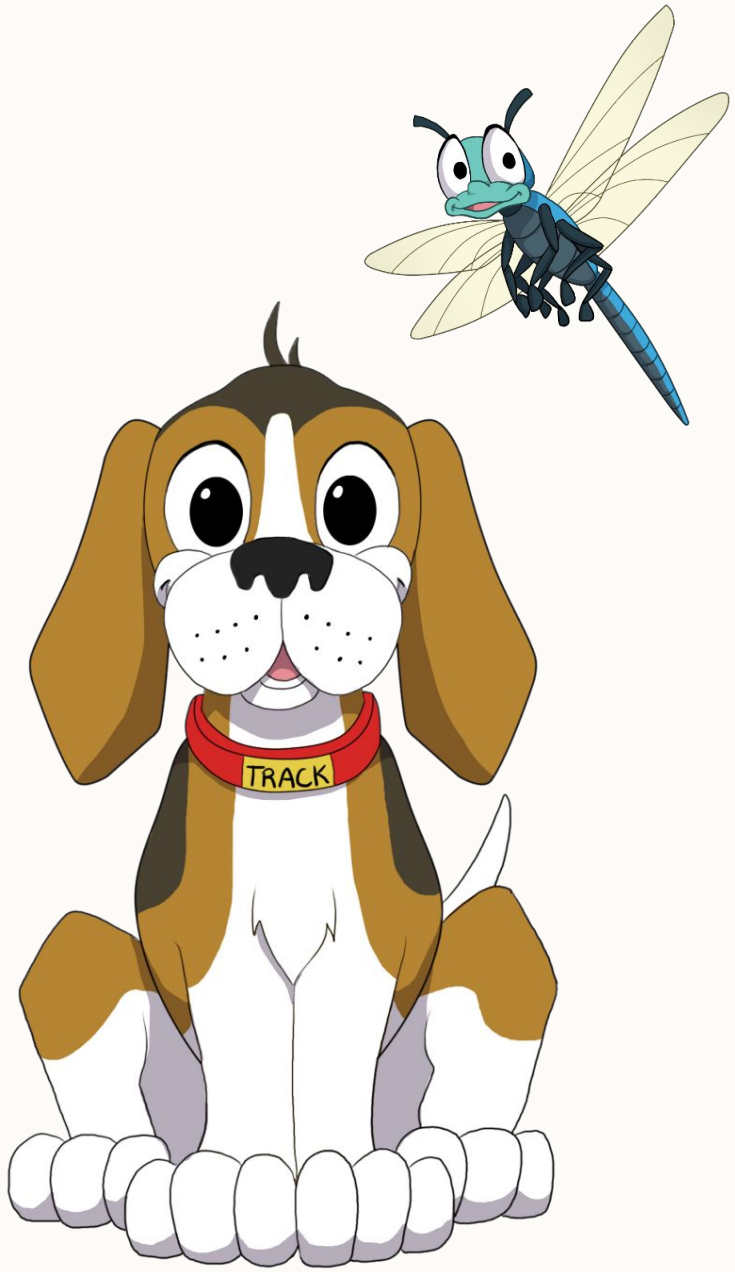
Kids in Parks

TRACK Trail Self-Guided Activities

2026

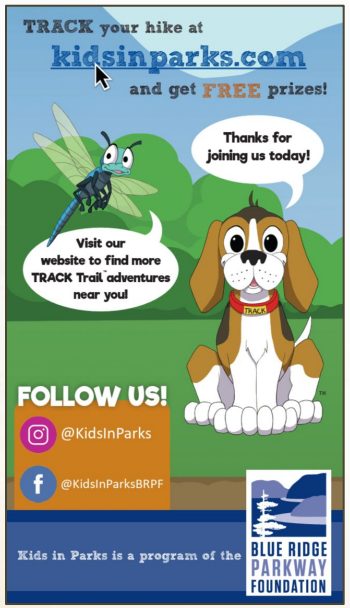
Content



Introduction

By working with partners across the country, Kids in Parks strives to increase engagement with the natural world and physical activity through outdoor adventures, thus improving children's health and the health of our parks.

Partners in our TRACK Trails program receive a custom sign, trailhead kiosk, and up to four self-guided activity brochures. You'll join a national network of over 350+ TRACK Trails and have a page on our website: www.kidsinparks.org.



Brochures are 8.5" x 14" in a tri-fold format. The back panel is the same for all brochures and directs visitors to the KIP website to register their adventure and earn prizes.

Standard Brochures

Our standard brochures are applicable to most trail sites and can be used year-round. These brochures are immersive and fun for all ages and include educational components as well as hands-on activities.

Several brochures have alternate versions and/or are translated into Spanish, such as:

- Animal Athlete's
- Decomposers of the Dead
- Nature's Hide & Seek

This ensures you get the best fit for your site.

