

YOUR PARK
OR PROGRAM

NATURE JOURNAL

EXPLORE, CONNECT,
& PROTECT

YOUR NATURE NAME:

Customize front cover
with your image,
logo, and branding.

WELCOME JR. RANGERS & ADULT LEADERS!

Thanks for visiting today! (Primary interpretive theme/or general site overview)

These nature activities are fun ways to explore nature, make connections, and protect the park!

Complete more activities to become a more advanced Junior Ranger.

When you're finished, tell the park staff and we'll swear you in as an official Jr. Ranger! Have fun and we will see you in the parks!

-Park Staff



Our park staff are working throughout the park
- ask us if you have any questions!

JR. RANGER MOTTO: "EXPLORE, CONNECT & PROTECT"

1. **Explore** – Get ready to be amazed! Be adventurous, have fun, and explore all the exciting things that make this park special.
2. **Connect** – Everything is connected when you consider it closely! Pay attention as you explore and you'll find that the park is connected to things you care about.
3. **Protect** – Be a friend to the parks! Learn how you can help nature and make sure your friends and other visitors can enjoy this park a long time after you leave.



Customize this page with
phrasing and photo

ALL ABOUT THIS PARK

Today's date: _____

Park name: _____

Who is with me: _____

What is the park known for?

What I'm excited about:

BEFORE IT WAS A PARK

Imagine a Native American your age standing in this exact spot hundreds or thousands of years ago. Look around. A lot has changed since then, but much stays the same.

Make a list of the things that are the same, and the things that are now different.

What would look the same?

1. _____
2. _____
3. _____
4. _____
5. _____

What looks different?

1. _____
2. _____
3. _____
4. _____
5. _____

LEAVE NO TRACE PRINCIPLES

Unscramble the words to understand how to "Leave No Trace" while adventuring. Then match the photos and captions with the Leave No Trace Principle they describe.

1. Know Before You Go - Be (darpeper) with the right clothes, water, snacks, and park info.
2. Choose the Right Path - Stay on (strila) to be safe and protect plants.
3. Trash Your Trash - Throw away trash and leave parks (neclare) than you found them.
4. Leave What You Find - Take (sciptrue) but leave nature objects so others can enjoy them.
5. Be Careful with Fire - A wildfire can start from a careless (karsp).
6. Respect Wildlife - Enjoy watching (snamila) but keep your distance and please no feeding.
7. Be Kind to Other Visitors - Be quiet and kind to help other (tivissor) enjoy their visit.



I take pictures of flowers instead of picking them, and I don't bring home anything I've found.



I use stoves for cooking, make sure there's no burn ban, and leave fires wet and cold when I'm done.



If I bring it with me, I take it back home with me. I don't leave any trash, not even a crumb.



My time outdoors isn't too loud, doesn't bother others, and I share trails.



I learn about the park before I visit and I'm prepared with food, water, a map, and sun protection.



I walk around flowers or small trees, I stay on the trail, and I don't wander off by myself.



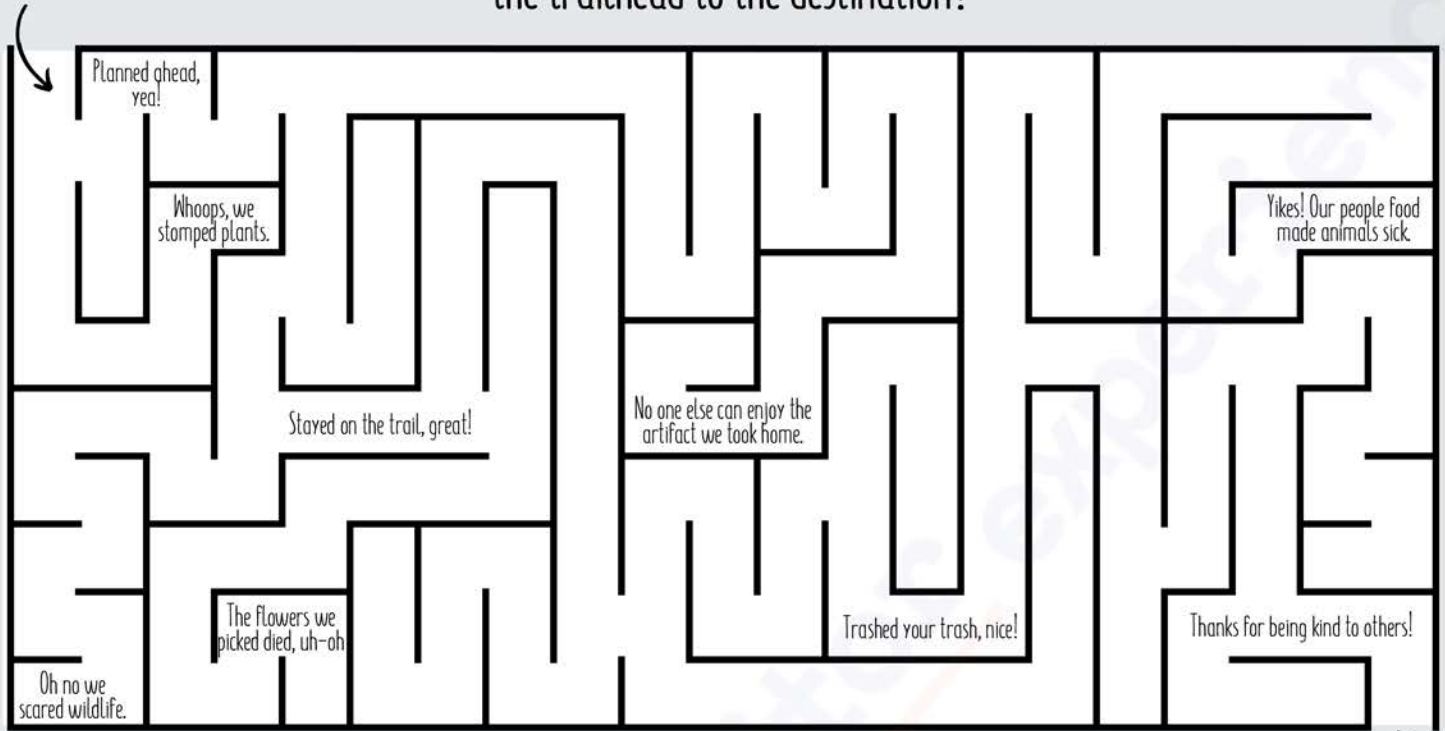
I never feed, chase, get too close, or do anything that makes an animal move or run away.

