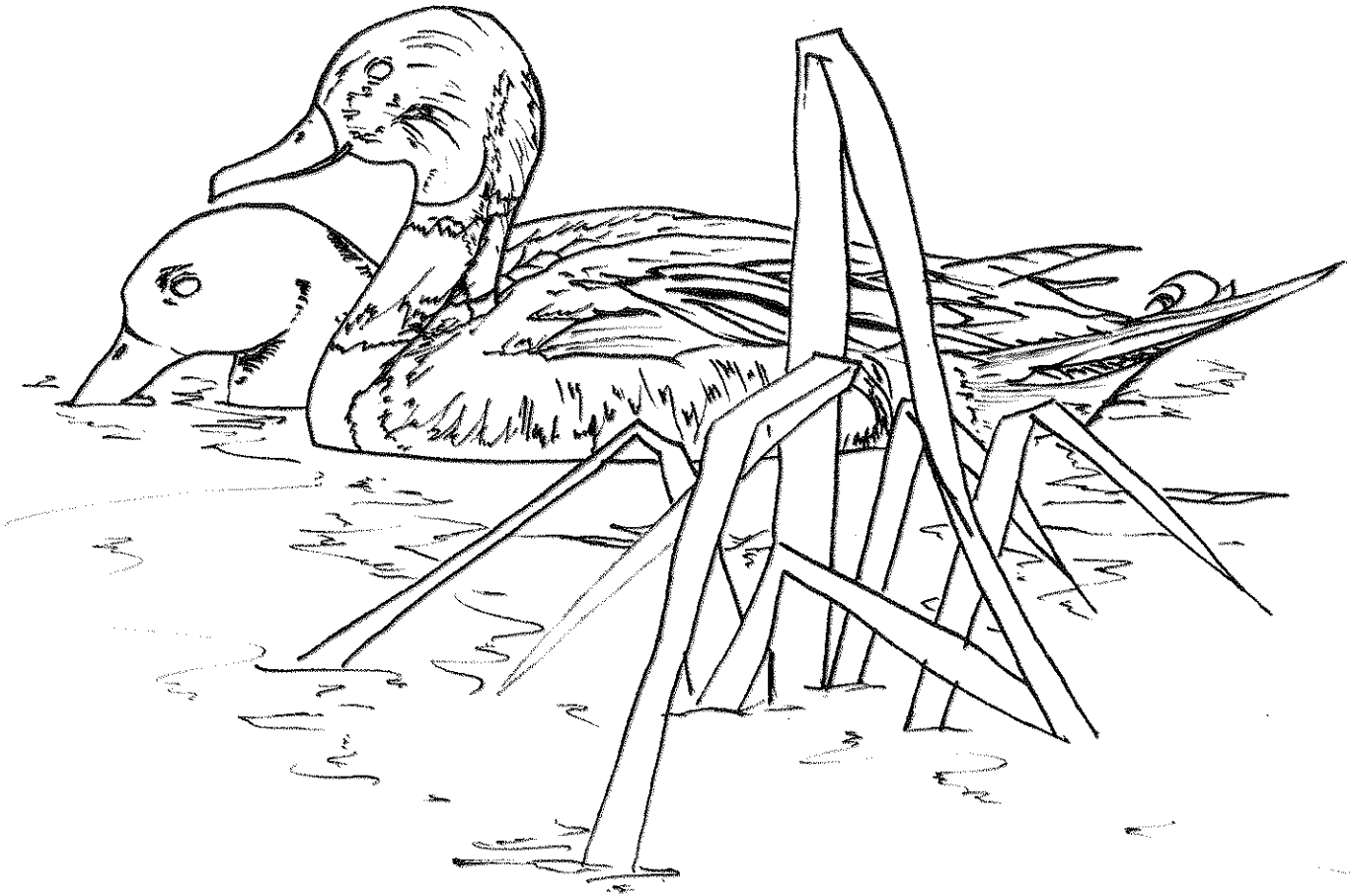




A Kid's Guide to  
Mallards  
Coloring Book

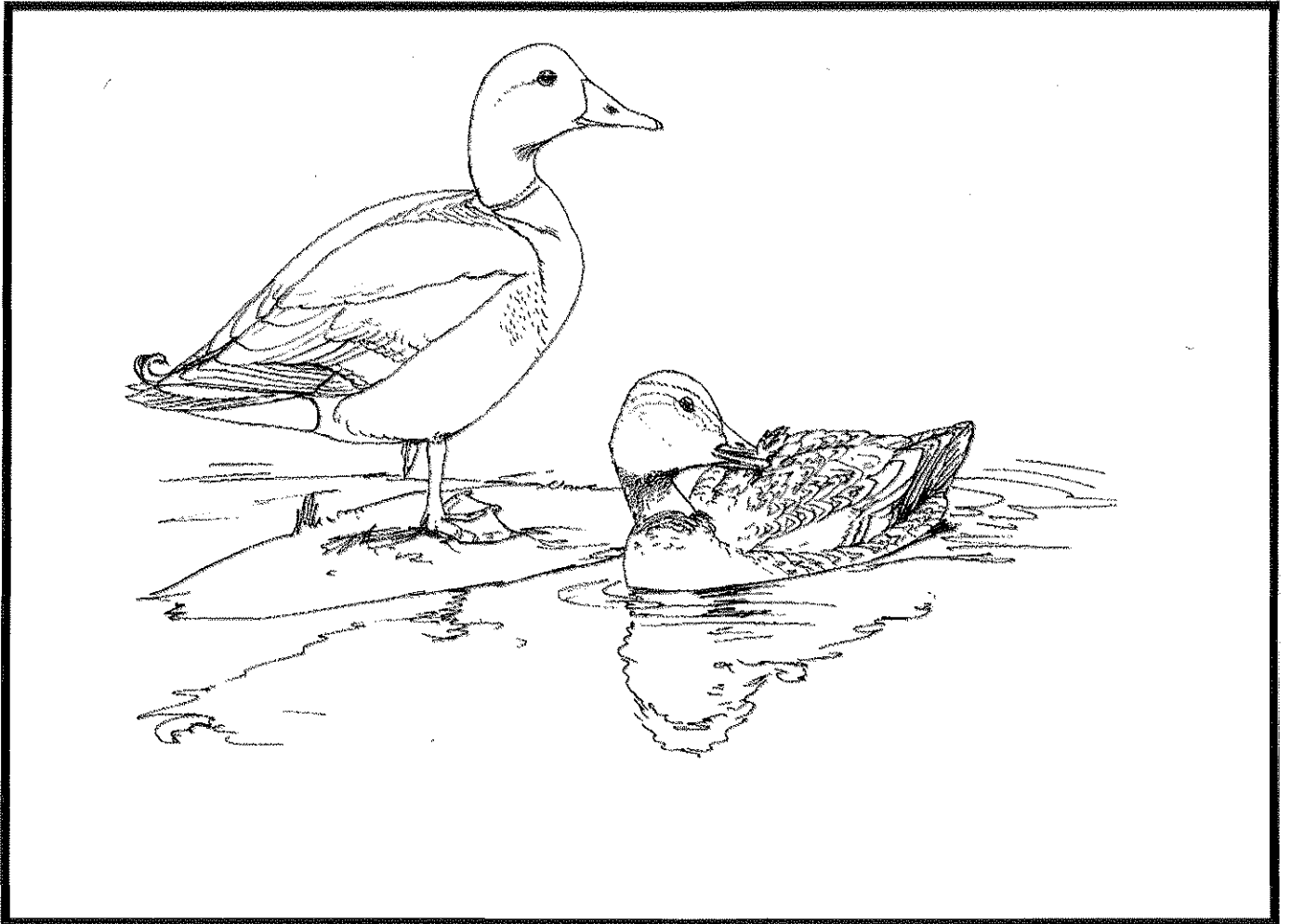


