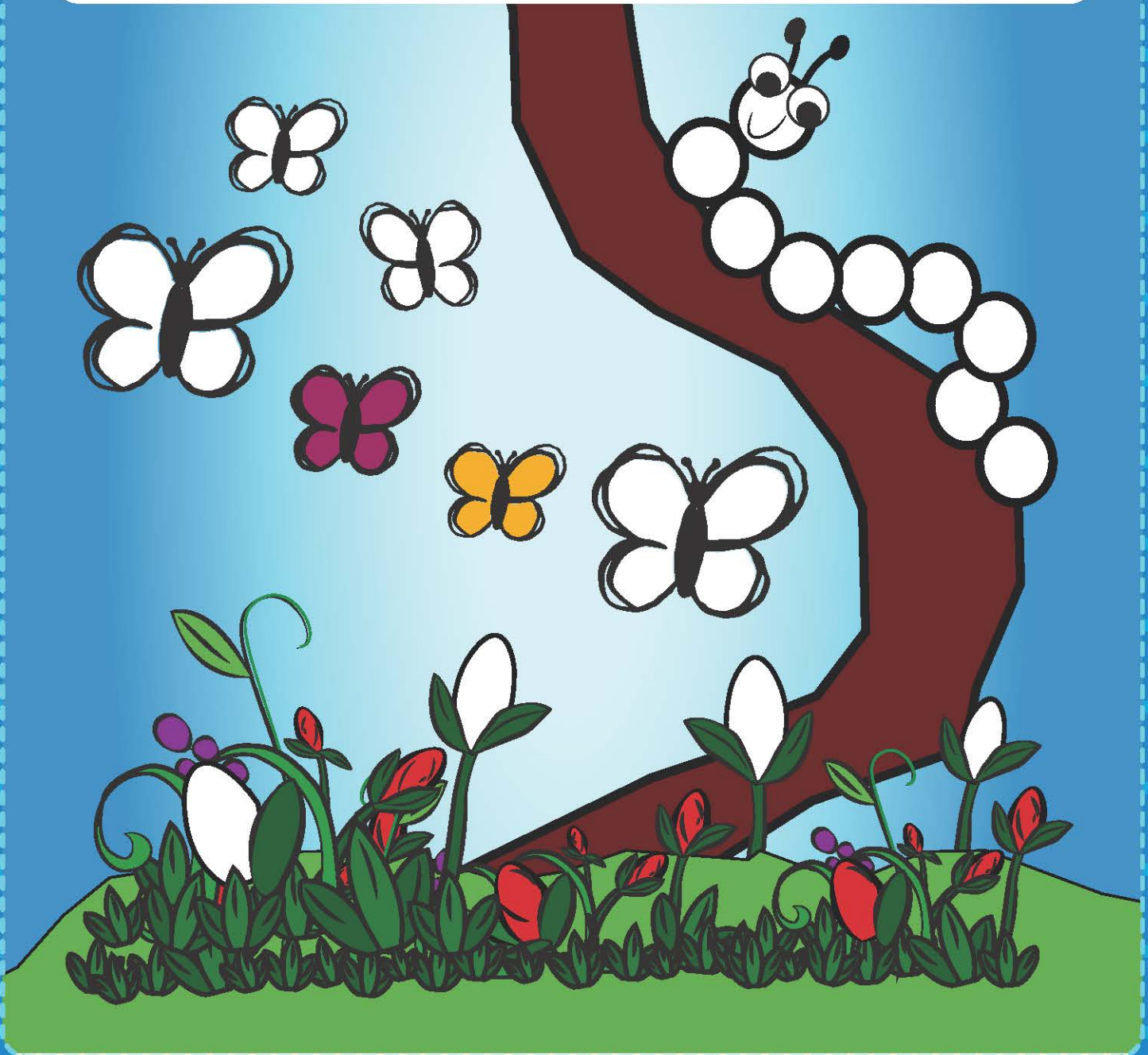


League of Reston Artists - www.leagueofrestonartists.org

The League of Reston Artists (LRA) is an active and enthusiastic group of diverse visual fine artists, photographers, and supporters of the arts. The LRA wants to provide its members with opportunities to grow, learn, and exhibit their creative accomplishments, as well as, provide the local community with frequent opportunities to experience and appreciate a wide range of visual art.

