



Outdoor Safety

(Be Prepared!)



To have a safe, enjoyable outdoor experience, and help reduce search and rescue efforts, you need to be prepared. One of the most important things you can do is to always bring water and wear the right clothes. Always tell someone where you are going, how long you will be gone, what you will be doing and when you will be back.

Get Thinking and Planning

→ Circle the correct answer(s); there can be more than one right answer.

You are planning a day hike. You should bring:

- a. a bottle of water
- b. a tent
- c. a snack to eat
- d. a radio with headphones

When you pick a jacket to wear hiking, it should be:

- a. camouflaged
- b. pink
- c. a bright color to be easily seen
- d. hooded to keep your head warm

You should always keep these things in your day hike backpack:

- a. a whistle
- b. a pack of soda
- c. a shiny lid to reflect sunlight
- d. a trash bag to use as a raincoat

It is always best to hike, ride or sled:

- a. just before dark
- b. in a marked area
- c. with a friend or adult you know
- d. alone so you can enjoy the quiet

If you get lost, you should:

- a. stay in one place
- b. start a fire
- c. turn around and try to find the way back
- d. blow a whistle every once in a while

When you are going outside in the winter, you should wear:

- a. a hat and sunglasses
- b. sunscreen
- c. boots and gloves
- d. clothes in layers










When hiking in a group, each person should:

- a. go a different way
- b. stay together
- c. have a map
- d. have their own daypack



