At Home Together: Make your Own Trace Fossils

1 cup sediment (used coffee grounds)
1 cup mud (cold coffee)
3 cups dirt (flour)
1 ½ cup minerals (salt)

Combine ingredients and mold into desired shape and prints of trace fossils. Bake fossils in a preheated oven at 250 for 2 hours, or allow to air dry over 2-5 days.

A trace fossil is a fossil of a footprint, trail, burrow, or other traces of an animal rather than of the animal itself.

(Left) Eubrontes track at Mount Holyoke, Massachusetts (circled to make it easier to see). Courtesy of John Meszaros.

During the Mesozoic era, the land known as the Connecticut River Valley was full of ponds and lakes for where prehistoric creatures lived. Today, visit places like Mount Holyoke to see their footprints.