# Mallards

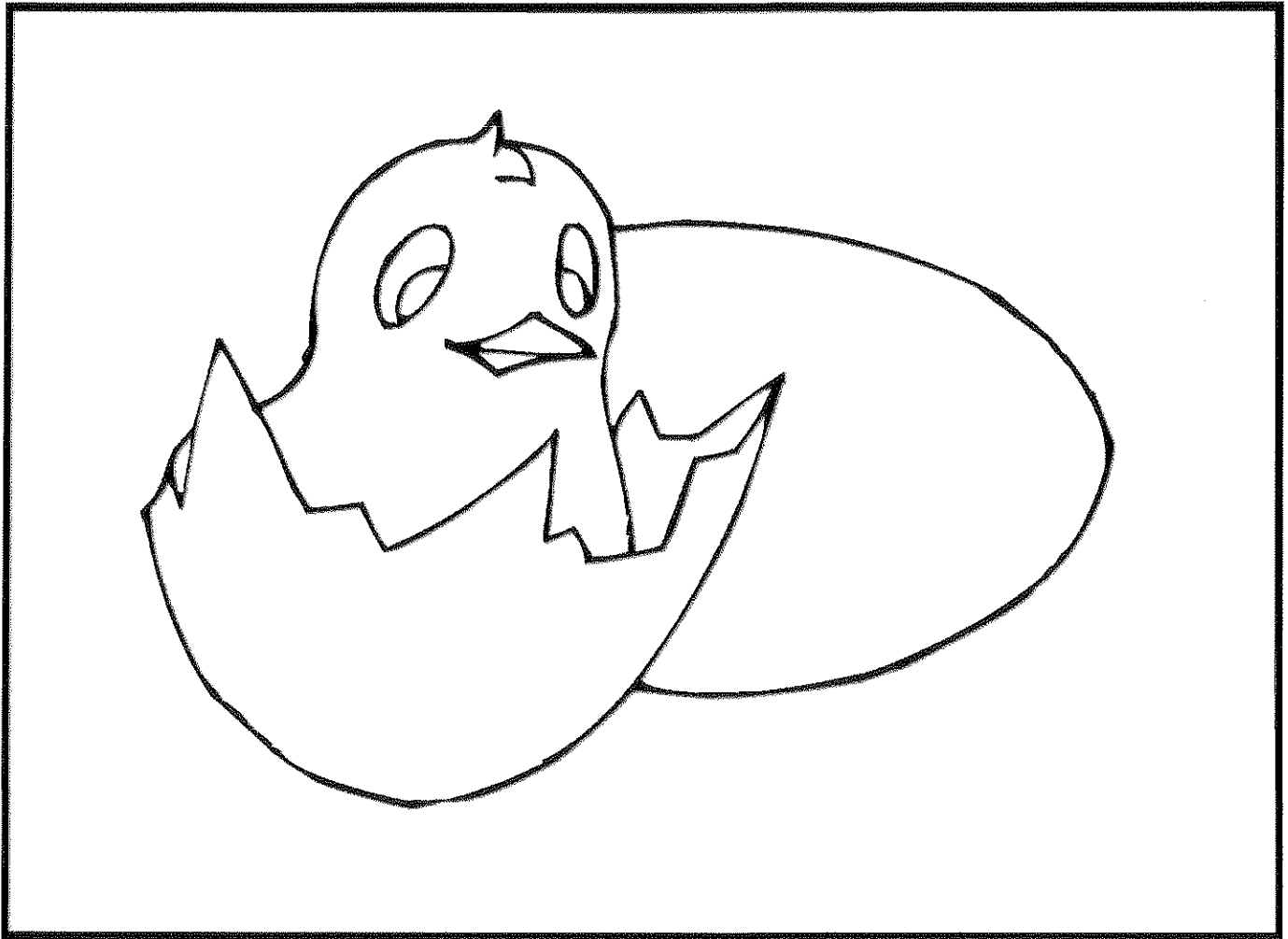


Mallards are puddle ducks, and they can be found in almost any North American wetland. Drakes (males) can be identified by their bright green head and white neck rings. Hens (females) are brown so they can camouflage or blend in with their surroundings.