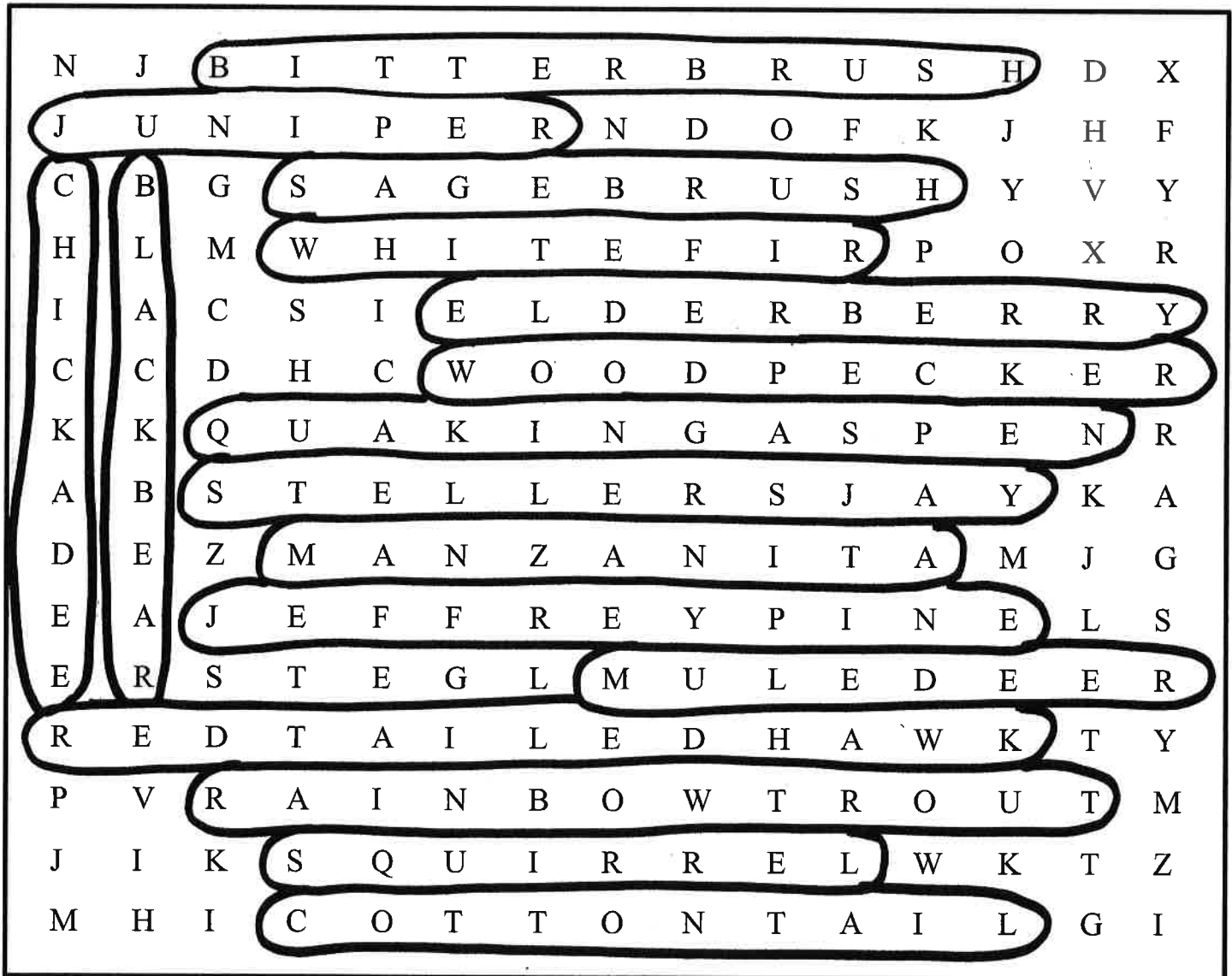
Outdoor Activities

Every park has something different and special you can do on your visit. Look at the list below of activities and match the appropriate icon to the activity. **Circle the activities in which you have participated today. For each circled item, write where you participated in that activity.**

<u>Icon</u>	<u>Activity</u>	<u>Where you Participated</u>
	Snowshoeing	_____
	Fishing	_____
	Hiking	_____
	Picknicking	_____
	Sledding	_____
	Wildlife Viewing	_____
	Dog Walking	_____
	Cross Country Skiing	_____
	Meet a Park Ranger	_____

Wild Treasures

Parks are home to many different species of trees, birds, shrubs, animals and more. Many of these species are in need of protection. **See if you can find the names of the diverse treasures in the search below.**