© Leave No Trace
Learn more about
how you can enjoy
the outdoors
responsibly
LNT.org

LEAVE NO TRACE MAZE

Can you make good choices to choose the right path from the trailhead to the destination?

Trailhead!



Destination!

PARK PACKING WORD SEARCH

Find these outdoor items in the word search then bring them with you on the trail!

- MAP
- FIRST AID KIT
- CURIOSITY
- BACKPACK
- TRASH BAG
- SNACKS
- SUNSCREEN
- RESPECT
- WATER

Y	E	J	R	T	H	Q	X	Y	E	Q	N	Z	R
R	M	V	T	R	A	S	H	B	A	G	S	Q	B
X	U	A	E	S	N	A	C	K	S	W	U	A	Y
C	M	F	P	B	G	C	R	N	Q	K	N	W	F
E	U	I	W	S	P	S	M	P	T	I	S	P	Y
E	W	R	W	F	B	E	E	O	Q	M	C	W	N
T	U	S	I	W	S	A	X	I	F	H	R	S	R
S	S	T	V	O	O	Y	C	U	F	A	E	N	E
M	S	A	W	M	S	N	Q	K	N	D	E	R	W
Z	P	I	U	K	X	I	K	I	P	W	N	B	A
Z	U	D	G	X	G	Q	T	R	Q	A	E	W	T
Z	L	K	P	F	O	Z	B	Y	G	I	C	Q	E
L	Z	I	I	K	X	J	H	G	S	L	Y	K	R
Y	G	T	Y	O	T	Y	R	E	S	P	E	C	T



Make room in your pack for "micro-trash," the tiny trash someone before you overlooked.

LEAVE NO TRACE
Proud Partner

SCAVENGER HUNT! MARK THE DOT FOR EACH THING YOU SPOT!



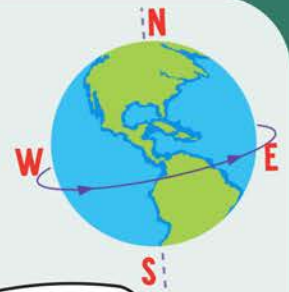
Customize this page with scavenger hunts for your site



FLAT MAPS IN A ROUND WORLD

Maps are a 2 dimensional version of a 3 dimensional world. They need to be "oriented" with the real world so the map's North matches True North.

Use one of the methods below to align this page with True North.



The Earth rotates like a spinning top. As it rotates, the Sun rises in the East, sets in the West, with the North and South poles always on top and bottom.



THE NORTH STAR is the only star that never rotates in the night sky. Draw a line from these two stars in the Big Dipper to find it in the North sky.



SUNSET/SUNRISE - The Sun rises in the East. When you're facing the morning Sun, North is on your left. When you watch a Sunset, North is on your right.



STICK SHADOW COMPASS - Place a stick in flat ground. Mark the tip of its shadow. Wait 15 minutes. Mark the new tip. The line between runs East/West.



COMPASS - The Earth acts like a giant magnet. A compass needle, a small magnet, always points towards the Earth's North Pole.

Now that your map (this journal) is properly oriented, follow the directions to trace our most popular trail on the map below.

Start Here



- Go 2 spaces East
- 1 space South
- 1 space Southwest
- 2 spaces East
- 1 space Southeast
- 1 space Northeast
- 1 space East
- Arrived!



JR. RANGER BINGO

During your trip, circle the activities you do. Can you get five activities in a row?

Go cloud watching	Watch wildlife	Find a great view	Make a new friend	Hug a tree
Create a new game	Learn the park's story	Find an insect you've never seen	Send a nature picture to a friend	Go stargazing
Invite a friend to the park	Take nature photos	FREE SPACE IF YOU LOVE PARKS	Explore a trail	Say thanks to park staff
Make art in the park!	Camp overnight	Pick up trash	Join a ranger program	Write a letter about your visit
Go fishing	Ride your bike	Learn about the park's water cycle	Go swimming or paddling	Make up a song about the park

Bingo activities can be tailored for your site.

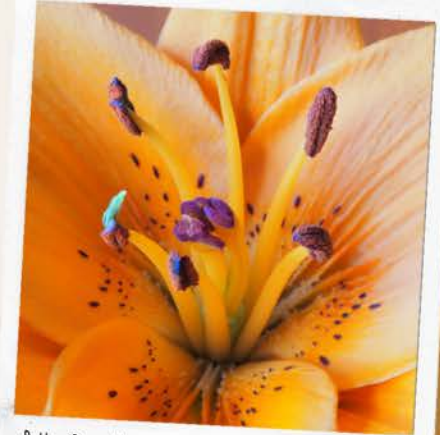
IMPORTANT POLLINATORS

Read this passage about pollinators and answer the questions below.

Many plants could not survive without "pollinators," and neither could we. Pollinators are animals who carry pollen from one flower to another. They're attracted to the nectar in colorful, fragrant flowers. As pollinators visit different flowers, pollen from the male parts of flowers sticks to pollinators, and later fertilizes the female parts of other flowers, allowing seeds to be produced. We call this "pollination."

Some people believe there are as many as 200,000 insect pollinators like bees, butterflies, and moths. There are also 1,000 larger pollinators, including birds, bats, and other small mammals.

Pollinators are essential to the survival of more than 75% of the world's food crops, including many of the fruits, vegetables, and nuts that make up a significant part of the human diet. Plants in this park depend on pollinators, and so do you!



Pollen from the male part of a flower (stamen) must be carried to the female part (stigma) of another flower for the plant to be fertilized.

Answer the questions below about what you've learned about pollinators.

1. Which of these is not an example of a pollinator?
a. Hummingbird b. Sunfish c. Monarch Butterfly 4. Bumblebee
2. Name three parts of the pollination process:

