



Boredom Busters: Exploring National and Local Parks

“Explore outdoors, the parks are yours!”



NATIONAL PARK TRUST
TREASURE FOREVER.

National Park Trust

www.parktrust.org

Boredom Busters



Visit www.buddybison.org to get your own Buddy Bison and take him with you on 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 use the amazing park activities found in this booklet that your whole family will enjoy.

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
- Learn quick and easy tips, tricks, and guided activities to enhance your trip

Make sure you pack:

- Buddy Bison or BB coloring page
- Healthy snacks and water
- The proper clothing, footwear, sunscreen, hat, and sunglasses
- 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?
- Rentals?

Decide how much time you can spend in the park and pick your adventure.

Billy Schrack
Director of Youth Programs
National Park Trust
william@parktrust.org
301-279-7275 ext. 20

Boredom Busters



You just got to the park and you need some ideas to get your kids excited and engaged. Check out our to-do list for quick and easy suggestions to make your park trip fun!

To do at the park

1. Pack a picnic

Having trouble managing food temperature? Use frozen bottles of water to keep cold foods cold.

2. Play catch or throw a frisbee

Bring a ball or frisbee for easy fun.

3. Explore/Scavenger Hunt

Turn your park adventure into a treasure hunt with a fun scavenger hunt. Find pre-made scavenger hunt lists see our *Boredom Busters: Hiking* and *Boredom Busters: Beach* booklets.

4. Learn about nature

The park is a perfect place to learn about nature. For guided educational activities see our *Park Adventure Booklet*.

5. Hike

For additional hiking tips, tricks, and activities see our *Boredom Busters: Hiking* booklet.

6. Play tag

Take a new approach to a traditional game at the park of your choice.

7. Make your own Olympic Games

Make your own version of favorite games for a day of fun the whole family can enjoy. What are your favorite games?

- Relay races?
- Puddle jumping?
- Volleyball?
- Hula Hoop Hurdles?

8. Watch clouds

Make a game of cloud watching. Can you find any familiar shapes? Can you identify different types of clouds?

9. Make a sundial

Materials: straight stick (about two feet long), pebbles

Sundials use the position of the sun in the sky to tell time. Use the steps below to make a sundial of your own.

1. Find a sunny area to plant your stick

Look for a place that gets sun exposure all day. Plant one end of the stick into the ground. Slightly slant the stick toward the North.

2. Start early

For best results, begin in the morning after the sun has fully risen. As the sun shines down on it, the stick will cast a shadow. Use one of your pebbles to mark the place where the shadow falls.

3. Return to the stick every hour

Update the dial at the top of every hour. Use pebbles to mark where the stick's shadow falls on the ground. The shadow will move in a clockwise direction.

4. Continue this process until dusk

Your sundial will be complete at day's end. As long as the sun is shining, you can use this simple device to tell what time of the day it is.

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You just got to the park and you need some ideas to get your kids excited and engaged. Try out these boredom busters to keep the fun going all day long.

Objective:

Children will identify five basic survival needs shared by people and all other animals.

Method:

Children list and organize needs of people, pets, and wildlife.

Age Level:

5 - 9 years old

Duration:

One 20-minute session

Group Size:

Any

Materials:

Writing utensils

Other Information:

All animals - including people, pets, and wildlife - have a set of basic needs to survive. Among these are food, water, shelter, space in which to live, and air. These needs must be in the quality and quantity required by the particular animal. So, while some animals are comfortable traveling several miles to meet their needs, people may not be so inclined.

Survival Basics

Procedure

1. Draw a three-column chart on a piece of paper with the headings People, Pets, and Wildlife. Ask your children, "What do people need in order to be able to live?" List the children's ideas in a column under the word "People." Complete the same for pets and wildlife.
2. After the chart is complete, ask the children to cluster ideas together in larger themes. For example, warmth might be combined with physical comfort, and both might fit within the concept of shelter. Establish the most basic survival needs for people, pets, and wildlife, which will be the same for the three groups. The lists may be limited to the following or include any needs the children deem important.

People	Pets	Wildlife
Food	Food	Food
Water	Water	Water
Shelter	Shelter	Shelter
Space	Space	Space
Air	Air	Air

3. At the park, have children pick an animal to observe. Find an example of each major category on the list, starting with the basic categories above: food, water, shelter, space, and air. Compare these examples to their counterparts for both the "People" and "Pets" columns.
4. Have children draw a picture demonstrating the basic survival needs of their chosen animal. Label each category.

Question for Discussion

1. How do human needs differ from animals needs?

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Objective:

Identify and describe the materials and techniques used by wild animals to construct shelters.

Method:

Children create a model of a shelter used by an animal.

Age Level:

7 - 14 years old

Duration:

Approximately 45 minutes

Group Size:

Any

Materials:

Natural materials such as twigs, leaves, dirt, mud, moss, and bark.

Other Information:

Like people, wildlife require shelter as a part of their habitat. Also like people, animals use shelter as a place to live and sleep, protection from the elements and predators, and as a place to raise their young. They gather the materials to build their shelter from other parts of their habitat.

Seeking Shelter

Procedure

1. Choose a wild animal to research. During the research, identify the characteristics of the animal's shelter (nests, dens, caves) including what construction materials the animal uses. Identify what techniques the animal uses and the length of time it takes to build the shelter.
2. Have children explore their surroundings. Look for animal shelters; try to find the shelter of the animal you researched. Pay attention to what animals use to construct their shelters, how the shelters are constructed, and where the shelters are located.
3. Have children collect representative materials from the environment that are similar to those the animals would use in constructing the shelters. Caution children to be careful in collecting materials, again doing no harm to the animal or its habitat.
4. Build a model of the chosen animal's shelter.
5. Display the completed shelters, asking children to describe their shelter and identify the animal that uses it.
6. Discuss the process of building the shelters. Contrast how much time it took to replicate the shelters with how much time it would take the animal to build it. Contrast the techniques the children used during the activity with those the animals would have used.

Question for Discussion

1. Which animals are most vulnerable to loss of materials for creating shelter?

*This activity requires some preparation before getting to the park. Younger children may need assistance of a parent or guardian. It is recommended that this activity is not conducted during the animal's mating or reproducing seasons. If you are having trouble, ask a park ranger for help locating an animal's shelter.

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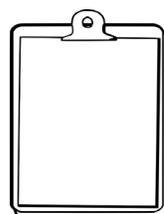
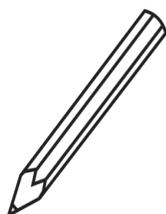
Find something in nature that really interests you. It could be an insect, plant, worm, flower, or any other object that you think is neat. Draw what you see and try to label its parts!

Draw What You See

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

You Need:

- magnifying glass
- pencil or crayons
- paper and clipboard



What is it? _____

Draw what you see!

Keep your camping fun going by designing your own Buddy Bison. Draw your environment around Buddy Bison.

