



# Park Adventure Booklet

Visit [www.buddybison.org](http://www.buddybison.org) to get your own Buddy Bison and take him with you for your park adventure! Can't get a Buddy Bison, use the coloring page at the end of this booklet to design your own.



This booklet will help you have a wonderful experience in our nation's parks. Bring this with you on your adventure and follow these quick steps to make your visit fun and easy! Also, don't forget to enjoy the amazing park activities found in this booklet that your whole family will enjoy. All you need to bring is a clipboard, pencil and/or crayon.

## Use this Booklet to:

- Enjoy the beauty of a local, state, or national park
- Have a fun, safe park adventure
- Participate in new exciting outdoor activities

## Make sure you pack:

- Buddy Bison or Buddy Bison Creative Coloring page
- Healthy snacks and water
- Proper clothing, footwear, sunscreen, hat and sunglasses
- Directions to the park
- Sporting equipment and/or outdoor recreation materials



## Before you get to the Park:

- Call the park visitor center or use their website and ask what is available at the park.
  - Water activities?
  - Hiking trails?
  - Playground?
  - Sports fields
  - Other activities?
- Decide how much time you can spend in the park and pick your adventure.

## Kids to Parks Day

Don't forget May 21, 2016 is Kids to Park Day. Register your adventure at [kidstoparks.org](http://kidstoparks.org) and be a part of Buddy Bison's national grassroots movement. The Kids to Parks Day National School Contest is open to all schools. All entry information can be found on [kidstoparks.org](http://kidstoparks.org). Contact Billy Schrack for more information.

Billy Schrack  
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# Clipboard of Park Activities

This booklet contains fun outdoor activities to complete in any state, local or national park. Don't forget to take something to write or draw with and a hard surface like a clipboard! Like our mascot Buddy Bison says, "Explore outdoors, the parks are yours!" So get out and enjoy the outdoor spaces with Buddy Bison.

## Adventures in a Park

Research the park online or ask a ranger at the visitor center to find out what the park offers.

Some adventures include:

- Fishing
- Hiking
- Riding bikes
- Canoeing
- Exploring the plants and animals
- Swimming
- Climbing
- Other

Some parks have or host:

- Community fairs
- Playgrounds
- Sports fields
- Picnic areas
- Concerts or plays
- Organized tours

## Activities in this Booklet

These activities are in this booklet. Bring this on your next park adventure and have fun along the way.

- 1) Leaf or bark rubbing
- 2) Scavenger Hunt
- 3) Make a water scope
- 4) Nature Collage
- 5) Listening to Nature
- 6) Clean up
- 7) Journal
- 8) Examine Nature
- 9) Coloring Sheet

Visit [www.buddybison.org](http://www.buddybison.org) for more information and to share your adventure with National Park Trust. Your story could be featured in Buddy Bison's Buzz.

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# Adventures in a Park

Follow these easy steps to have your own adventure in a park. Remember to wear the appropriate clothing, footwear, sunscreen, hat and sunglasses for your activity.

## Community Fair

Many cities and towns hold seasonal or community fairs at local parks. Look on your county's or park's website for a schedule and listing of events.

## Fishing or Canoeing

This is a great way to get your whole family involved in the outdoors. Some equipment may be needed, but many lakes offer fishing equipment free of charge or for a minimal fee.



## Play

Many parks have trails for hiking, climbing, and biking, or a lake, river or beach for swimming. They are all great ways to be healthy and have fun.

## Sports

There are many parks that have sports fields available. You can play a quick game of kickball, soccer or baseball. The fields may have to be reserved before your visit, so plan ahead.

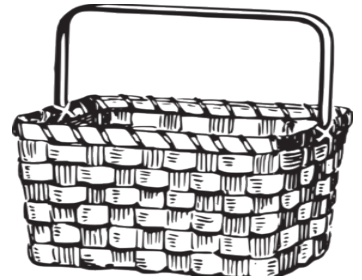


## Concert or Play

Some select parks even host concerts and plays! Check out the park's website for more information.

## Picnic

Everyone loves to eat, so bring your healthy lunch or dinner with you when on your adventure.



## Organized Tours

Many parks have a rich history and/or environment. Explore their website for tour information. Also many parks have guided or self-guided hikes throughout the year.





# Leaf or Bark Rubbing

When leaves fall from the tree, it is a great time to look at them closely and make a piece of art. Place a leaf or bark under this paper inside the square below. Then rub the leaf or bark using your pencil or a crayon.

## You Need:

- crayons or a pencil
- clipboard
- leaves



Pick the best looking leaves to make a rubbing

## My Leaf Rubbing

**Do you know** why leaves fall from the trees? In the fall, the days are growing shorter, so there is less sunlight. Trees use sunlight to make food. The leaves fall because the trees can't make enough food to keep them on their branches.

1

Can you see the veins in the leaves? The veins bring nutrients to all of the leaves.



# Scavenger Hunt

There are so many interesting things you can find in nature. When walking or hiking make sure you stay quiet, animals run from loud noises.

See if you can find all of these wonderful things on your next park adventure. Make sure you look high and low. Invite a friend to do the scavenger hunt with you and see who can finish the list first!