Customize with pollinators and flowers from your region

3. About how many species of insect pollinators exist?

4. True or False: Pollinators help the food you eat.

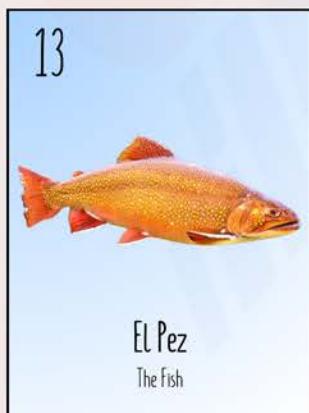
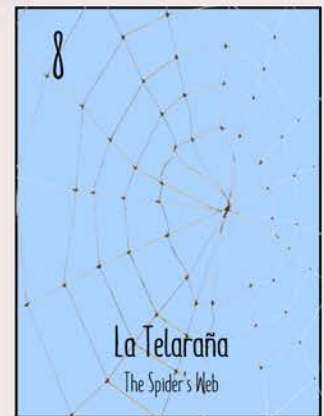
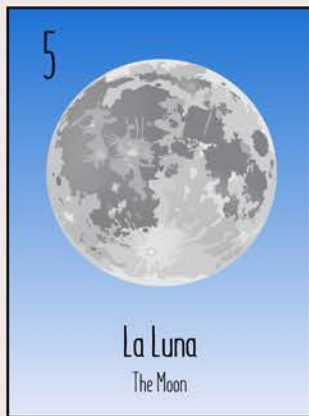
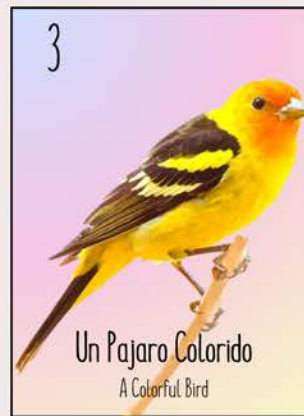
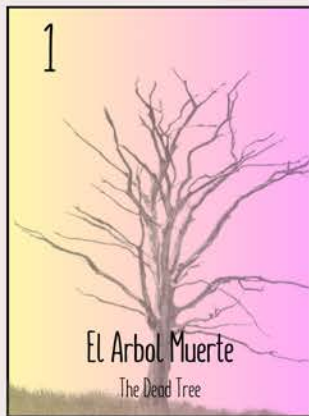
5. What do you think would happen if pollinators took a break and didn't do any pollination for a whole year?



Have you thanked a pollinator today?

LOTERIA DE GUARDABOSQUES JUNIOR

During your trip, mark the things you see. Can you spot four things in a row or next to each other?

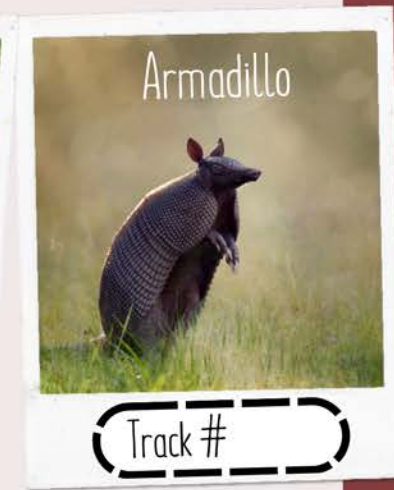


LIFE WITH WILDLIFE

You are a visitor in their home today! Wild animals are quietly enjoying their day, only leaving footprints to know they were here. Can you match the wildlife photo with their track?



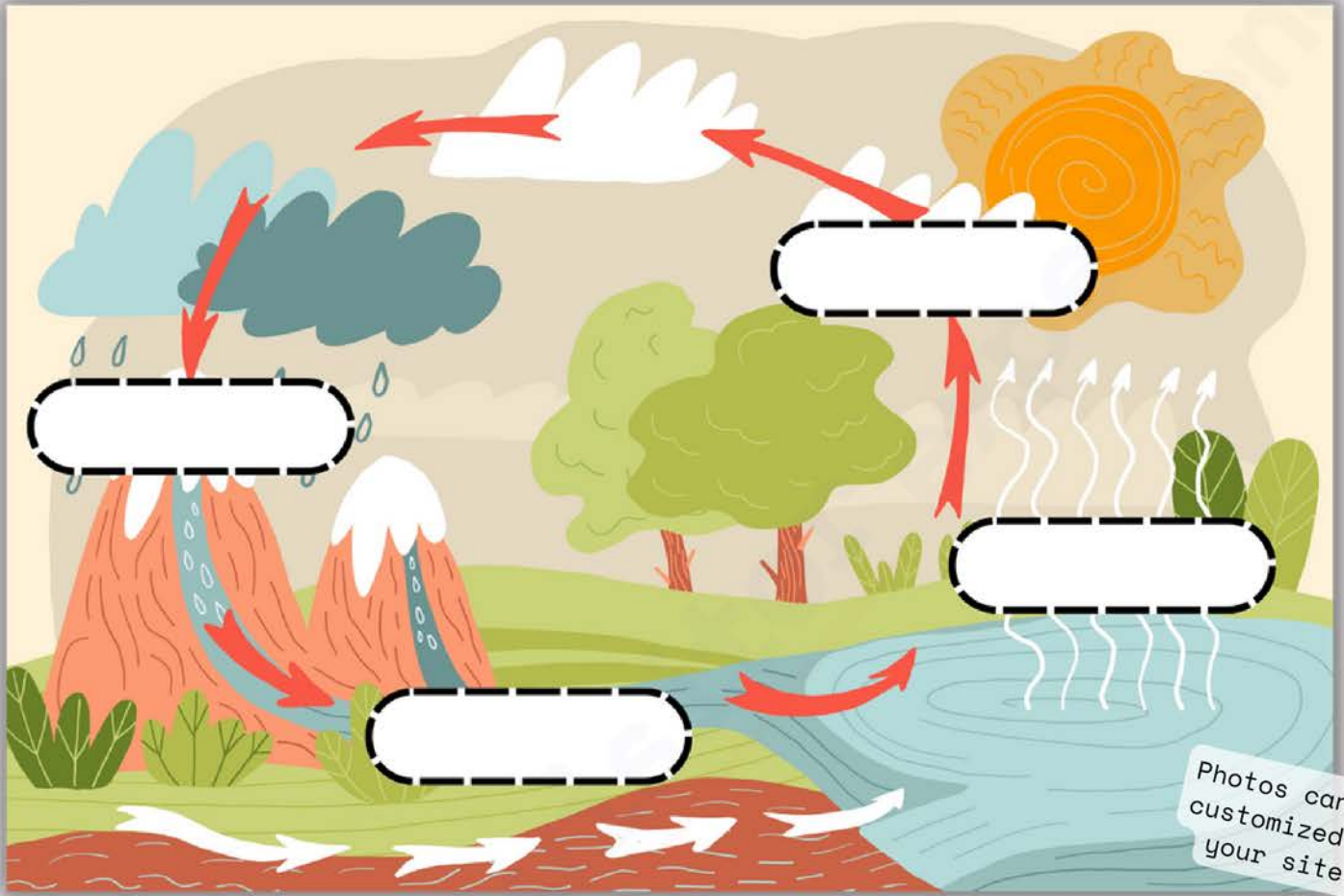
Customize this page with the common animals of your site.



Can you make your three favorite wildlife tracks on the ground?

