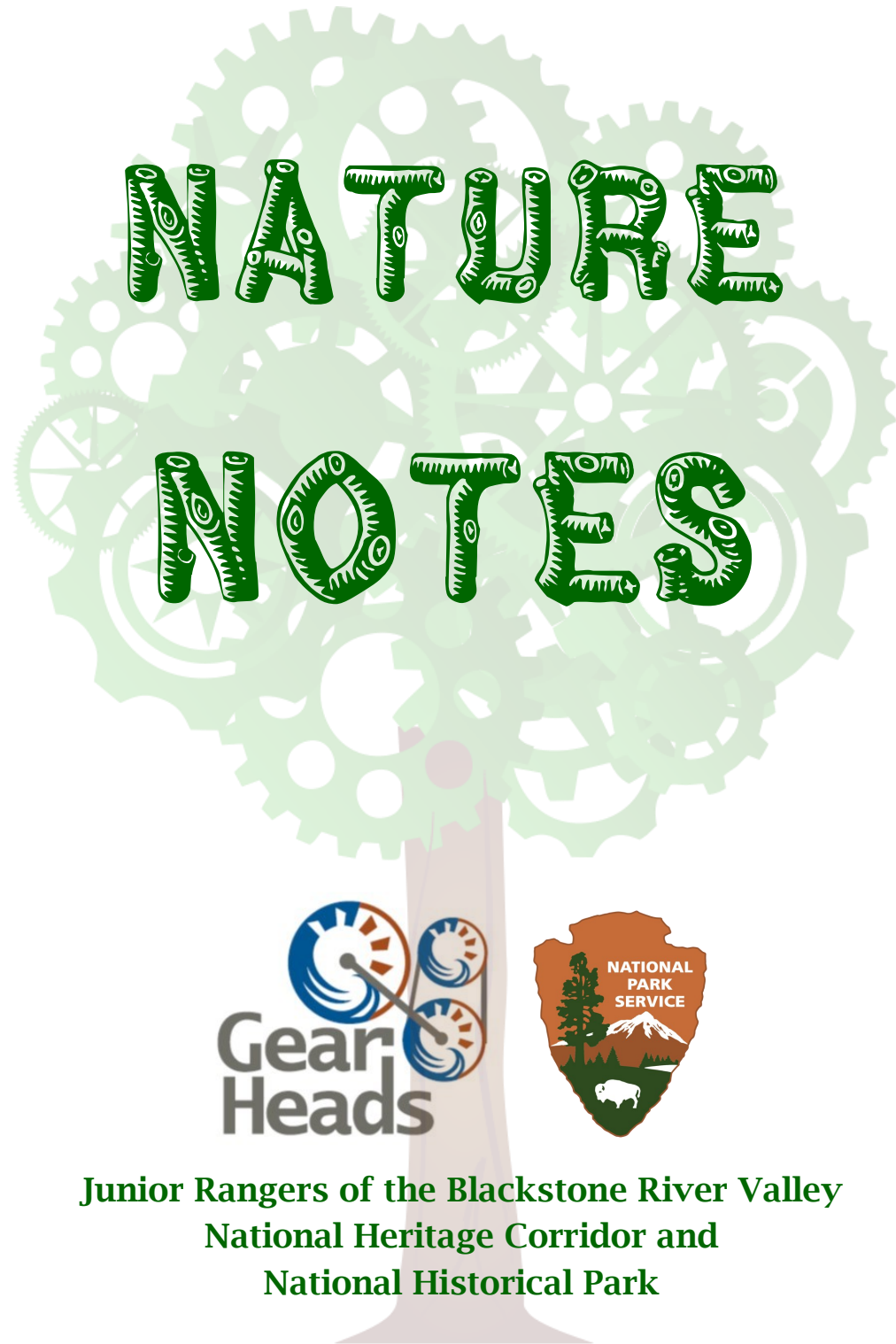




BlackstoneGearHeads.org



Junior Rangers of the Blackstone River Valley
National Heritage Corridor and
National Historical Park

Junior Rangers of the Blackstone River Valley



GearHead (n.): a kid, powered by the Gears in their brain; who explores nature, discovers history, protects the environment, and goes on adventures through the Blackstone River Valley.

Explore! Discover! Protect!



Consider having a clean-up day where you and your friends go around your block and pick up litter.

What you'll need

- ◆ Plastic bag to collect litter · Gloves · Trash Pick-up stick · Separate bag for recyclables
- ◆ Pay attention to lawns, bushes, sidewalks, and storm drains. This is where most litter tends to collect.
- ◆ We don't pick up items like syringes or weapons. If you see one, be sure to report it to an adult, ranger or park official.
- ◆ Challenge your friends to a litter pick-up competition. See who can collect the most litter during your hike.

