This Journal belongs to:__________________________

Age:________

Date:________
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WELCOME

Welcome to our park! We created this book for children to learn about and have fun with nature safely on their visits.

Explore:

- Hiking
- Birdwatching
- Climbing
- Camping
- Wildlife
- Biking
- Picnic
- Nature Center
- Fishing
- snowshoeing
- Cliffs
- History
- Conservation
- Geology
- Waterfalls
- Thompsons Lake
- Swimming
Scavenger hunt

Check off the items you see in your backyard, local park, or from your window without disturbing them.

- Bee
- Animal Tracks
- Squirrel
- Oak Tree
- Worm
- Chipmunk
- Dragonfly
- Mushrooms
- Fossil
- Feather
The Red Eft (Eastern Newt)

• This cute red salamander is a juvenile phase in the Eastern Newts life. During this phase it lives on land and breathes air.

• Did you know?
Salamanders are amphibians similar to Frogs because they have stages where they live in the water.

Have you seen a Red Eft? If so, draw it here!
Nature themed Crossword

Across:
1. Bee
2. Mountain
3. Worm
4. Fossil
5. Kayak
6. Creek

Down:
1. Butterfly
2. Hummingbird
3. Waterfall
4. lake

Answer Key:
1. Bee
2. Mountain
3. Worm
4. Fossil
5. Kayak
6. Creek
1. Butterfly
2. Hummingbird
3. Waterfall
4. lake
Be A Naturalist!

Naturalists make observations about nature using their senses. Try out being a naturalist and write some of your observations for these questions.

**LOOK!** Can you observe something...

- Shiny? ____________
- Fuzzy? ____________
- Red? ____________

**How do these things feel?**

- A blade of grass: ____________
- A dead leaf: ____________
- A rock: ____________

**Do you hear any birds outside?**
What do you think they’re trying to say?

- ____________
- ____________
- ____________
- ____________

**Write one thing that you Smell**

- ____________
- ____________
- ____________
Help the Little Brown Bat find the Moth!

Bat Fact:

Bats are often portrayed as scary, but in reality these critters are important ecosystem helpers!

In only one hour, a Little Brown Bat can eat up to 1000 mosquitoes!

This makes them important predators as well as helpers for humans, by eating pests.


By Hannah Young
& Amy Sparer
Take only pictures, leave only footprints

Are you being a friend to nature?
Put X next to behaviors that are not being a friend to nature
Put a ✔ next to behaviors that are being a friend

__ Leaving granola bar wrappers on the trail
__ Being friendly and saying “hello!” to others on the trail
__ Carving your name into a tree
__ Making a pile of rocks or sticks
__ Placing your trash in a designated garbage can
__ Making marks on the rock face of the trail
__ Taking a picture of a Red Eft

Answers:

Friendly:
- Saying hello
- Putting away your trash
- Taking pictures

Unfriendly:
- Littering
- Hurting trees
- Making piles
- Hurting the rock face

By Hannah Young & Amy Sparer
Fossils in the park

Remember! Do not take fossils out of the park so that others can enjoy them.

- Did you know?

Our park was under water millions of years ago before the dinosaurs! Now today you can see fossils of the ancient sea creatures that lived here.

This is a Trilobite, a famous fossil found in the park. It is extinct, living here millions of years ago. The Trilobite is one of the most important early animals. They were marine animals and are related to crustaceans, spiders, and insects.

Did you see any fossils on your nature break? If so draw them here!
Social Distancing

While you are home from school it is easy to feel cooped up.

If you feel this way, you can visit local parks for a solitary nature break.

Other recommendations are to (with adult supervision):
- Visit your own back yard if you have one.
- Visit park social media pages for virtual nature experiences.
- Open your window and listen for song birds.
- Observe the insects from your window.
- Look for blooms on the trees on your street.
Thank you for participating in social distancing!

Photographs by Hannah Young