Fingerprint Art

Get help from a grown-up to gather a few colors of washable paint. Use only your fingertips dipped in paint to complete this picture. Do you think you will get different results when you use different fingers? How will you choose your colors? HINT: Look for the white areas in the picture and use your fingers to bring those areas to life!

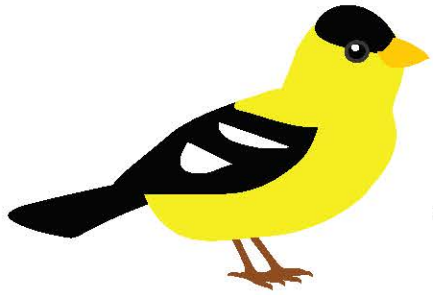


Arts Herndon - www.artspaceherndon.org

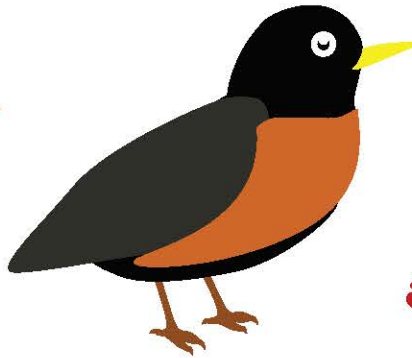
As a multi-disciplinary arts organization, Arts Herndon's mission is educating, promoting, advancing, developing, and cultivating the arts. Arts Herndon supports the entire community of artists through scholarships, grants, professional development programming, monthly exhibits, concerts and public art.

Bird Watching

Here are just a few of the birds you can find throughout Northern Virginia. How many can you find in your own backyard? Keep this page near a window in your home and check off each one as you see them and mark the date they visited your yard.