THE WONDERFUL WATER CYCLE

Our favorite nature things need water, and we do too! Each drop is constantly moving in a cycle. Explore the water cycle below and match the words with the water movement they describe.



COLLECTION - Our favorite creeks and lakes collect rainwater. They're always here, but the water drops inside are always changing!



CONDENSATION - Water vapor floats up into the sky. When it cools at higher altitudes, it condenses to become clouds!



EVAPORATION - On hot, sunny days, water evaporates when it turns to water vapor. Water is evaporating from your head when your hair dries!



PRECIPITATION - When enough water droplets condense, clouds get heavy and water falls back to the ground. We call this rain!

Sometimes people waste water and the water cycle can't keep up. What are three things you can do to save water?

1. _____
2. _____
3. _____

CLOUD GAZING

Lay back and watch the clouds. Do any of them look like something else?
Draw the clouds you see or draw your own funny clouds that look like something else.

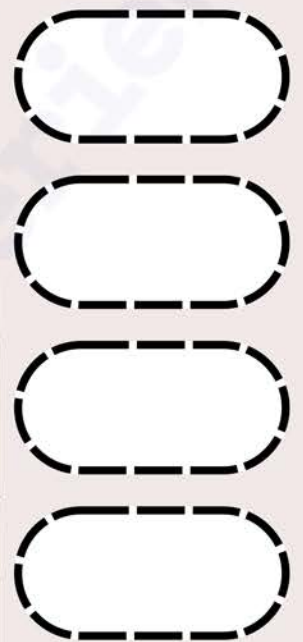
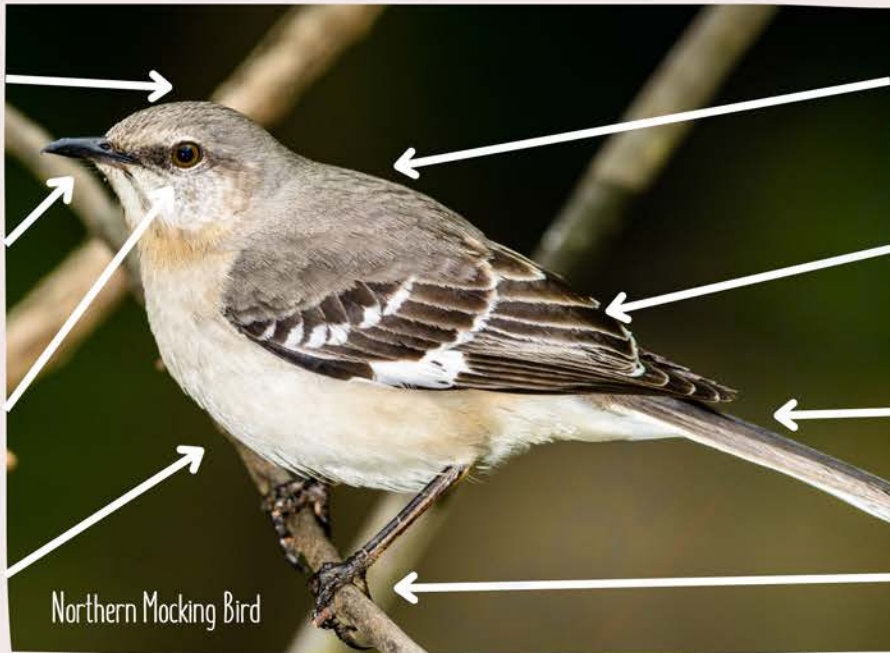
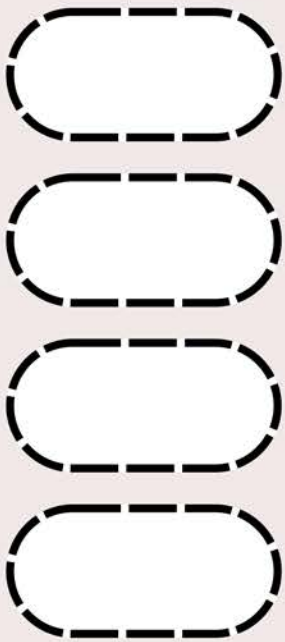
the visitor experience



BIRD WORDS!

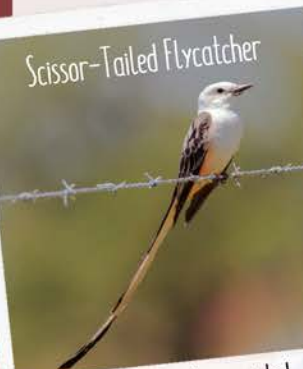
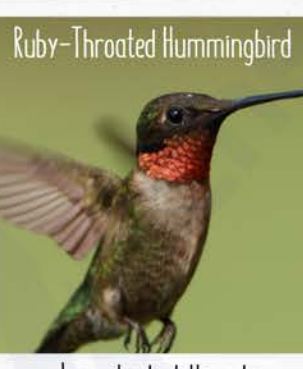



Birds have many body parts that you do, and a few that you don't! Can you label the bird's body parts below? How do birds use their body the same way you do? How do they use them differently?

WING - TAIL - BEAK - BREAST - FOOT - HEAD - EYE - BACK



BEAKS: A SNEAK PEEK INTO WHAT THEY EAT!

Beaks are special tools for a bird's diet. Draw lines to match the beaks with the tool they resemble!

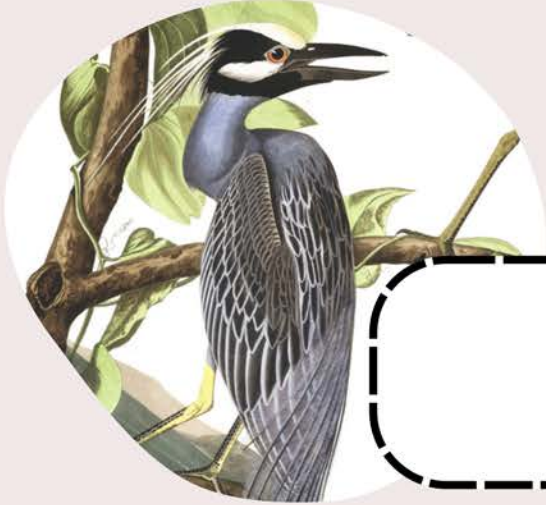
<p>Scissor-Tailed Flycatcher</p>  <p>Insect eaters have thin, pointed bills that can snag small objects.</p>	<p>Ruby-Throated Hummingbird</p>  <p>Long, slender bills probe flowers to drink nectar.</p>	<p>Northern Cardinal</p>  <p>Seed eaters have short, thick, conical bills for cracking seeds.</p>	<p>Red-Tailed Hawk</p>  <p>Birds of prey have sharp, curved bills for tearing meat.</p>	<p>Roseate Spoonbill</p>  <p>Flat bills strain smalls plants and animals from the water.</p>
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Customize with the birds of your site.



