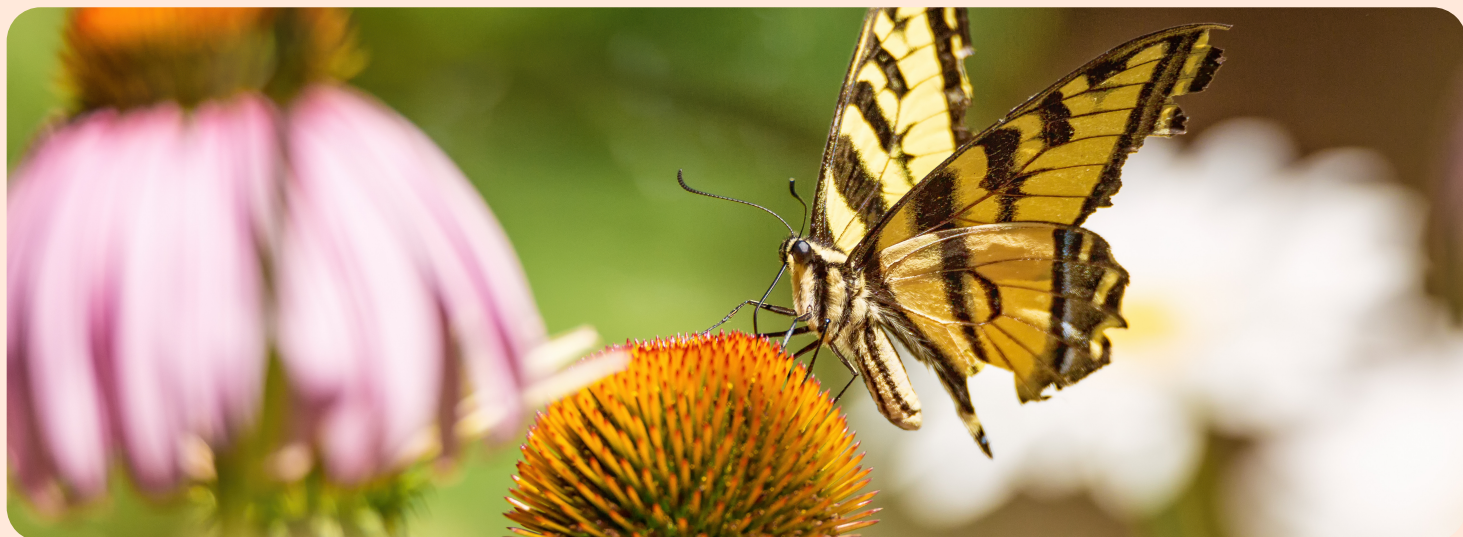


# URBAN WILDLIFE CHRONICLES EGUIDE



## BUTTERFLY

### HOW TO SPOT ME?

- Look in gardens, meadows, parks, and sunny trails—especially near blooming flowers.
- I flutter with soft, erratic flight and rest with wings spread or folded depending on the species.
- You might see pale Cabbage Whites, bold Tiger Swallowtails, or migrating Painted Ladies depending on the season.

### DID YOU KNOW?

Butterflies taste with their feet, using special sensors to test if a plant is right for laying eggs. They also rely on warmth to fly—many bask with open wings in the morning sun to heat up before taking off.

### HOW TO PROTECT ME?

- Plant native flowers like milkweed, yarrow, and goldenrod—aim for blooms spring through fall.
- Avoid pesticides—even organic sprays can harm caterpillars and eggs.
- Let dandelions and wild corners flourish—they're vital food sources early in the season.

### REFLECTION PROMPT

What transformation are you quietly going through—and how are you honoring that journey?



### JOIN THE COMMUNITY

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