1. Sagebrush

2. Cottontail

3. Elderberry

4. Mule Deer

5. Chickadee

6. Rainbow Trout

7. Jeffrey Pine

8. Quaking Aspen

9. Manzanita

10. Woodpecker

11. Squirrel

12. Bitterbrush

13. Red-tailed Hawk

14. Black Bear

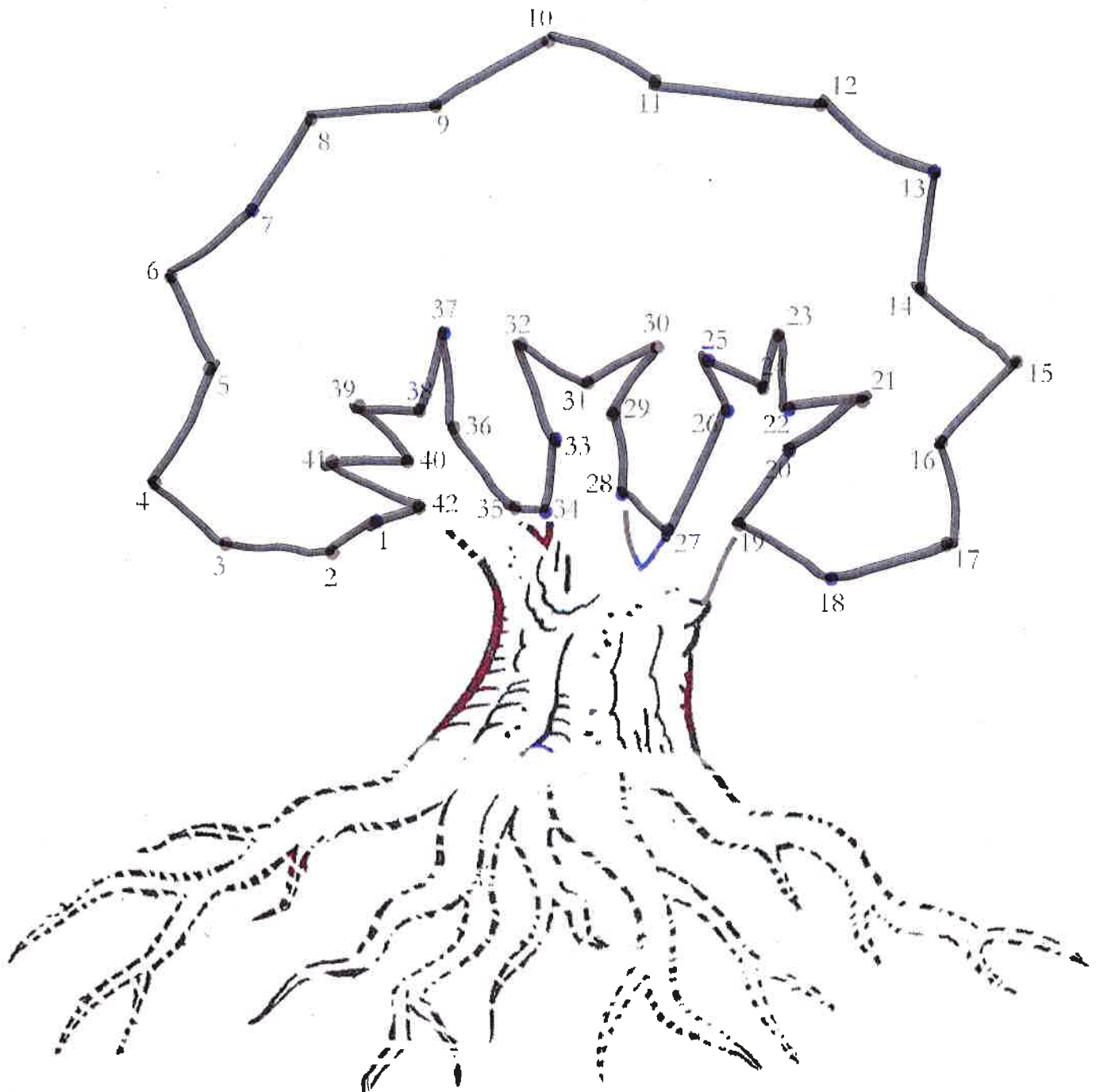
15. Steller's Jay

16. White Fir

17. Juniper

Tree Factory

A tree has different parts that make food and help it grow. LEAVES use sunlight to make food for the tree. BRANCHES hold the leaves up to the sun. The TRUNK holds the tree nice and tall. ROOTS get water and nutrients from the soil and hold the tree up. **Connect the dots to complete this drawing of the tree. Draw a yellow sun, blue rain water and brown soil. Then color in the tree and all its parts.**



Whose Tracks Are Those?

Regional Parks are special places where plants and animals are protected. The ponds, forests, wetlands and fields within the parks are home to many species of wildlife.

Can you match the animal with the tracks it made?