NAME...THAT...BIRD!

Native Americans have had names for birds for a very long time. In the 1800's, John James Audubon gave his own names to some birds, and drew the pictures below of birds that live near here. If you were the first person to spot these birds through your telescope, what would you name them?



NIGHT SKY STORIES

People around the world create different stories about the shapes, or "constellations" they see by connecting stars. Using the starry sky below, connect stars to make your own constellations!

You can poke holes through your stars to make sunlight constellations on the ground.

Create a story about your constellation!

A large rectangular area with a dashed border, containing ten horizontal dashed lines for writing a story.



Did you know The Big Dipper is seen as a big bear in some parts of the world? Others think it looks like a canoe!

HELLO MOON!

The same side of the moon always faces us, because the moon rotates while revolving around the Earth. But the moon looks different every night - sometimes it glows brightly, other times we only see a crescent, and sometimes it disappears entirely! The moon changes "phases" as different parts of the moon are lit by the sun's light. Use the image to the right to answer questions about the moon's phase right now.

What phase is the moon currently in?

[Dashed-line oval for writing]

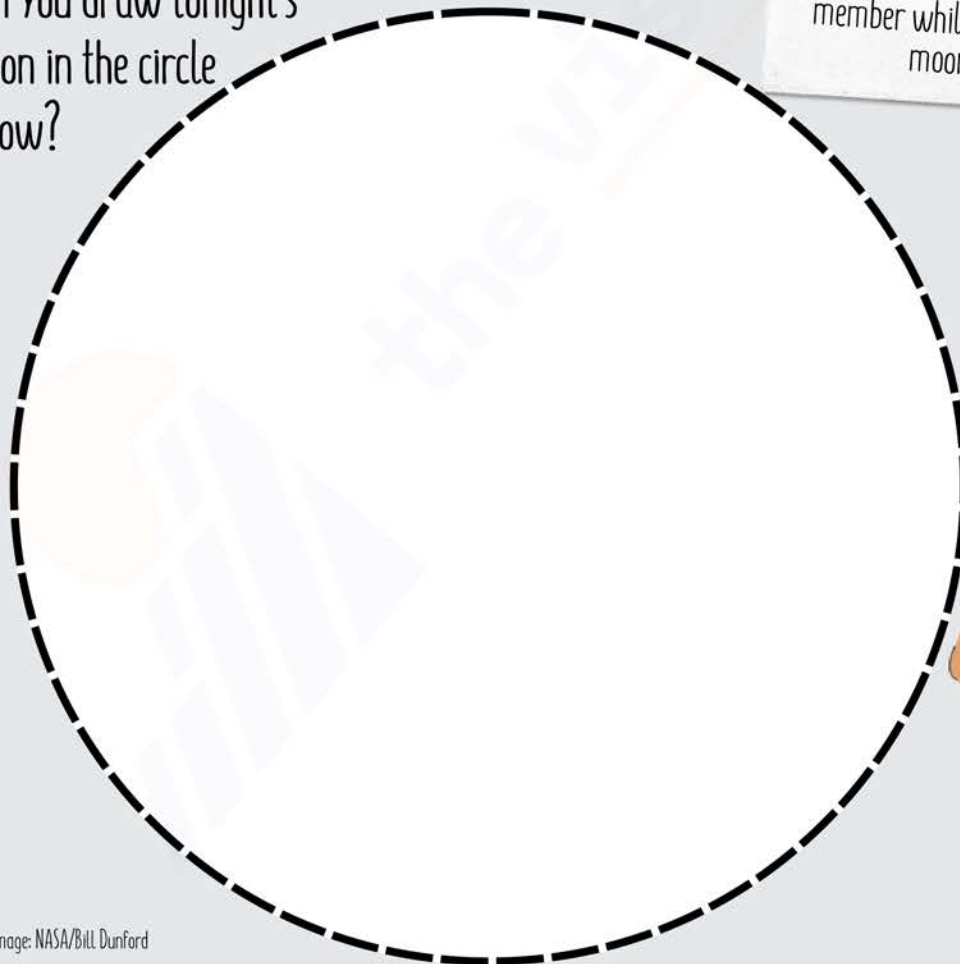
If the moon goes through a full cycle in 4 weeks, what phase will the moon be 2 weeks from now?

[Dashed-line oval for writing]



Walk sideways in a circle around a friend or family member while always facing them. This is how the moon "rotates" while "revolving."

Can you draw tonight's moon in the circle below?



NATURE INTERVIEW

Nature has many secrets to share when we're curious and pay attention.
Find any natural object (tree, plant, rock, or similar) and answer these questions.

What are things you notice?
Can you observe something that no one else has?

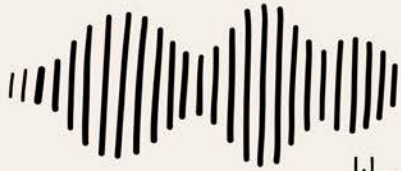
What do you wonder about your item?
What questions would you ask if you could?

What are things it reminds you of and why?

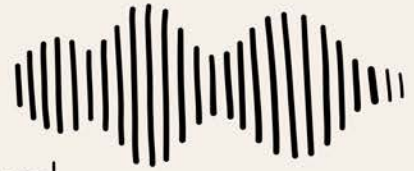
Make guesses about why it is the way it is.
Start with: "I think maybe..."

Remember to Leave What
You Find so other Nature
Explorers can enjoy it
too!





SOUND MAPPING



Shh.... listen. What's that noise?

We can discover things around us with sound.

Quietly make a sound map by drawing what you hear with words or pictures.



Mexican Free-Tailed Bats use "echolocation," (making noises and listening for their echo) to navigate and catch insects near this park. It's like they see with their ears!



THE FOUR KEYS TO BIRDS IDS

Just like people, each bird is unique and amazing. Size & Shape, Color Pattern, Behavior, and Habitat are the four keys to identifying birds. Fill-in the blanks in the birding story below to practice the four key bird IDs.

Hey 1. _____,
I just saw the coolest bird! We were quietly walking near the
2. _____, when something
3. _____ caught my eye. I could see
it was 4. _____. With my binoculars
I noticed 5. _____ on it's
6. _____. It was 7. _____,
and as we watched, it kept 8. _____.
I hope you get to see it sometime! Sincerely,
9. _____

1. Friend or family name
2. Type of habitat
3. Color or colors
4. Size and/or shape
5. Unique color, pattern or shape.
6. Body part
7. Alone or with other birds?
8. Behavior
9. Your signature

Using your description above, draw a picture of the bird you created.