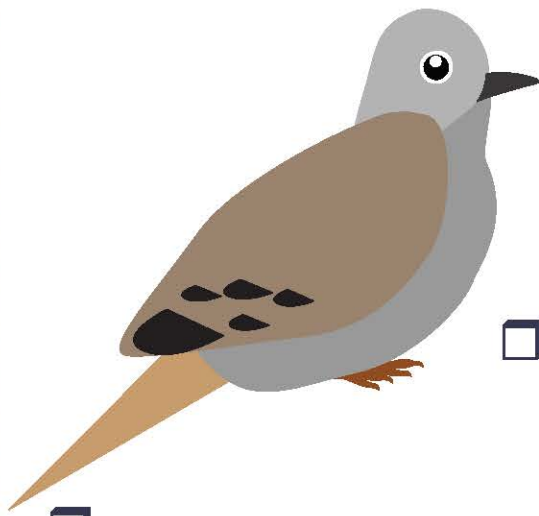
Goldfinch DATE _____



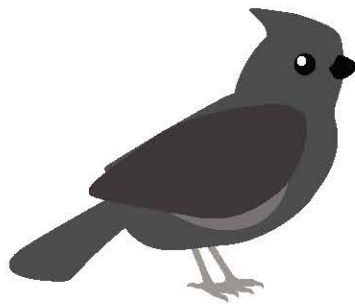
Robin DATE _____



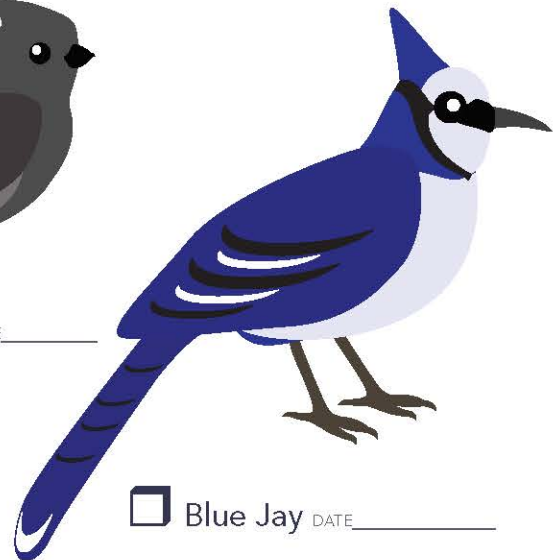
Cardinal DATE _____



Mourning Dove DATE _____



Tufted Titmouse DATE _____



Blue Jay DATE _____

TIP: In addition to a birdfeeder, you can encourage more birds to come to your yard by providing fresh water. Clean, fresh water is important to birds. You can use a bird bath, battery-powered dripper or you can simply place water out in a saucer. Don't forget to clean and refill standing water regularly to prevent mosquitos.

Audubon Society of Northern Virginia - www.audubonva.org

Audubon Society of Northern Virginia (ASNV) is committed to conserving and restoring natural ecosystems, focusing on birds, other wildlife, and their habitats for the benefit of humanity and the earth's biological diversity. ASNV advances the mission through educational and conservation programs, citizen science, and advocacy initiatives.

Wingless Buffalo Sticks Recipe

Learning is fun, but after a long day at school, Westie is hungry! Follow this easy recipe to make Westie's favorite after school snack. Make sure a grown-up is there to help!

Ingredients

- Celery Sticks
- Cream Cheese (1 package)
- 1/4 C Blue Cheese Crumbles (optional)
- Buffalo Wing Sauce (mild)

Directions:

1. Ask a grown-up to cut celery into snack sized sticks.
2. In a bowl, combine the cream cheese with the blue cheese crumbles. The blue cheese is optional.
3. Spoon the cream cheese mixture onto your celery sticks.
4. Drizzle buffalo wing sauce on top of the cream cheese. Drizzle only a little if you don't like your food too spicy!
5. Enjoy! This snack is perfect with some grapes or pretzels on the side.



Visit Northwest Federal's channel on YouTube to watch a step by step video on how to make your Wingless Buffalo Sticks!

