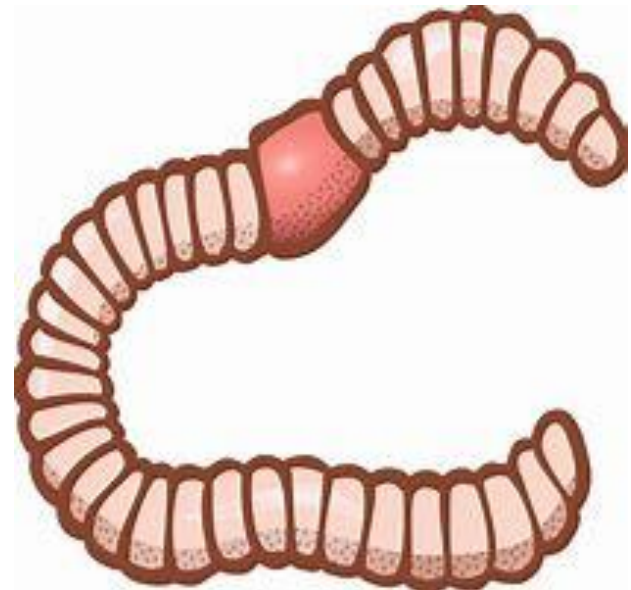


# Worm Tracks

---

Nature's  
Gardeners

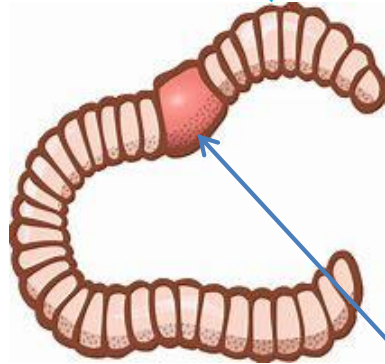


# How Worms Work Part 1

Worms don't have teeth to chew so they eat sand and small rocks. These go into the gizzard which is like a food grinder. They also have a crop, like a bag, for storing food.



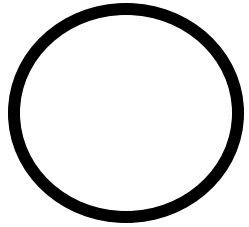
Worm bodies are divided into segments, or tiny divisions, and each segment (except the first and last) has 8 bristly setae (like a toothbrush) for anchoring the worm as it moves.



The smooth part on the worm is the clitellum; that is where the eggs and the cocoon are made. Worms are both boys (male) and girls (female)!

# How Worms Work Part 2

Worms have circular muscles to squeeze them forward, and longitudinal muscles to pull the back end up to the front.

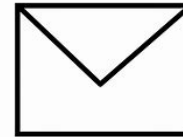


Make your hands in a circle and squeeze.



Now reach your hands way out to the sides and bring them back together.

Worms do not have eyes, nose, ears or mouth. They get information from vibrations. They have a flap called a prostomium, like an envelope, to keep the food from falling out of their mouth-like opening.



Worms have 5 paired hearts.



Worms don't have lungs—they breathe through their skin. That's why they must stay moist.

# Finger Learning



- Earthworms break up garbage (mixing with hands), earthworms are neat (cheer).

- Earthworms turn the soil (mixing motion) and birds find them a treat (Pretend to be a bird pecking at an earthworm.)!





You can sing a worm  
song!

(Tune of "Mary Had a Little  
Lamb")

The worms are mixing up  
the soil,  
Up the soil, up the soil.  
The worms are mixing up  
the soil  
So we can plant our seeds.

The soil is loose and all  
mixed up,  
All mixed up, all mixed up.  
The soil is loose and all  
mixed up,  
The seeds are growing well

From Growing Up WILD

# You can be finger worms!



(Tune of "Row, Row, Row  
Your Boat")

Wiggle, wiggle, wiggle  
worms  
Wiggling all around.  
Wiggle here, wiggle there,  
Wiggle in the ground.

Crawling, crawling, crawling  
worms  
Crawling all around.  
Crawling here, crawling  
there,  
Crawling in the ground.

Squirming, squirming,  
squirming worms  
Squirming all around.  
Squirming here, squirming  
there,  
Squirming in the ground.



# Wonderful Worms

A story to read!

**Earthworms break up garbage.**





**Earthworms are neat.**



**Earthworms turn the soil.**



**And birds find them a treat!**



Play the Yummy Yucky Game! Cut out the pictures on the next page.  
Put the ones worms like to eat on the yummy plate and the ones they don't like to eat on the yucky plate.

**Yummy**



**Yucky**





## Foods for the Yummy Yucky Game





# You can be a soil chef!

Crumble a sandwich cookie —the cake part is soil and the filling is the clay.

Sprinkle coconut flour for silt.  
Sprinkle turbinado sugar for coarse sand and white sugar for fine sand.

Sprinkle sunflower seeds for rocks.

You can use sesame seeds for small rocks too.

Sprinkle coconut for Mycorrhizal and raisins for organic matter.  
Now you can eat yummy soil!



# Find some worms!

After rain the worms come up near the surface. You can dig in the dirt to find some worms.

- You can play the Worm Wandering Game. Your parent can hide the worms around the house, and you can wander the house to find them.





Worm Wandering Game





# You can do worm painting!

- Roll a rubber fishing worm lure, or a gummy worm in paint or on an inkpad. Now roll it on a sheet of paper to make a worm trail. You can use the end of the worm to paint more worm tracks.
- Now glue some soil and leaves on for the worm to eat!



You can make a segmented worm!

Get some clay or play dough.  
Roll it into a long “snake”  
shape,

Get a fork and use the fork  
tines to press down and make  
the segments.