BIRDING CHECKLIST!

Mark the dot for each bird you spot! Which was the easiest to see? The Hardest?



Customize this page with birds of your region



ART GROWS ON TREES

Nature has always inspired artists. Start this activity by having a friend find a leaf from the ground, but don't let them show it to you yet.



First, draw it from a friend's description.

Next, draw it by looking at it.

Here, trace it (or as much as you can of it)

Place it under this page for a leaf rubbing.



WHICH TREE CAN YOU SEE?

Mark the dot for each tree you spot! Can you find at least four? Which is your favorite and why?



Customize this page with trees from your region



CAN YOU CIRCLE THE 10 DIFFERENCES?



TREE RING DATING

Trees are wise, old organisms. When a tree dies and is cut down, the tree rings inside tell us how old it was. Every ring is one year of the tree's growth.

Find a cut tree stump in the park or use the image below for the following questions.

How old was this tree?

How was the world different when this tree was a new sapling?



Here's a look inside of a tree. Use this image and information to answer the questions on this page if you can't find a cut tree stump in the park.

How do trees help wildlife and this park?

What do you have in common with trees?

If this tree was cut down this year, can you mark which ring on the tree came the year you were born?*

NATURE ECHO DRAWING

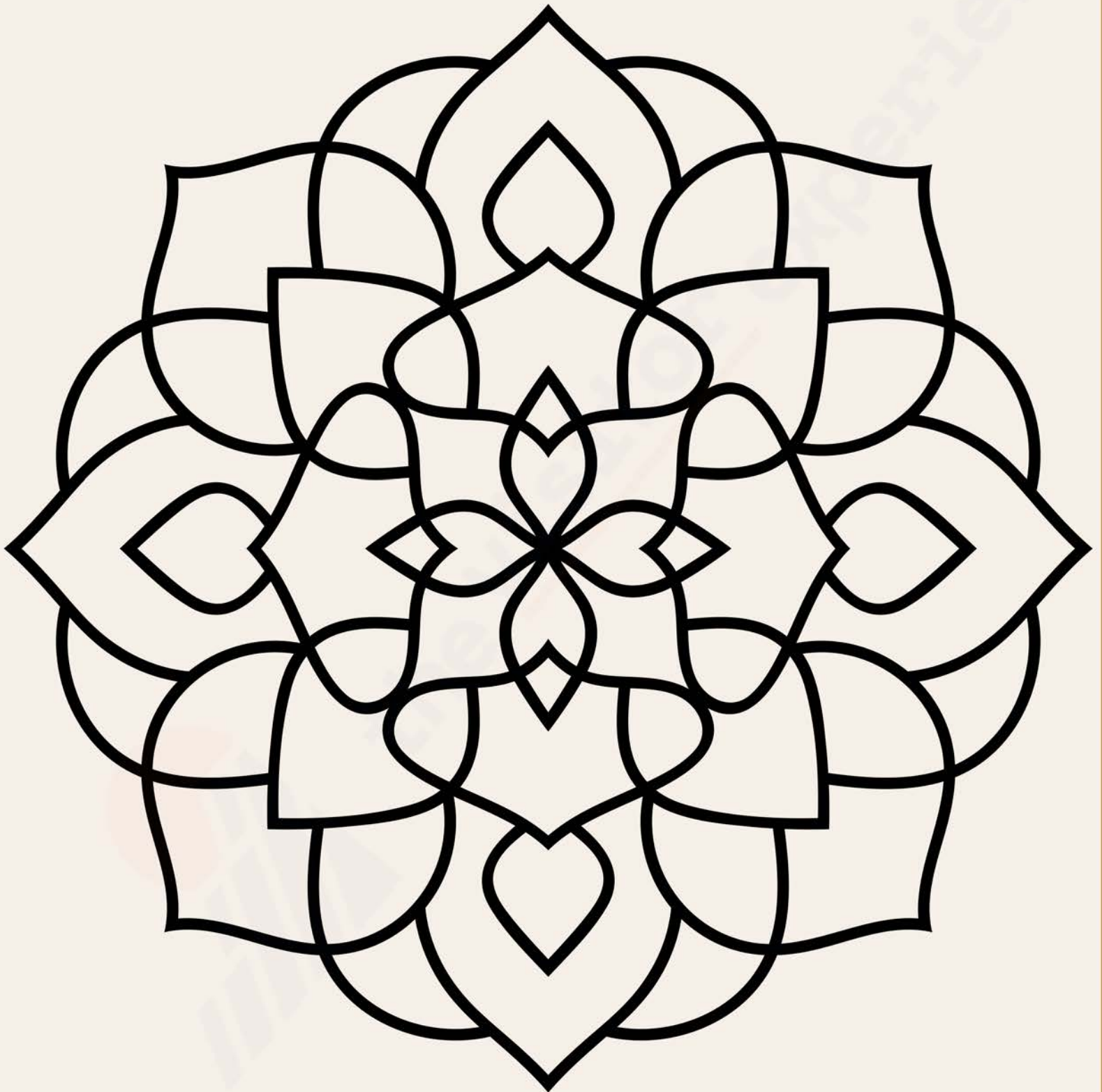
The image below is from one of the most popular views in the park. Use the blank spaces on the page to continue the image with your own drawing from your imagination or what you actually see if you visit this viewpoint

Customize this page
with a fraction of a
photo from your site.



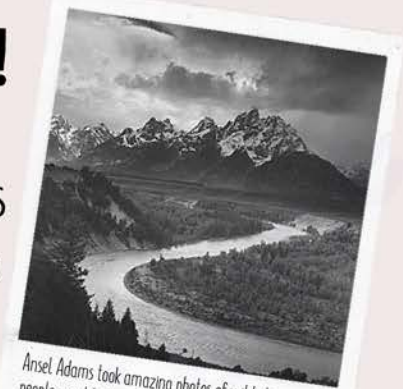
NATURE MANDALAS

Let's make a nature mandala! A mandala is a big circle filled with patterns and shapes that reminds us of the sun, moon, and earth. Decorate the Nature Mandala below by placing leaves, sticks, rocks, flower and other nature items on the design.



A PICTURE IS WORTH 1,000 WORDS!

Beautiful pictures of nature have always helped people understand why nature is worth preserving. Use the photography tricks below to take photos of this special place. Send the photos to a friend, family member, or tag us when you or an adult post them online!