We are always developing new brochures, so please reach out if we don't have a topic that would be a good addition to our collection!

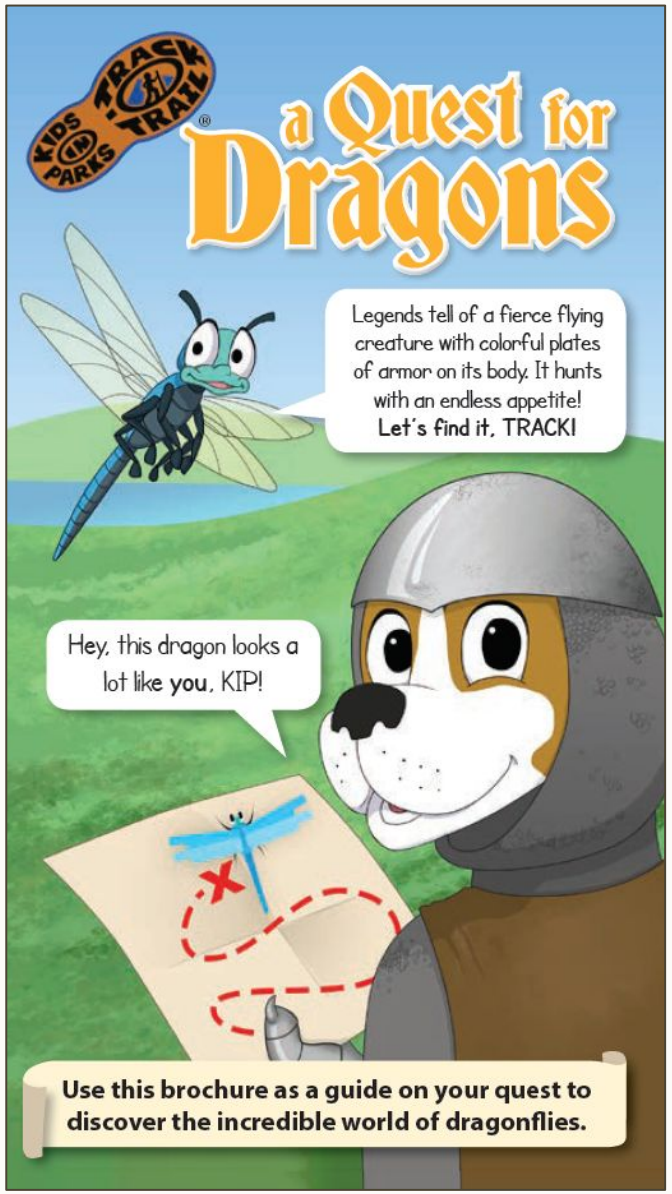
NOTE: *All Kids in Parks materials, including brochure art, are designed in house by our staff*

A Quest for Dragons

The “A Quest for Dragons” adventure provides an up-close look into the world of dragonflies.

This brochure illustrates the life of a dragonfly, including its anatomy, diet, and unique adaptations. characteristics of the dragonfly, like their life cycle, anatomy, and diet. adaptations of dragonflies, like their life cycle, anatomy, and diet. Kids also learn about a few species found throughout the United States and how each species is distinct.

