

URBAN WILDLIFE CHRONICLES EGUIDE



GREAT BLUE HERON

HOW TO SPOT ME?

- Look in wetlands, shorelines, urban estuaries, and even stormwater ponds and golf courses.
- I'm tall with a long neck, slate-gray body, and slow, deliberate movements. I often stand motionless in shallow water.
- In flight, I pull my neck into an S-shape and flap with slow, steady wingbeats.

DID YOU KNOW?

Great Blue Herons can strike with lightning-fast precision, using their long beaks like spears to catch fish, frogs, or even small mammals. They often nest in tall trees in colonies called rookeries, which can include dozens of pairs.

HOW TO PROTECT ME?

- Keep a respectful distance—especially during nesting season (March–July).
- Protect shoreline habitats and advocate for wetland preservation in your city.
- Never release fishing line or hooks near water—they can entangle and harm herons.

REFLECTION PROMPT

What happens when you allow stillness—and how might slowing down help you notice something new?



JOIN THE COMMUNITY

Use the hashtag #UrbanWildlifeChronicles
Scan to follow & share your sightings!