REFLECTIONS

Did you find a lot of litter? What kind of litter did you see most often? What other ways can we take care of the spaces where we live?

GearHeads, it's up to you to keep our National Park clean! And, it starts in your own neighborhood!



Trash:

(n) stuff you don't want anymore.
(v) what you do with the stuff you don't want anymore, i.e. throw away.

Responsibly:

(adv) taking positive action to do the right thing, i.e. not litter but reduce, reuse, and recycle.

The trash that people drop all around the ground is an eyesore. Worse, it can be harmful to children, animals, and the rest of the environment. If you see some trash on the ground around your neighborhood, don't assume someone else will take care of it. Be proactive in taking care of where you live.

Fast Facts About Recycling • The average person generates over 4 pounds of trash every day and about 1.5 tons of trash per year. • Americans make more than 260 million tons of trash each year, enough to fill a football stadium from top to bottom twice a day. • The EPA estimates that 75% of American trash is recyclable, but we only recycle about 30% of it.

NATURE NOTES Belongs to:

GearHead _____
(Name)

What is **NATURE NOTES** ?

This nature journal is your own private collection of notes, thoughts, ideas, and drawings about what you observe outside. You can organize and decorate your journal any way you would like.

Start by learning the basics of observing, drawing, and note-taking. Ask yourself these two questions: What in nature am I curious about? And, what in nature excites me? When you write in your nature journal focus on the things that excite you and make you curious.

Here are some ideas about what to include in your journal:

- ◆ Leaf and bark rubbings
- ◆ Sketches
- ◆ Poetry
- ◆ Quotes
- ◆ Statistics - time, place, weather
- ◆ Pressed flowers and leaves
- ◆ Lists of birds, flowers, insects, and animals you have observed
- ◆ Photographs

TIPS

Here are some fun tips for when you're off on your nature adventure:

- ◆ **Be Prepared:** Dress for the weather—do you need a raincoat and boots, sunscreen, bug spray? Bring water, snacks, a first aid kit, a map, and read the rules of the trail before you head out.
- ◆ **Walk and Talk Quietly:** You're more likely to see animals this way. And, remember you're also sharing the outdoors with others
- ◆ **Take Your Time:** You don't want to miss anything!
- ◆ **Use Your Senses:** to see, to hear, to smell , and to touch
- ◆ **Smile and Say Hello** to others on the trail
- ◆ **Leave Your Nature Finds:** We share the space with others. Be sure, though, to take your trash with you!



Map Key:

— — — trail



Road

● Pond or Lake



Mountain/Hill



Stream

MAP OF MY NATURE WALK

Draw a simple map of your nature walk. Include the trail, important landmarks (like trees, rocks, or hills), places where you saw cool things, roads, and more!

SCAVENGER HUNT

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

What can you find?

- 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**
- A squirrel**
- Other animals or creatures**
- Animal tracks**
- Pine cone**
- Colorful flower**
- An acorn**
- Moss**
- Bird feather**
- Spider web**
- A tree bigger than you**
- Ants moving in a line**
- Something that lives under the leaves or a log**

Date and Time:

Location:

Weather:

My field notes (what I heard, what I saw, what I smelled):

Looking back (what I felt):

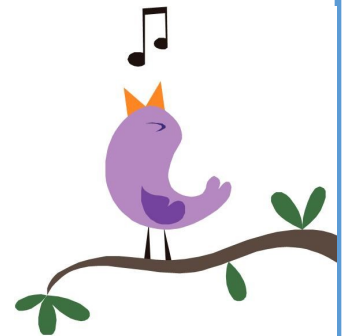
Awesomeness Rating:

(5  for awesome, 1  for blah)



LISTEN UP! Close your eyes and listen to the sounds around you. What do you hear? A bird call? The wind through the leaves? Rushing water? An insect buzzing?

WHAT DO YOU HEAR?



Write a poem about a **TREE**.



FIELD SKETCH

Date and Time:

Location:

Weather:

**My field notes (what I heard, what I saw,
what I smelled):**

Looking back (what I felt):

Awesomeness Rating:

(5  for awesome, 1  for blah)



LEAF RUBBING



LEAF RUBBING



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

FIELD SKETCH

Date and Time:

Location:

Weather:

**My field notes (what I heard, what I saw,
what I smelled):**

Looking back (what I felt):

Awesomeness Rating:

(5  for awesome, 1  for blah)



FIELD SKETCH