Age Suggestion: 6+ years old



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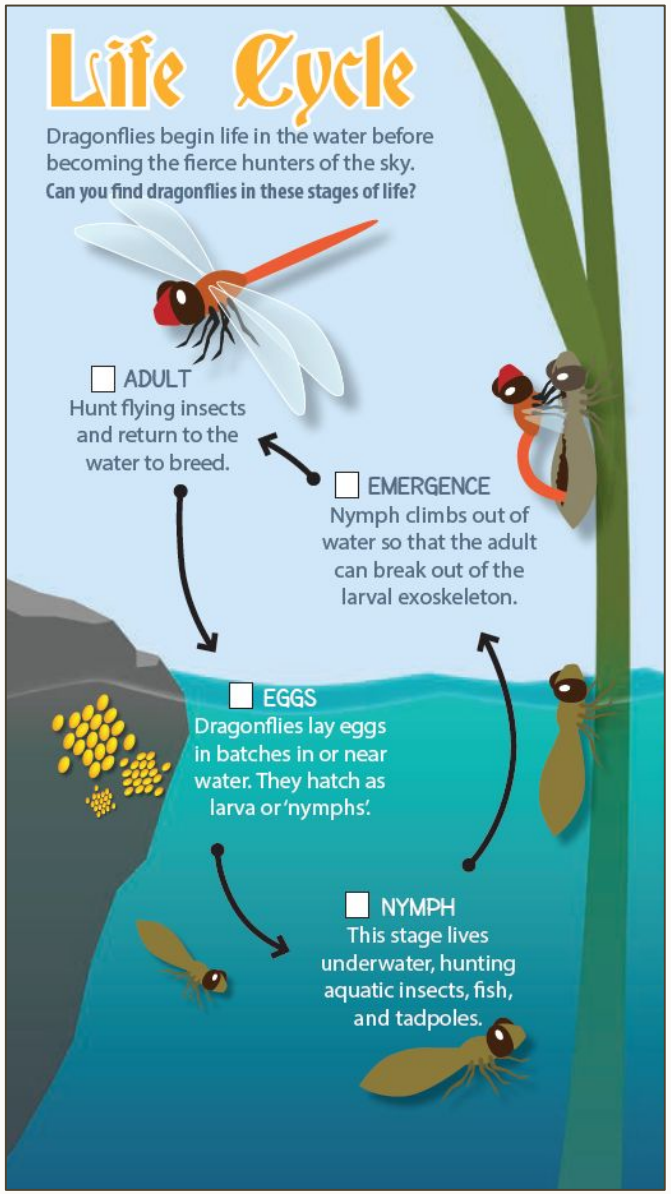
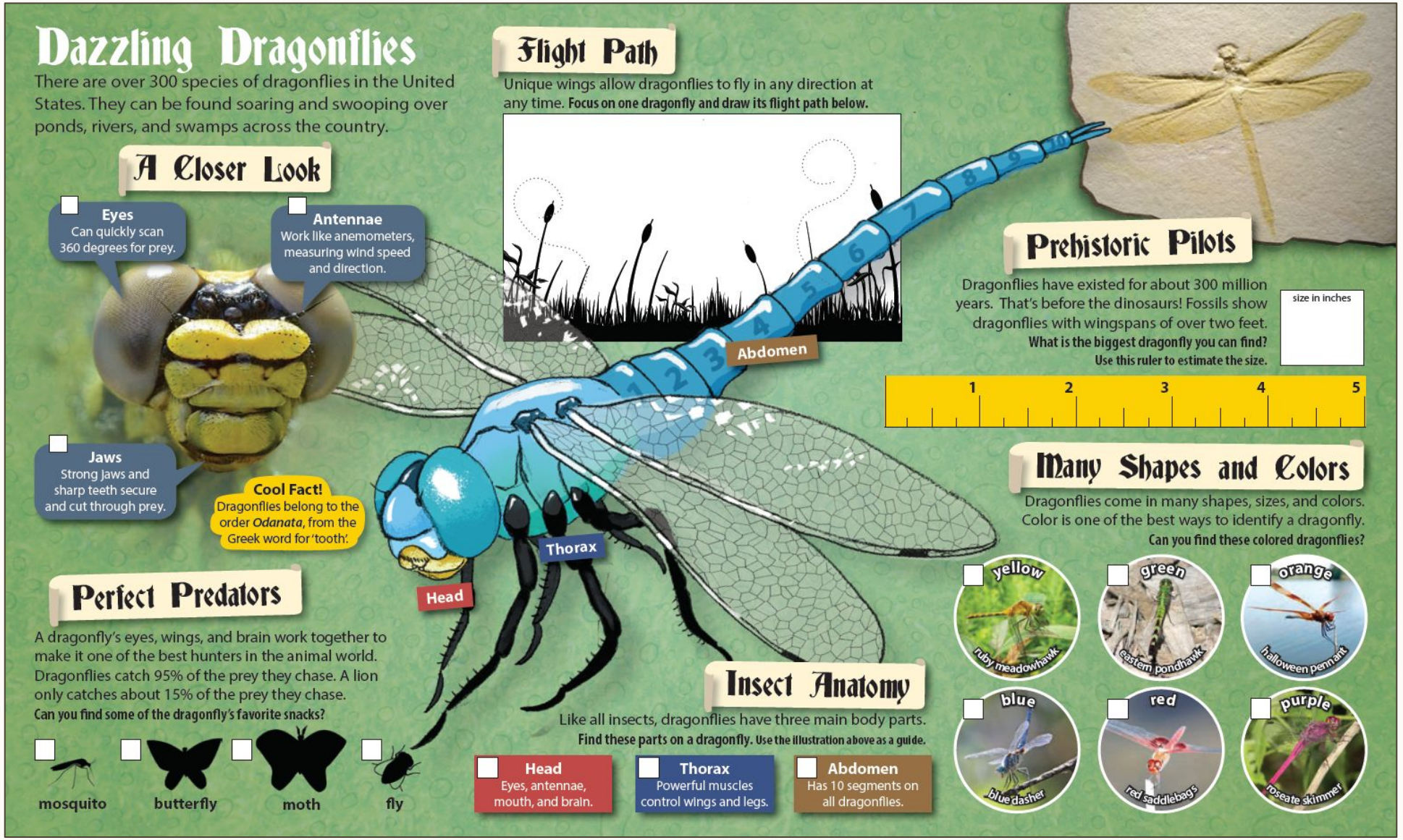


OUTER PANEL

A Quest for Dragons

INNER PANELS



Animal Athletes

The “Animal Athletes” adventure challenges families to exercise along with the animals on the page.

