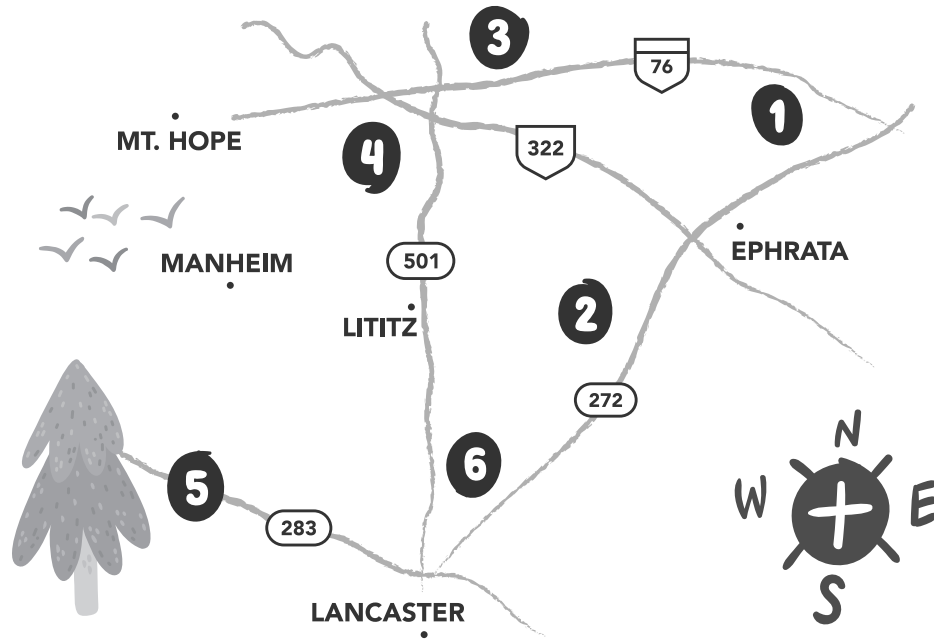


# NORTHERN LOCATIONS



1. Denver Memorial Park
2. Warwick to Ephrata Rail Trail
3. Middle Creek Wildlife Management Area
4. Speedwell Forge County Park
5. Lancaster Junction Recreation Trail
6. Landis Woods Park

**Reminder:** Your choice of an outdoor place to visit.



## Books at the Library—Reading is a healthy exercise too!

- *Creek Critters* by Jennifer Keats Curtis
- *Around the Pond: Who's Been Here?* by Lindsay Barrett George
- *Sky Tree: Seeing Science through Art* by Thomas Locker
- *A Mathematical Nature Walk* by John A. Adam
- *Lost Art of Reading Nature's Signs: Use Outdoor Clues to Find Your Way, Predict the Weather, Locate Water, Track Animals, And Other Forgotten Skills* by Tristan Gooley

## REFUEL YOURSELF!

### Build Your Own Trail Mix

Makes: 4.5 cups, Serving Size: ¼ cup, Servings: 18

- 2 cups Nuts/Seeds: Almonds, Walnuts, Pistachios, Peanuts, Cashews, Pecans, Pumpkin Seeds, Sunflower Seeds
- 1 cup Dried Fruit: Raisins, Dried Cranberries, Dried Apricots, Dried Mango, Dried Cherries, Coconut Flakes, Dried Pineapple, Dried Blueberries, Banana Chips
- 1 cup Crunchy Extras: Popcorn, Whole Grain Cereal, Pretzels, Granola, Whole Grain Crackers, Roasted Chickpeas, Dried Edamame, Graham Crackers
- ½ cup Fun Stuff: Marshmallows, Chocolate or Peanut Butter Chips, Yogurt Covered Raisins

## REFRESHING MOVES!

What's your favorite move? Circle one or all.



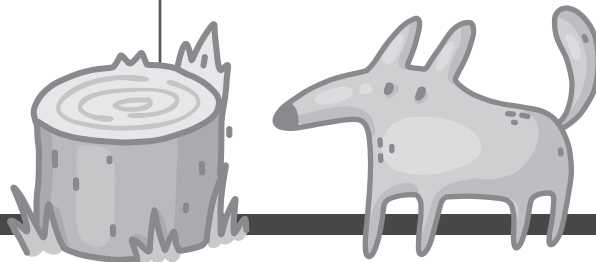
# TINY TREASURE HUNT

Take a small box (a raisin box is good) or an envelope and go on a hunt for tiny treasures to fit inside it. What will you find?

Look for: flower petals, blades of grass, bird feather, small pebble, a leaf, a small twig. Be sure to only collect objects that are already on the ground!



Draw below any other object you found that fit inside your tiny treasure container.

A large empty rectangular box with a thin black border, intended for drawing additional objects found during the treasure hunt.

# WETLANDS AND PONDS

Look for frogs and more if you're visiting a wetland area or a pond. Search along the edge of the water.

- If the water is shallow, what do you see?
- Are there any water plants?
- Do you see any tadpoles, insects, or frogs?
- See any animal tracks?

## DID YOU KNOW:

A spring peeper is about 1 inch long and can jump 17 inches. How far would you have to jump to match a peeper's ability?

If you are 4 feet tall, that's 48 inches. To match the peeper that can jump 17 inches; how many inches do you need to jump? Answer: \_\_\_\_\_ (816 inches or 68 feet!)

## DID YOU KNOW:

Pennsylvania's state insect is the Firefly. The state fish is the Brook Trout. The state tree is the Eastern Hemlock. Pennsylvania has a state flower, bird, and animal too. Yet, Pennsylvania is the only state that does not have a state mineral, rock, or gemstone.