- Bird's nest

- Animal tracks

- Pine cone

- Colorful flower

- Moss

- Bird feather

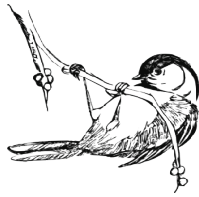
- Spider web

- Insects

- A tree bigger than you

- Odd shaped leaf

- Rocks



- Ants moving in a line

- Something that lives under the leaves or a log

- A bird flying

- An insect that can only crawl

- Something that does not belong in nature (put it in the trash)

- A mammal with horns, antlers or tusks

- Other animals or creatures

- What else did you find?

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### Did you know?

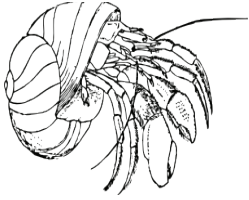
Some animals migrate or move to a different part of the world when it gets too cold or they can't find any food.



# Look Underwater

Haven't you always wanted to see underwater? Well now you can.

Follow these easy steps:

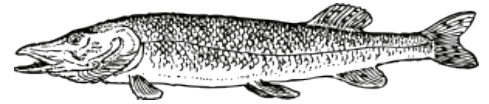


- 1) Cut the bottom and top off of an empty coffee or juice can using a can opener (ask an adult to help)
- 2) Cover **one** end of the can with clear plastic wrap and secure it with the tape and/or rubber band
- 3) Put the plastic covered end into the water only and look through the can

## You Need:

- empty coffee, soup or juice can
- clear plastic wrap
- rubber band or duct tape

## Draw what you see underwater!



Remember when you are near the water, stay safe and go with an adult. When using the underwater scope, only put the covered end 2-3 inches into the water, the rest of the coffee can should be sticking out of the water.

What is it? \_\_\_\_\_



# Design a Nature Collage

A great activity to do while in your backyard or neighborhood is to collect and bring home any interesting or unique pieces of nature. Only pick up things that are on the ground, never pick something off a living thing. You might find leaves, twigs, pine cones, feathers, shells, pebbles, and many other exciting, interesting or unique items. When you get home use your collected materials, construction paper and glue to create a one of a kind nature collage.

## You Need:

- bag to collect materials
- construction paper
- glue

Only pick materials off the ground, never from a living thing.



Create your collage on a separate piece of construction paper.  
Use the space below to plan what your collage will look like.

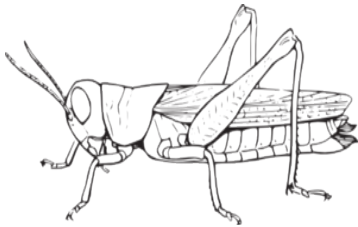


# Listening to Nature

Nature never sleeps and is really noisy, but sometimes you have to slow down and quiet yourself before it can be heard. While walking along the beach, in the forest, or desert find a place where you can sit without being bothered for 10 minutes. Listen to what is happening around you. Can you hear the call of a nearby bird? Or the slightest rustling of the leaves?



What was that? A frog or other small animal crawling between my legs? When you calm and quiet yourself, the world around you comes to life!



**Keep track of the sounds you hear and who/where you think they came from!**

What time of day did you sit and listen to nature:  
(circle one)

Morning

Evening

Afternoon

Night

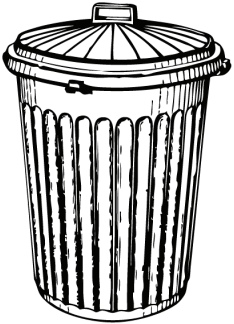




# Park Clean Up

Parks are a wonderful place to spend a day and it's up to you to keep it that way. Organize your friends and family to help clean an area of your local park.

Here is a short list of what you can do to help clean up your park. See if you can add more ideas!



Pick up trash or litter

Plant trees or plants

Clear out and remove non-native plants

Plant grasses on dunes to help stop erosion

Lay down mulch in a garden

Help rebuild a trail

Once you have a list of things that need your help, brainstorm how to fix them. Can you organize a group of people willing to help? Or contact your local park ranger and ask for ideas.





# Keep an Adventure Journal

When you are out enjoying one of our wonderful parks, take a moment to write down your thoughts. Where did you go? What activity did you do? What did you see or feel? How long did you hike or row? Keeping a journal is a great way to remember all the fun times you had in a park. Send in your journal entries and/or photos to [william@parkturst.org](mailto:william@parkturst.org). Your story could be featured in *Buddy Bison's Buzz*, our national kids newsletter.



Here is a great way to organize your thoughts:  
(use the back or an extra paper for more room to write)

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Where did you go? \_\_\_\_\_

Who was with you? \_\_\_\_\_

What did you do?

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Thoughts:

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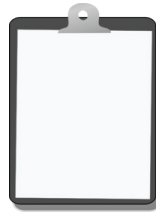
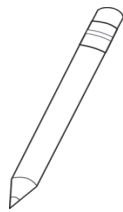
# Examine Nature

Find something in nature that really interests you. It could be an insect, plant, worm, flower or any other object that you think is neat. Look at it real closely; use a magnifying glass if you have one. Draw what you see and try to label its parts!

## You Need:

- magnifying glass
- pencil or crayons
- paper and clipboard

When you get home, look in a field guide or on the internet to find out more information about your object. You can also ask your teacher or park ranger.



Whatever you move or disturb, put it back where you found it!

**Draw what you see!**

What is it? \_\_\_\_\_

My name is \_\_\_\_\_.



I took Buddy Bison to  
\_\_\_\_\_ park.