

# Healthy Headwaters

Does this stream look healthy to you? What might be signs of a healthy stream? Feel the water – is it cold or warm? Is the water clear or murky? Are there any bugs?

Insects and other small animals, called macroinvertebrates (macro = large enough to see, invertebrate = animal without a backbone) can be good indicators of a healthy stream because many kinds are sensitive to pollution. Lift up a rock or stick – can you see any now?

A healthy stream carries clean water all the way downstream from its headwaters (starting place) to a body of water. Can you guess what pond this stream flows into?