Mallard



Raccoon



Mule Deer



Bald Eagle



Beaver



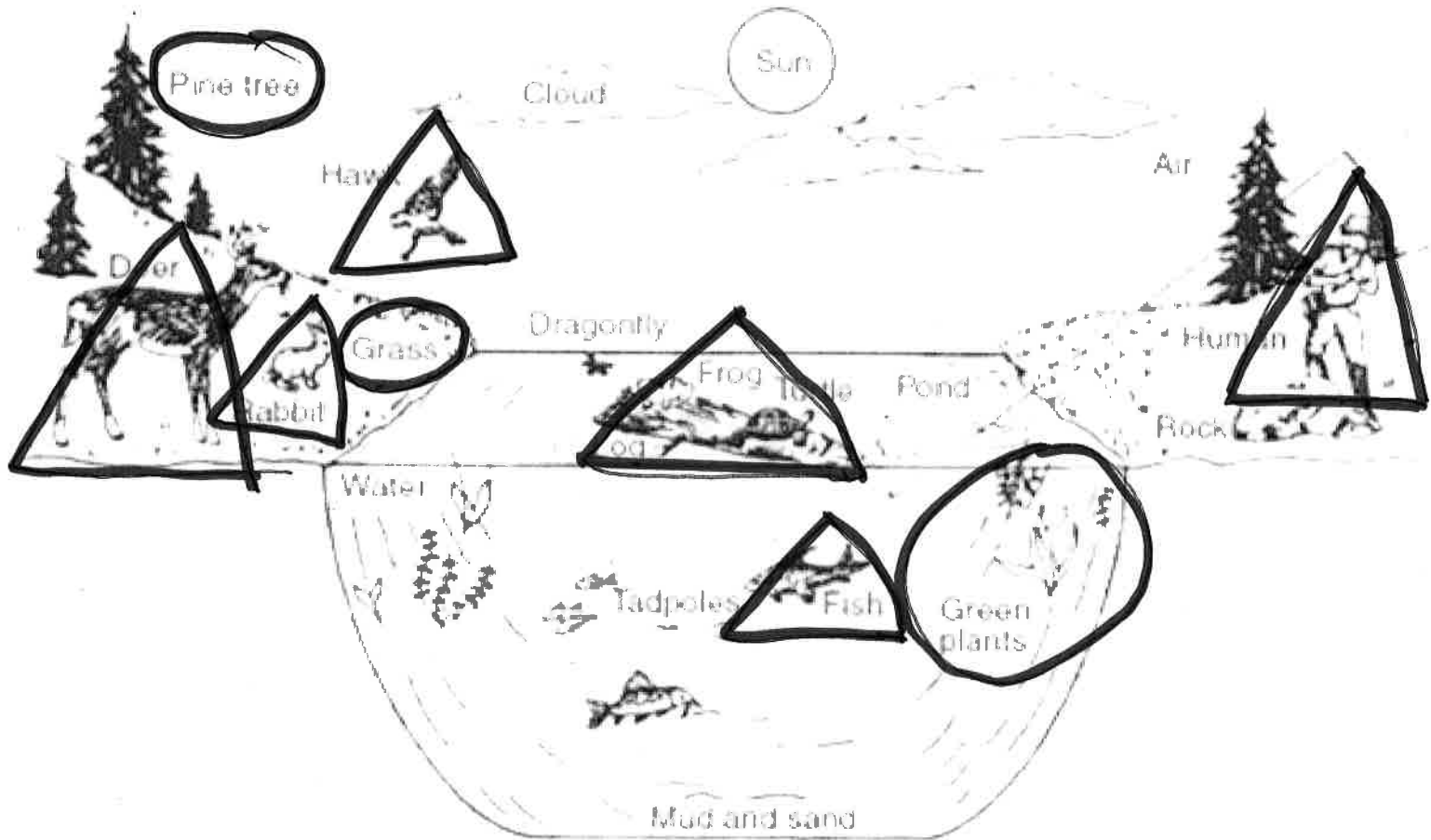
Black Bear



How many of these tracks can you find in the park?

Making the Connection

Much like the neighborhoods where you live, ecosystems are communities of plants, micro-organisms like bacteria, and animals that depend on each other and their environment.