www.youtube.com/NorthwestFederal

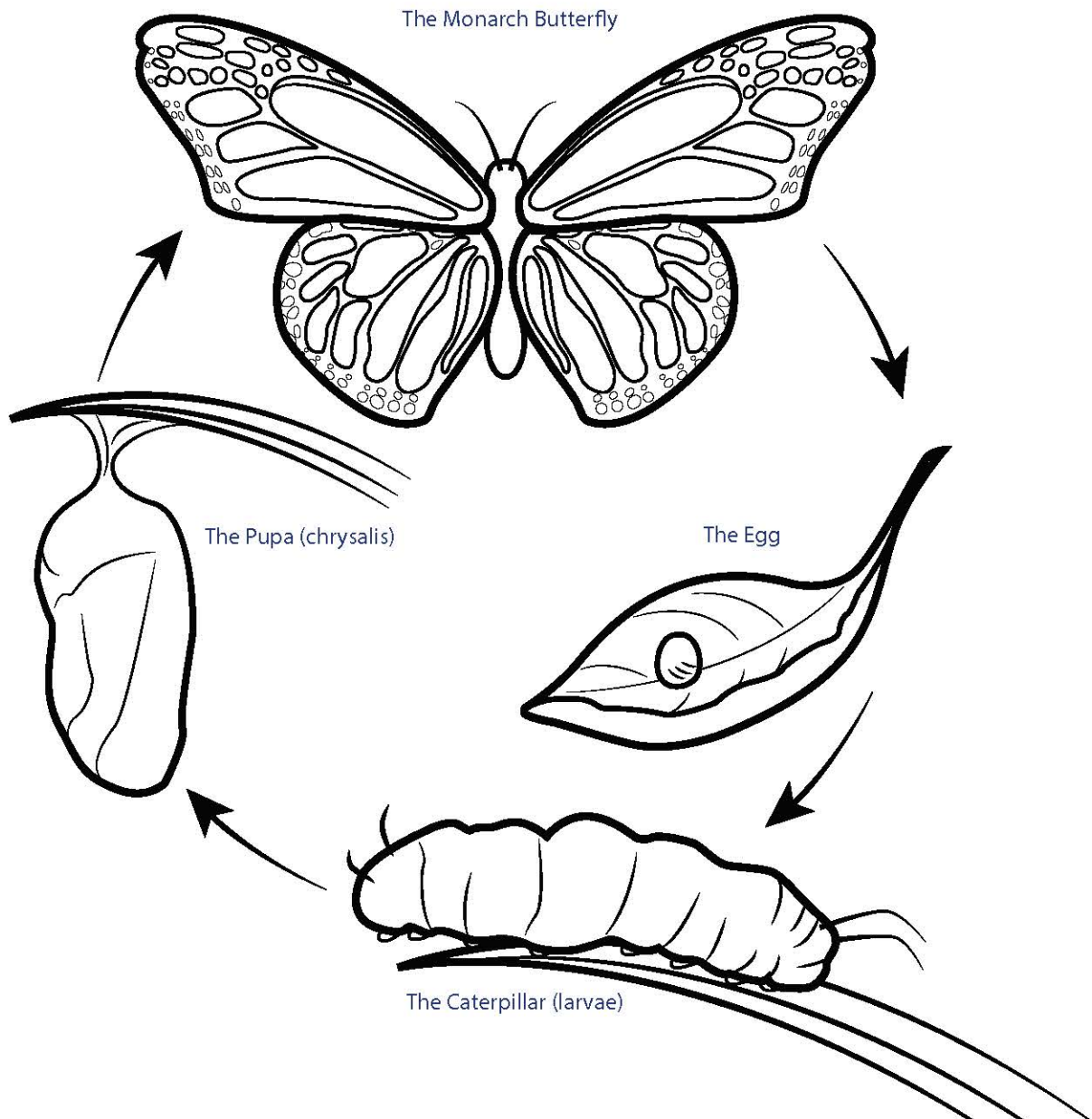


Loudoun Education Foundation - www.loudouneducationfoundation.org

The Loudoun Education Foundation raises funds to create exceptional learning opportunities for Loudoun's Public School students. Their goal is to channel the community's resources to students and teachers. The Loudoun Education Foundation supports programs that excite children's curiosity and enhance the quality of the Loudoun County Public Schools.

Monarch Butterfly Life Cycle

The Monarch Butterfly is an important member of our community. We need the monarch to help pollinate plants which is needed to help plants grow. Color in the stages of the Monarch life cycle below and then share what you have learned with a friend or family member.



Loudoun Wildlife Conservancy - www.loudounwildlife.org

Loudoun Wildlife educates the public through programs, field trips, restoring habitats, and participating in citizen science projects to monitor the health of the environment, and to advocate on behalf of the people, wildlife and habitat in the region.

Trail Name Word Find



Westie is going on a hike on the Appalachian Trail! There are so many different trails, that it's hard to choose which trail to hike! Some trails, and locations along those trails, have some interesting names. Find each of the following names in the word find below:

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

SNICKERS GAP

PINEY RIDGE

TUSCARORA TRAIL

JARMAN GAP

TURK MOUNTAIN

ASHBY GAP

MAP IT!

Visit PATC's website
for maps to trails
in your area!
www.patc.net



Potomac Appalachian Trail Club - www.patc.net

Potomac Appalachian Trail Club, through volunteer efforts, education and advocacy, maintains and protects 1000+ miles of trails and related facilities in the mid-Atlantic region, including the Appalachian Trail, for the enjoyment of present and future hikers.