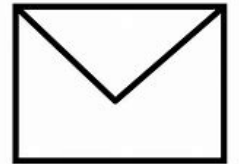


You can use the worm picture  
on the next page.

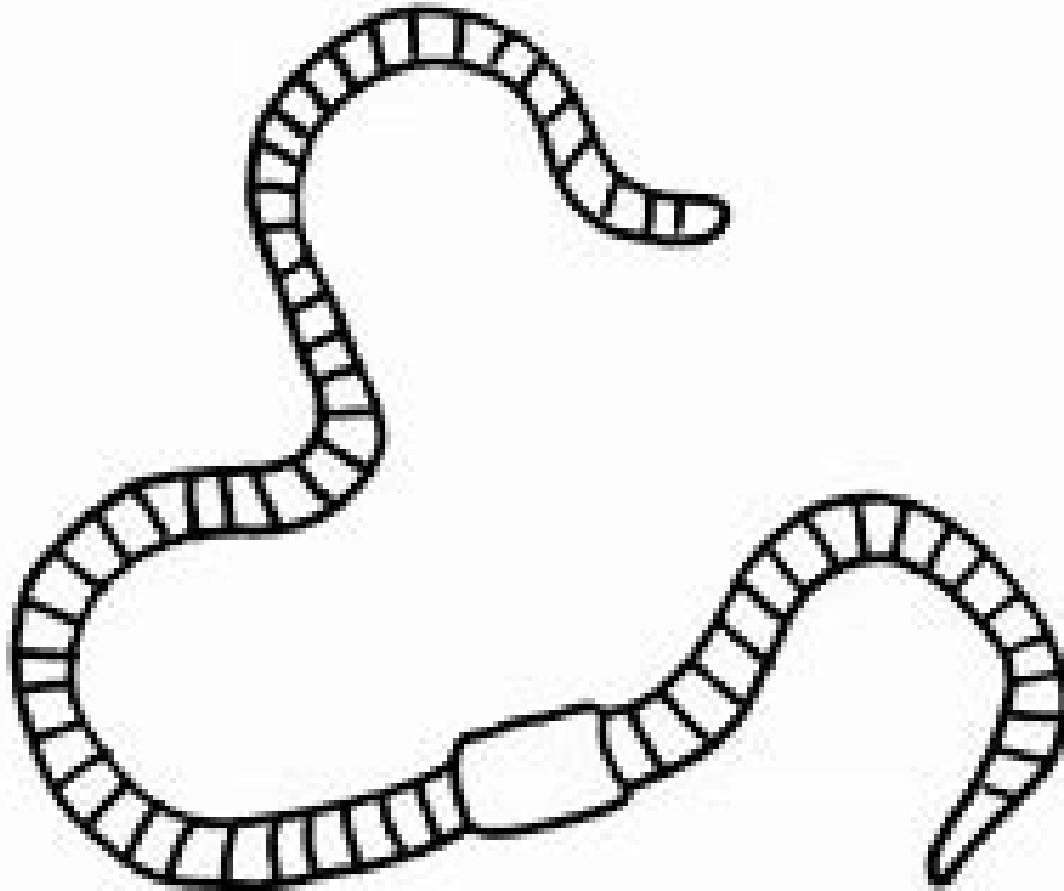
Color the worm.

Now put an envelope on one  
end to be the prostomium.

Put 5 heart stickers in the  
middle to be 5 hearts.

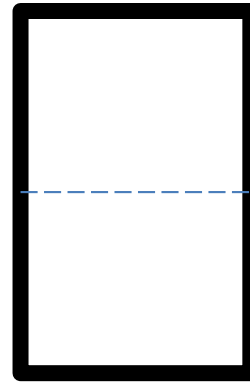
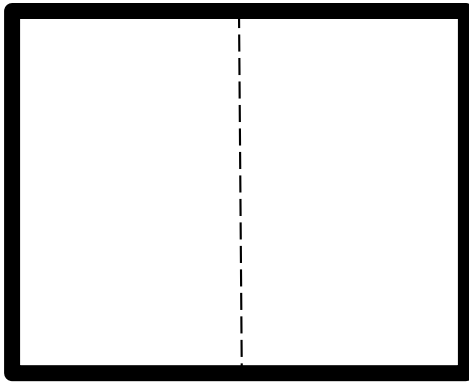


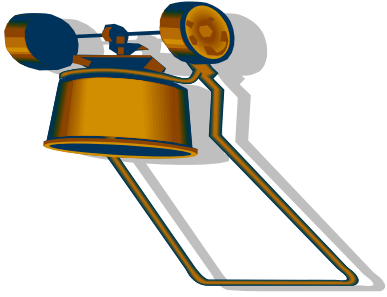
You can make worm anatomy!



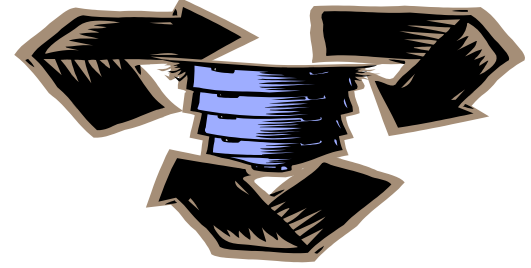
# You can make a mini-book!

- Fold the paper in half
- Then in half again.



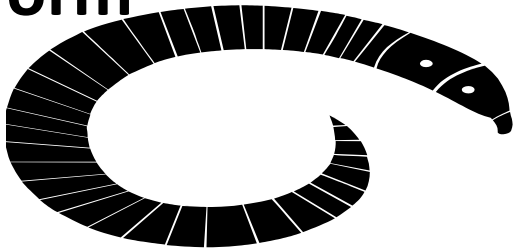


**Make fertilizer**



**Are good for  
composting**

**Worm**



**Help add air to soil**