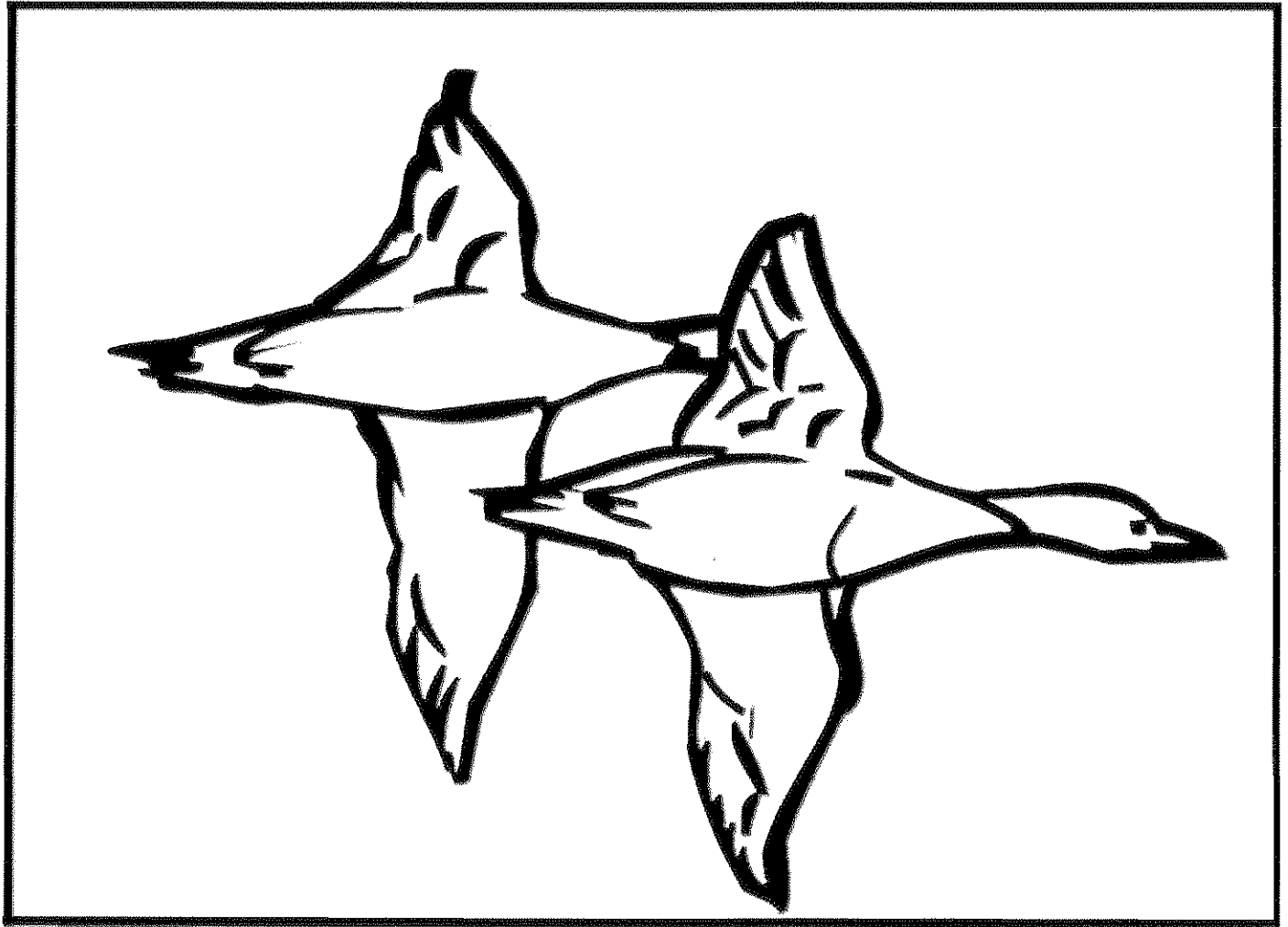
# Life Cycle



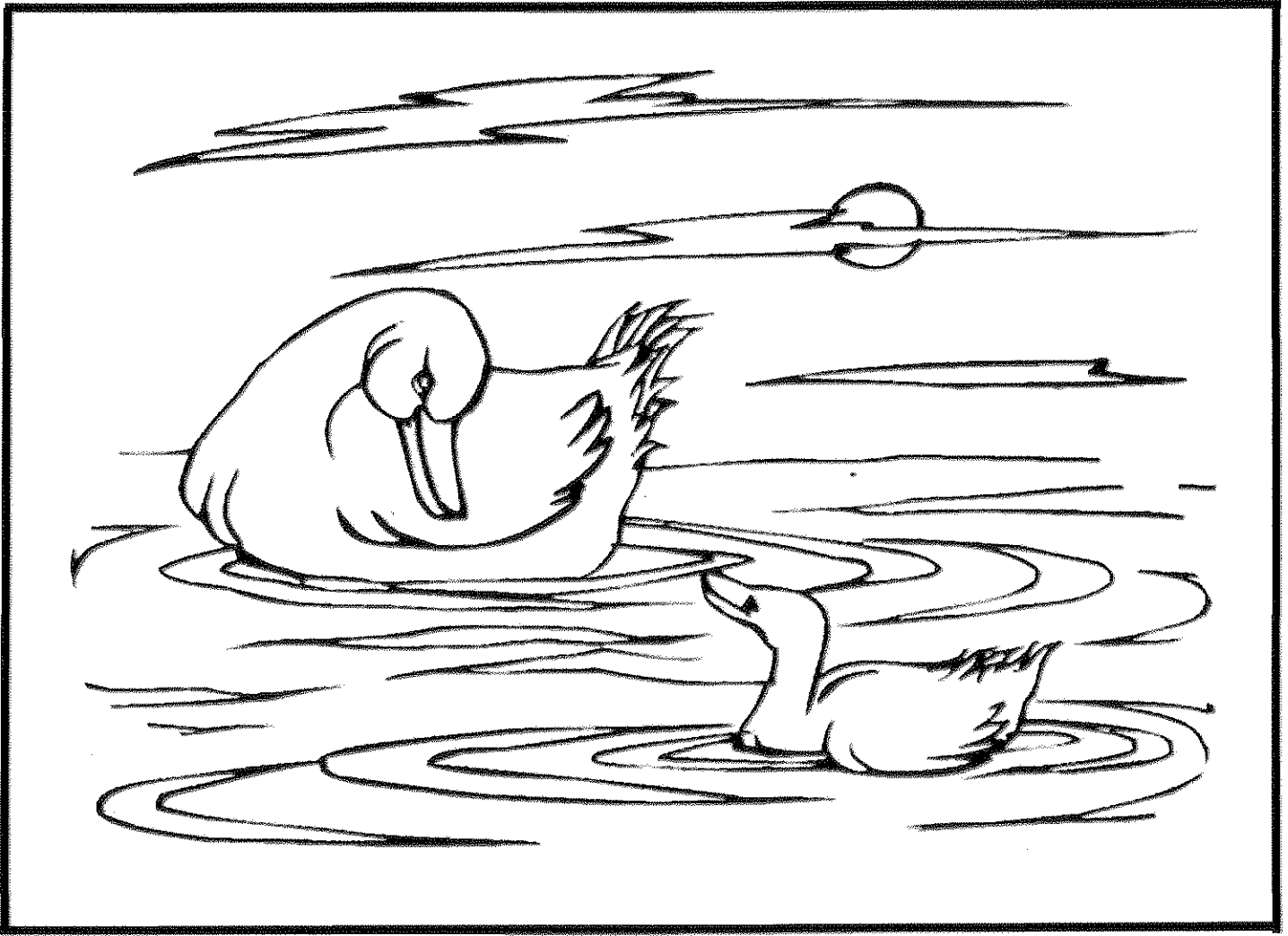
Hens and drakes migrate (or fly) up North to nest in the spring and summer. They build their nests on the ground made out of leaves, grasses, and other vegetation. The hen will line the nest with down feathers from her breast to keep the eggs safe and warm.