How to Draw Westie

It takes a lot of practice and a lot of patience to become an artist. But it isn't always as hard as it seems! When you look at an image and break it down into parts, it can become much easier to draw. Westie himself is made up of several simple shapes.

Let's learn to draw Westie! The red lines show you what to draw. The aqua lines show you what you just drew. Grab a pencil and a blank piece of paper and give it a try!



Professional Association of Visual Artists - www.pava-artists.org

The Professional Association of Visual Artists, Inc., (PAVA) is an organization founded by artists for artists in the Tampa Bay area and outlying region of Florida. Every summer and winter, PAVA features an art show, showcasing the best artists and their REAL fine art and fine crafts.

Red, White and Blue Cookies

Westie was learning about the many men and women who serve in the military to protect our country. To show his appreciation, he is making Red, White and Blue Cookies to bring to a family that has a loved one serving in another country.

You can make these **Red, White and Blue Cookies** too! Before you start, make sure to ask a grown-up to help you and never ever use the oven alone!

Ingredients

- 1 3/4 C Flour
- 1 TBSP Baking Soda
- 1 TSPN Salt
- 2 Sticks Butter (softened)
- 3/4 C Granulated Sugar
- 3/4 C Brown Sugar
- 2 eggs
- 1 TBSP Vanilla Extract
- 1 C Dried Blueberries
- 1 C Dried Cranberries
- 1 bag of White Chocolate Chips

Directions:

1. Mix the flour, baking soda and salt with a spoon. Set aside.
2. In a separate bowl, use a mixer to mix 2 softened sticks of butter.
3. Add granulated sugar and brown sugar to butter. Continue to mix.
4. Mix in the eggs, one at a time.
5. Add vanilla.
6. Slowly add in the flour mixture that you set aside earlier.
7. Fold in dried blueberries, cranberries and white chocolate chips.
8. Spoon balls of cookie dough onto ungreased cookie sheet and bake for 12 minutes at 350 degrees.



Serve Our Willing Warriors - www.willingwarriors.org

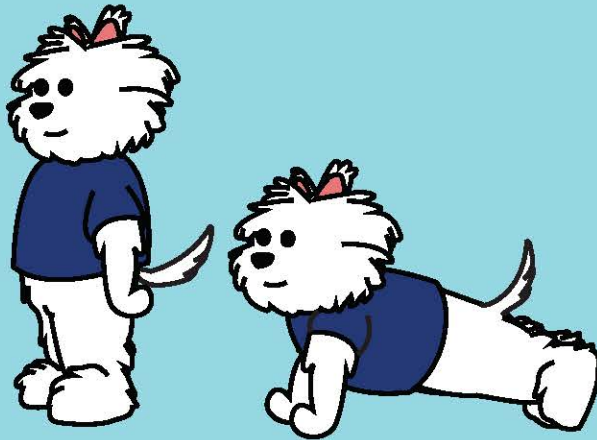
Serve Our Willing Warriors serves its community by providing as a temporary home-away-from-home respite for recovering service members and their families at the Warrior Retreat at Bull Run. Since its inception, additional programs and services have been available to assist the Warriors in the transitional journey to rebuilding their lives.

Stretch with Westie!

To be an amazing athlete like those who compete in the Special Olympics, we have to keep our body moving! Find an open space and do these simple stretch moves with Westie. Try to do at least two of these stretches every single day!

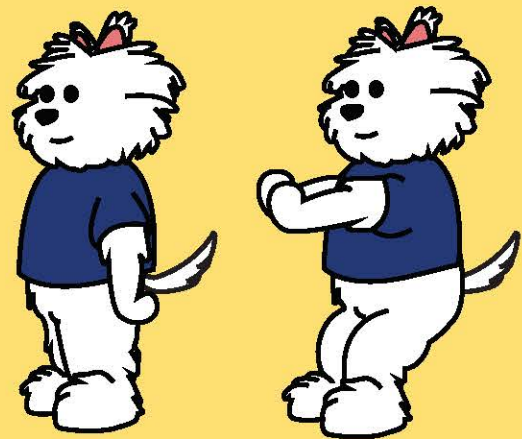
Doggy Freeze

Kneel on all fours with hands directly under shoulders. Raise your needs and put your feet back to keep your body in a straight line.