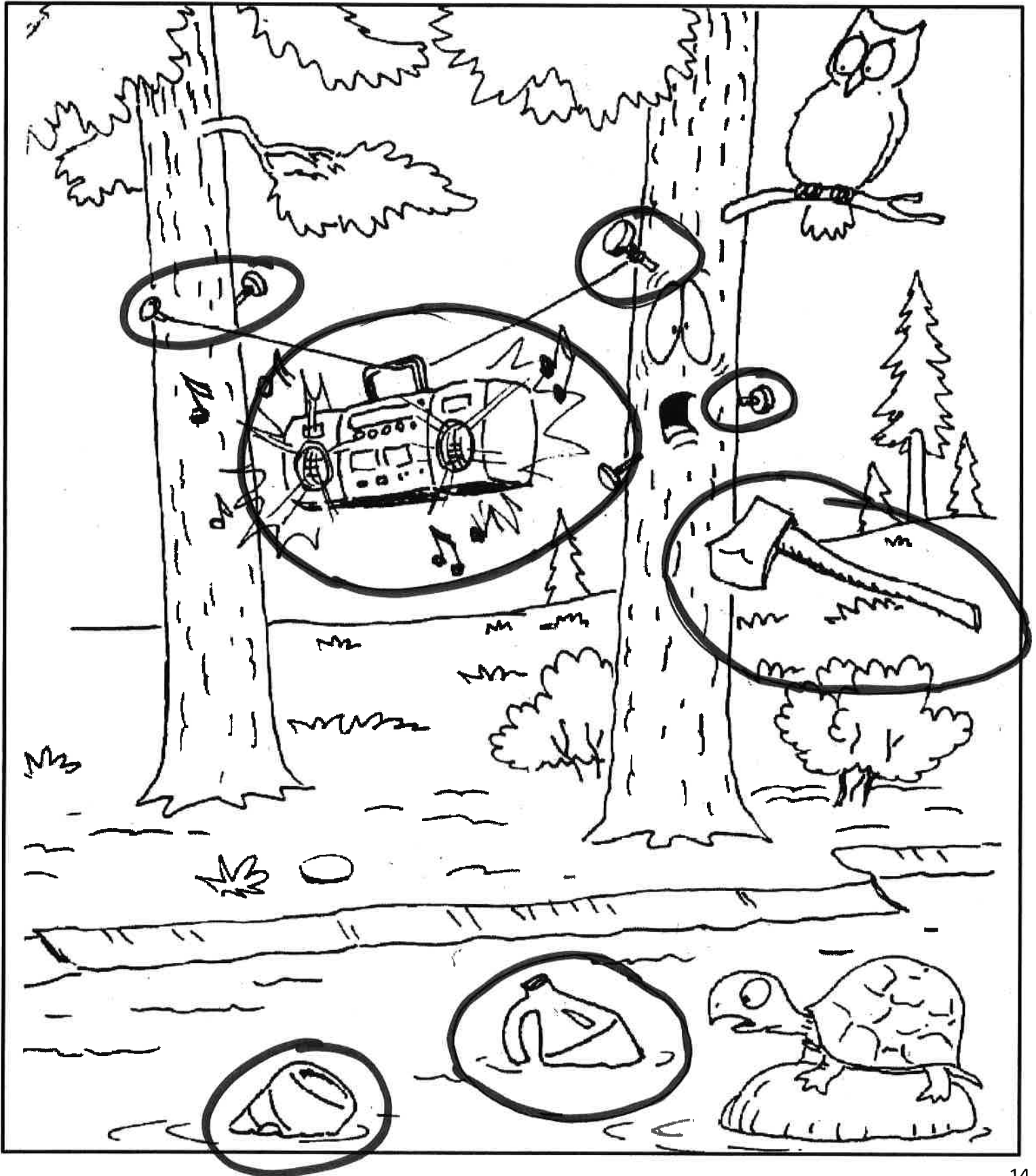


(Not drawn to scale)

- Humans and hawks eat fish. They are examples of consumers.
(eat or are eaten by)
- Grass and trees make their own food. They are examples of producers.
- Bugs and bacteria eat dead plants and animals to put nutrients back into the soil. They are examples of decomposers.
- **Circle all of the *producers* and put triangles around the *consumers* in the diagram above.**
- If there were no grass or green plants, what might happen to the hawk population?
It would not survive.

Please respect nature and each other. Leave no trace, pack out your trash and enjoy the quiet!

(Circle the things you *shouldn't* do in the outdoors. Then color the page.)





Biomass



Fill in the blanks with the words in the box at the bottom of the page. Use each word only once.

1. Biomass is any material that was alive a short time ago.
2. Biomass is a renewable energy source, because we can always grow more plants.
3. We burn most biomass to make heat.
4. We burn garbage in a waste-to-energy plant to make electricity.
5. When biomass rots, it forms a gas called methane that we can use for energy.
6. Biomass can be turned into a liquid fuel like gasoline called ethanol.
7. Most of the biomass we use is wood.
8. Plants store energy from the sun in their roots and leaves.

renewable ✓	ethanol ✓	methane ✓	wood ✓	store ✓
electricity ✓	material ✓	burn ✓	gas ✓	waste-to-energy ✓

Water Everywhere!

Parks help clean and preserve drinking water. Drinking water comes from mountains, lakes, rivers, streams or under the ground (ground water).

(Label and color the stages of the water cycle using the following words)

Precipitation (Rain) Percolation (Aquifer)
Evaporation (from Ponds) Transpiration (from Trees)