Ansel Adams took amazing photos of wild places making people want to keep them safe. His pictures helped people love and care about the first big parks in our country!



Macro Photos - capture tiny things up close, making them look big and revealing details we might not see with our eyes alone!



Natural Framing - Use things like tree branches or rocks around your subject to give your photo a natural picture frame!



The Rule of Thirds - Divide your photo into nine equal boxes. Place the most exciting parts of your photo where those lines meet.



Portraits are photos where you focus on a person or animal's face, capturing their unique look and feelings.



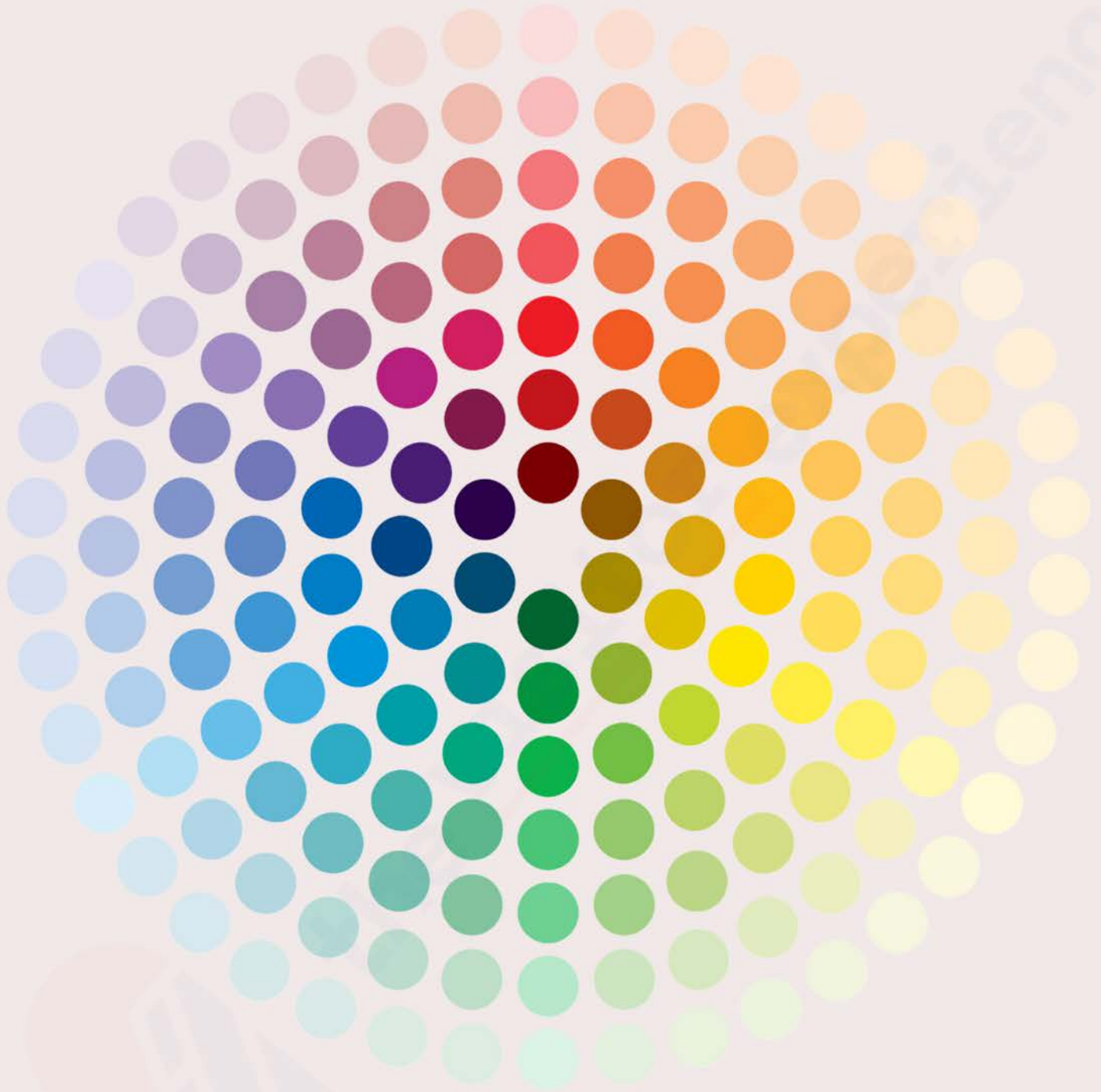
The Photographer's Eye - Stand still for 20 seconds and take pictures from new perspectives. You'll discover many photo opportunities in just one place.



Landscape photos capture wide views of nature, like big fields, tall mountains, or colorful sunsets!

COLOR MATCHING

Nature is full of colors! Place an X over every color you see (or have seen) in nature today.



For thousands of years, humans have used colored dyes from nature to tell stories and name the things around them. Can you write your name using "ink" from something you found in nature?

A large, empty, rounded rectangular box with a dashed black border, intended for writing a name.

NAME THAT FLOWER

Native Americans have had names for flowers for a very long time.
If you were the first person to spot these flowers, what would you name them?



[Dashed-line label box]



[Dashed-line label box]

Customize this page with
flowers common to your site



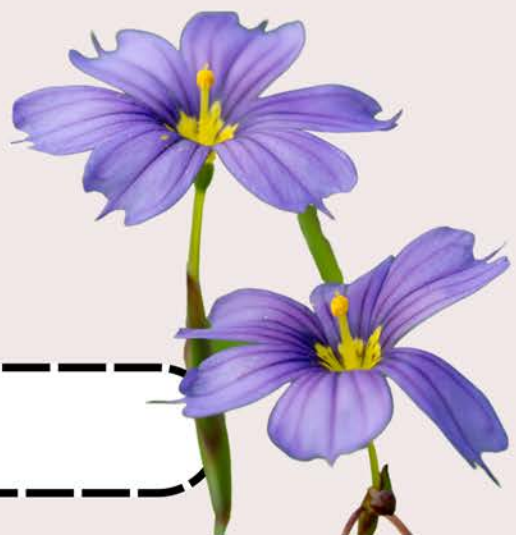
[Dashed-line label box]



[Dashed-line label box]



[Dashed-line label box]



[Dashed-line label box]

MARK THE DOT WHEN YOU VISIT EACH SPOT

These are our favorite nearby Nature Spots



Hanging Bridges



Glacier Lake State Park

Customize this page with several parks from your park system or region



Baja California



Cascade Falls



Sunset Lake Park



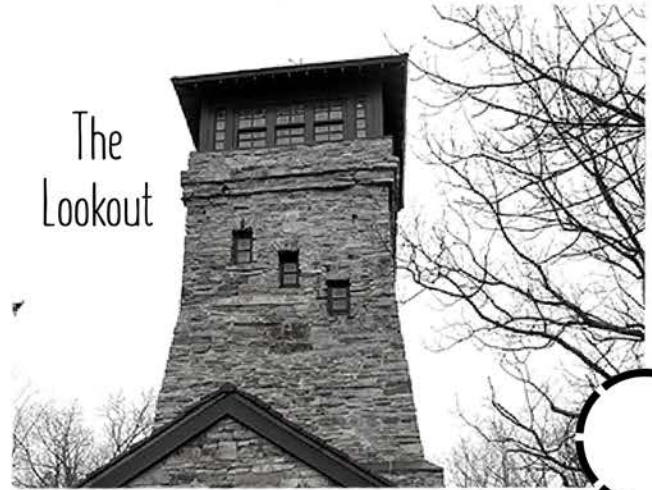
Coast Shores

HOW IS A PARK MADE?