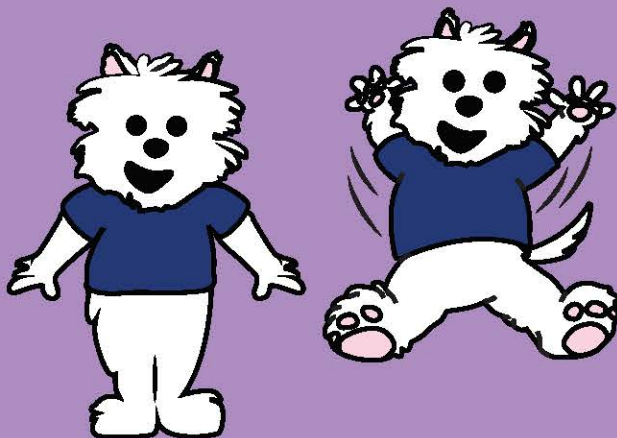
Puppy Squats

Place your feet shoulder-width apart with your hands straight out. Bend your knees up and down.



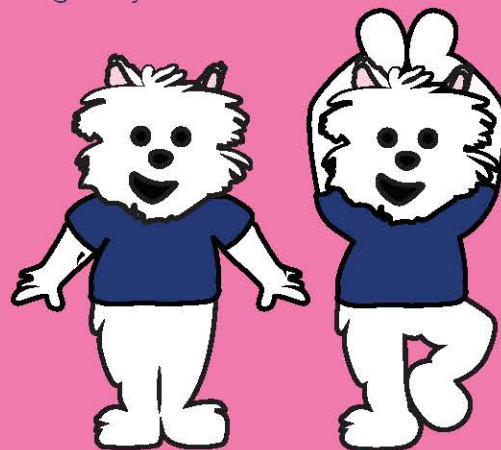
Doggy Twist & Shake

Stand tall and make an X with your body. Jump while moving your arms and legs up and down and side to side.



Puppy Power Pose

Place hands above your head and shift your weight to your right foot. Rest your left foot against your knee.



Special Olympics Virginia - www.specialolympicsva.org

Special Olympics Virginia provides year-round sports training and athletic competition for children and adults with intellectual disabilities. This gives them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Find What's Missing

Westie is volunteering for Step Sisters by assembling Chemo Care Kits. These kits provide comforting items for those who are starting cancer treatments.

What's missing from each kit below? Take a look at the picture of the complete kit on the right then cover it with your hand. What is missing from the three other kits? Write what's missing on the line below each one.