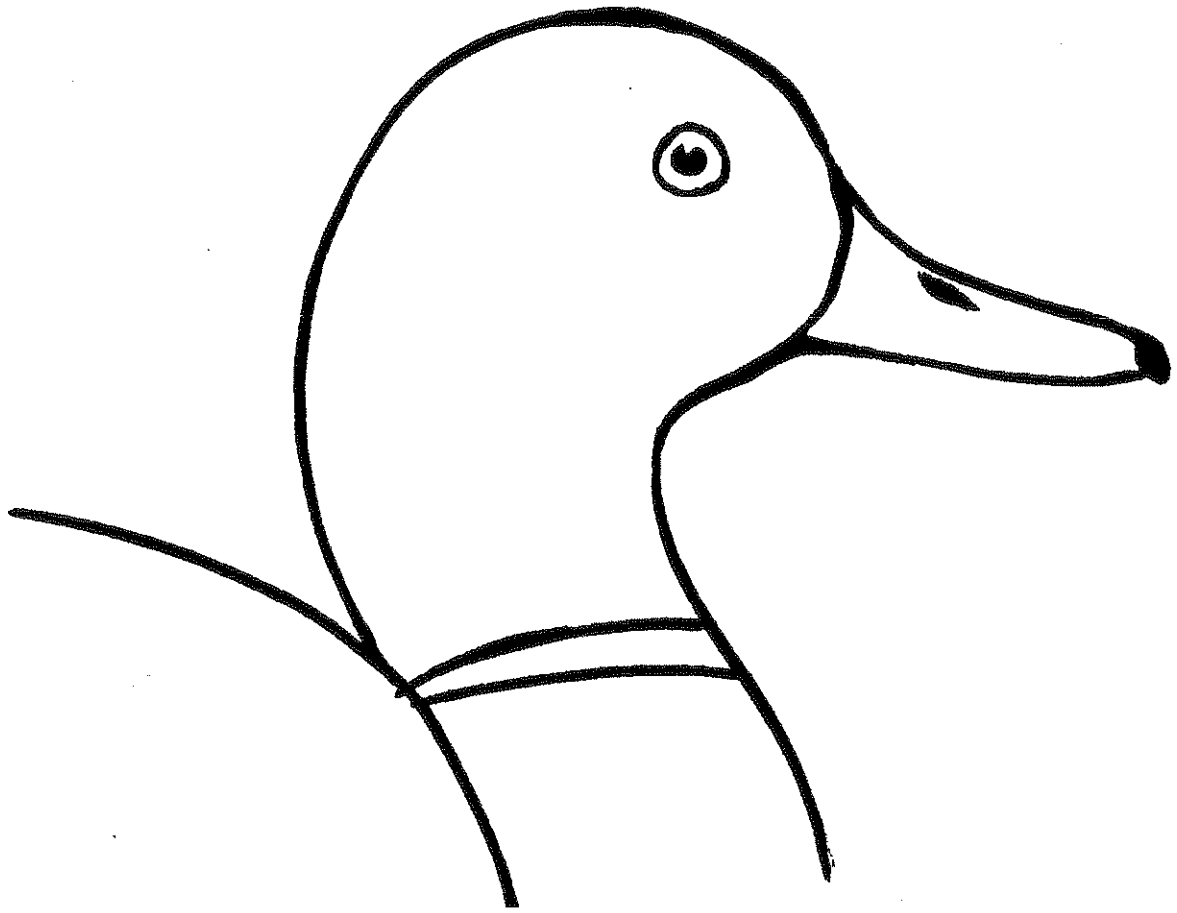
The hen will lay about 12 eggs, and constantly rotate them with her feet. She will sit on the eggs for about 28 days to keep them warm until they hatch. Mallard ducklings are born with feathers and are able to walk and find food almost immediately after hatching!



In the winter, mallards will leave their nests up north and migrate down south where it is warmer. Many mallards spend the winter months in the Sacramento Valley. If you are lucky, you might see mallards flying overhead or swimming at a local wetland.



Mallards live in wetlands where they have food, water, shelter, and space. Wetlands have land and water which produce a lot of plants that they feed on. Wetlands also produce a great deal of aquatic insects that are a favorite food of mallards. When it starts to warm up in the spring, mallards will fly back up north to nest again.



You can help protect mallards and the wetlands they live in by drawing a horizontal 9” x 12” picture of a duck, goose, or swan! Just mail your drawing to Sacramento National Wildlife Refuge, 752 County Road 99W, Willows, CA 95988, by March 15th of each year.

You can win cool prizes for your drawing, but the best part is California will earn money from the federal government to help protect California’s wetlands and all of the animals that live there. For rules and more information, please visit [www.caljrduckstamp.org](http://www.caljrduckstamp.org).



**California Waterfowl** is an award winning nonprofit, hunter-supported conservation organization with a mission to conserve the state's waterfowl, wetlands, and hunting heritage. In the last 20 years we've restored, protected, and enhanced more than 350,000 acres, providing habitat for millions of birds and animals, and introduced more than 250,000 children to the wonders of the great outdoors. Visit us online at [www.calwaterfowl.org](http://www.calwaterfowl.org).