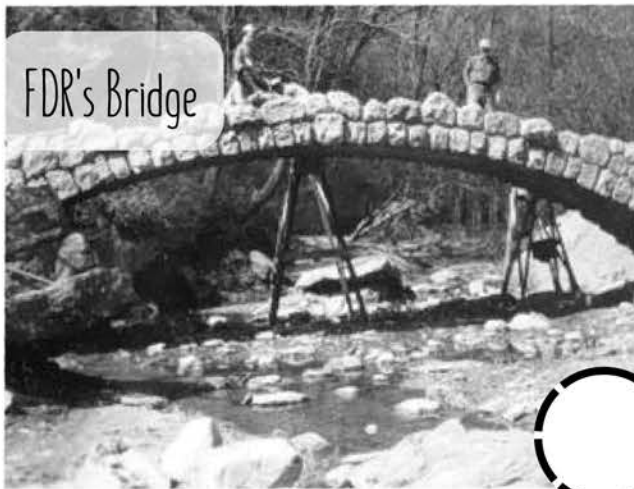
Many years ago, someone realized how special this area was and they helped to protect it forever as a park. Soon after the Great Depression the Civilian Conservation Corps came through to build many of the park features we enjoy today. Mark the dot for each historic feature you spot!



Caretaker's Cabin



The Lookout



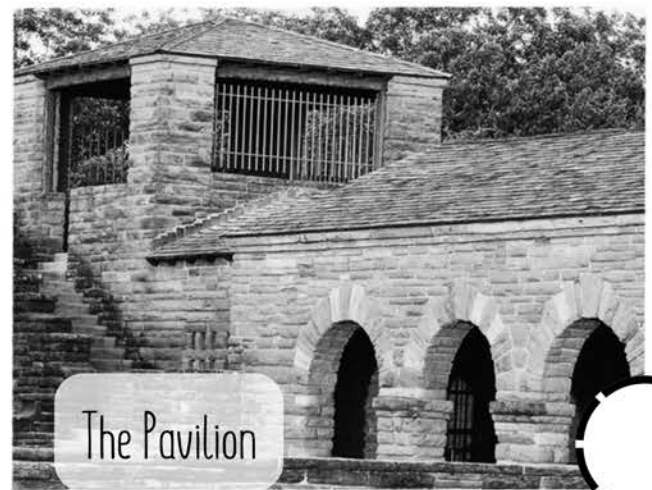
FDR's Bridge



CCC Stonework



Creek Crossing



The Pavilion

RANGER INTERVIEW

Say hello to a park ranger and ask questions about their job.
Listen carefully to what they say.

1. What do you like best about working at the park?
2. How did you first fall in love with this park?
3. What's something strange or funny you have seen at the park?
4. What is your favorite place at this park?
5. How can I help the park?



TRIP REVIEW

Think back on your trip and capture your memories!

1. What was a favorite memory?
2. What is something you learned?
3. What do you want to do next time you visit?
4. How can you explore and protect nature at home?

*Customize this page
with preferred text,
image of staff, etc.*



CONGRATULATIONS!

is now an official

(YOUR PARK NAME) JUNIOR RANGER

My promise to keep exploring and protecting parks:

"I promise to protect and explore,
each park I visit, from mountains to shore.

I'll have big adventures and quietly sit,
pay attention, be amazed, and tell about it.

I'll plant the trees I might never see,
and be the best Junior Ranger I can be.

Back Cover will be
customized with your
images, language, and
logos

Ranger Signature

Jr. Ranger Signature



YOUR NEXT NATURE STEPS!

Here are some fun ideas for exploring and connecting with nature near you!

- Plant a micro-garden – plant a seed and help it grow. This could be your little vegetable garden, flower garden, or even a seed you find in nearby nature.
- Nature Crafts – Use materials from nature like leaves, pinecones, rocks, etc., to create art.
- Backyard Birdwatching – Keep close watch out the window to see what birds you can see. What are they doing? What do they want? Keep a bird journal to record what you see.
- Outdoor Reading – Choose books about nature and read them outside. This can be a fun way to learn about different plants, animals, and ecosystems.
- Nature Photography – Take photos of plants, animals, or landscapes around your home.
- Nature Scavenger Hunts – Make a list of natural objects and invite friends to help find them.
- Insect Observation – Flip over a log or stones – can you spot any bugs? What do you notice about them? Carefully cover them up again and check on them next week.
- Start a Nature Journal – Record your observations, feelings, and thoughts about the natural world in a journal. You can draw, write, paste pictures, or even press leaves and flowers in it.
- Rainwater Collection – Set up a system to collect and use rainwater for watering plants.

Customize this page
with Calls to Action
for your Site



RANGER INTERVIEW

Say hello to a park ranger and ask questions about their job.
Listen carefully to what they say.

1. What do you like best about working at the park?
2. How did you first fall in love with this park?
3. What's something strange or funny you have seen at the park?
4. What is your favorite place at this park?
5. How can I help the park?



PARK POSTCARD

The image below is part of your park postcard. Write a message about your park visit, cut it out, and mail it to a friend, family, or us!



SHARE AND SAVE YOUR MEMORIES

Frame your Junior Explorer certificate and send a park postcard!

CONGRATULATIONS!

_____ is now an official

(YOUR PARK NAME) JUNIOR RANGER

My promise to keep exploring and protecting parks:

"I promise to protect and explore,
each park I visit, from mountains to shore.
I'll have big adventures and quietly sit,
pay attention, be amazed, and tell about it.
I'll plant the trees I might never see,
and be the best Junior Ranger I can be."

_____ Ranger Signature

_____ Jr. Ranger Signature