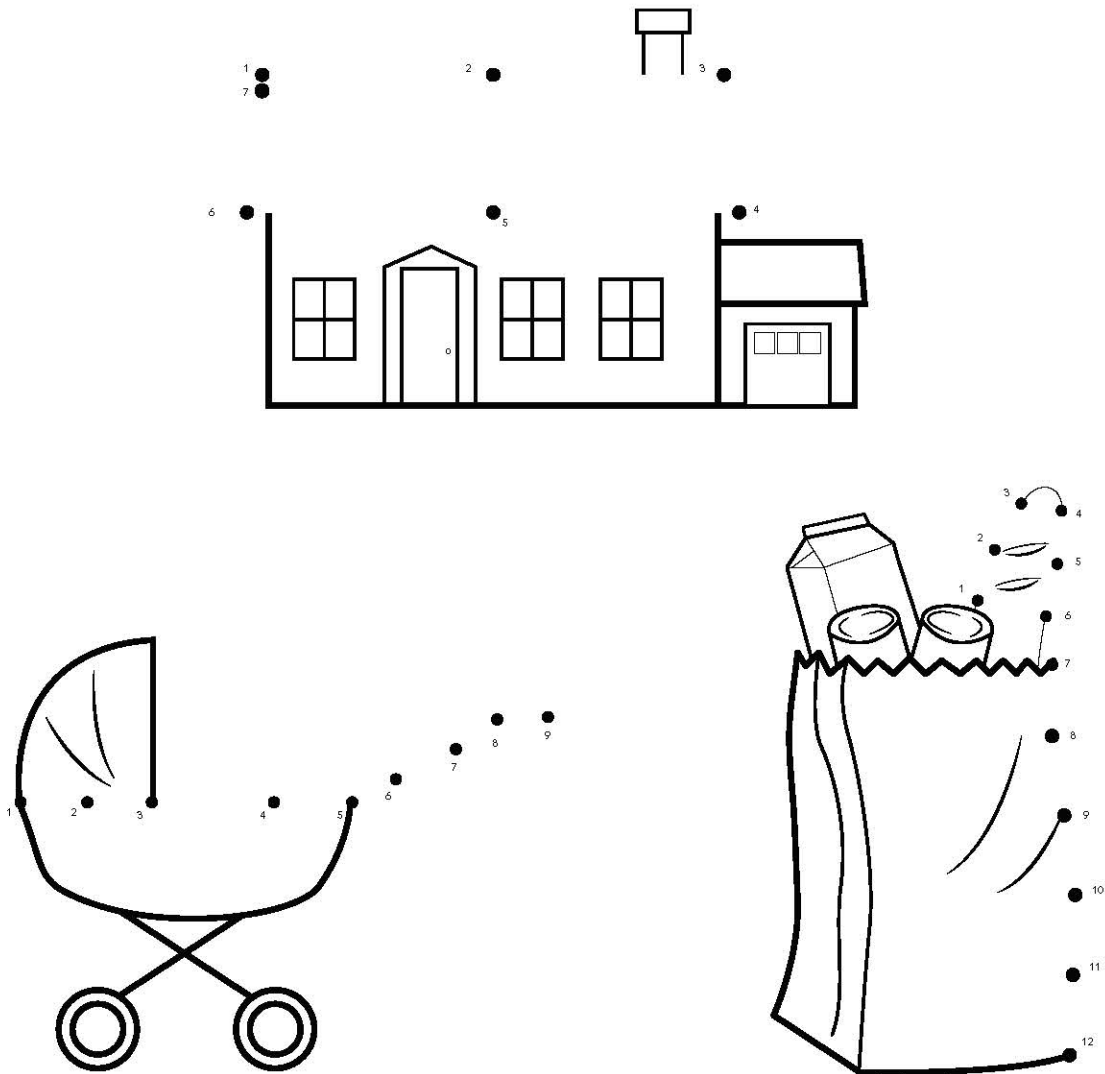
Step Sisters - www.stepsisters.org

The Step Sister organization is dedicated to assisting patients throughout their cancer treatments. They strive to improve the quality of life for those impacted by breast cancer by funding needed support services in Northern Virginia.

Connect the Dots

Do you know the difference between wants and needs? A need is something you have to have while a want is something that is nice to have. Cornerstones of Reston helps members of the community with some of the most basic needs.

Connect the dots below to see a few of the basic needs that Cornerstones of Reston helps bring to the community.



Cornerstones of Reston - www.cornerstonesva.org

Cornerstones is a nonprofit organization that promotes self-sufficiency by providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services.

The Missing Blue Shirt

Westie and his family are getting ready to go to the NWFCU Foundation's Neon Night Glow Run. But Westie can't find his favorite, blue, glow-in-the dark shirt! Help Westie find it before he and his family are late for the 1 mile fun run!

Find this shirt in Westie's room!



Northwest Federal Credit Union Foundation - www.nwfcufoundation.org

The Northwest Federal Credit Union Foundation empowers youth to achieve their goals by helping them learn and celebrate life and supporting their health and well-being.