This brochure provides eight different animal exercises that kids can do while on the trail. From lizard push-ups to hummingbird hand-swings, hikers are sure to get some energy out while having fun through these activities.

Age Suggestion: 4+ years old

A bilingual (Spanish/English) version is available in a similar design

COVER

OUTER PANEL

Animal Athletes

INNER PANELS

Bug Out

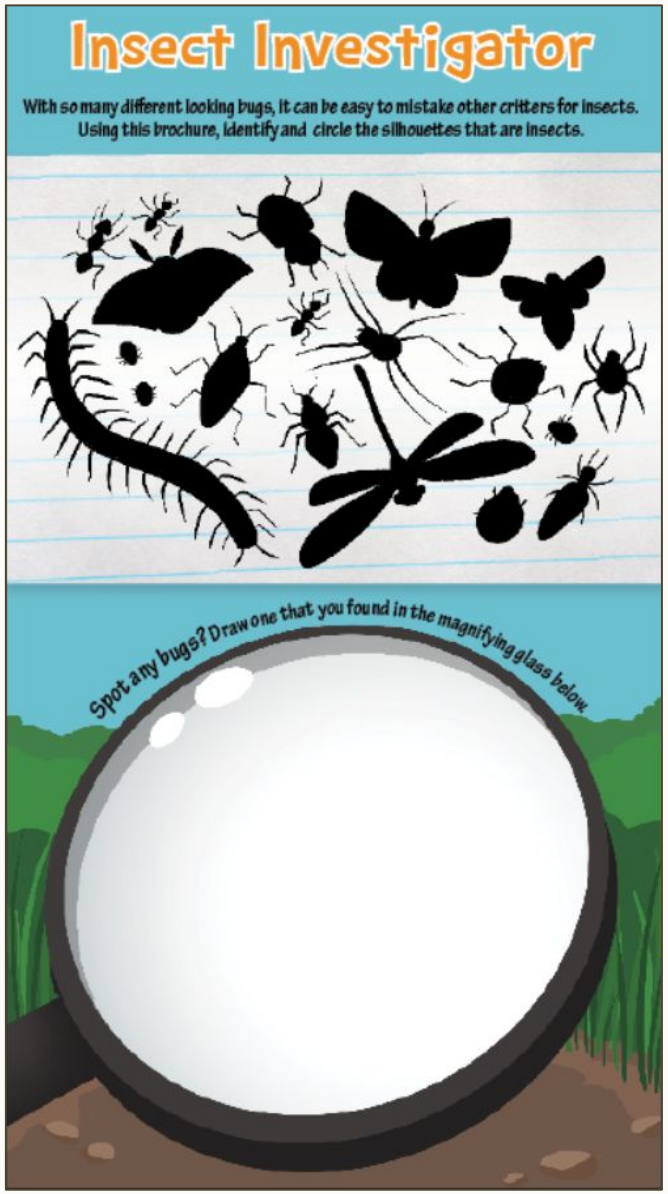
The “Bug Out” adventure highlights all the different shapes, sizes, and colors of arthropods found on the forest floor.

This brochure teaches kids how to distinguish common arthropods, including the key differences between spiders and insects. It also encourages children to apply this new knowledge while looking for “creepy crawlies.”

Age Suggestion: 5+ years old

A similar version is available in Spanish

COVER



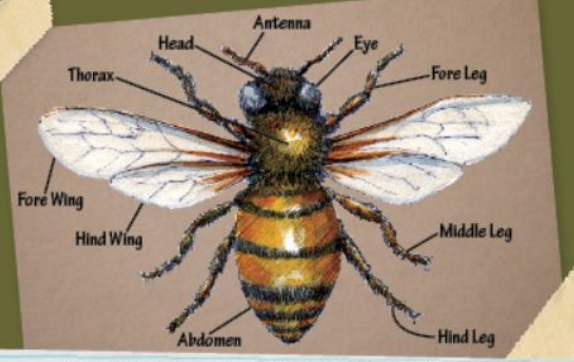
OUTER PANEL

Bug Out

INNER PANELS

Insects

Insects are an extremely diverse group of animals, with over a million different species. All insects, no matter how different their size or shape, have a three-part body with six legs.



The body of a honeybee is like that of most insects.

All insects have...

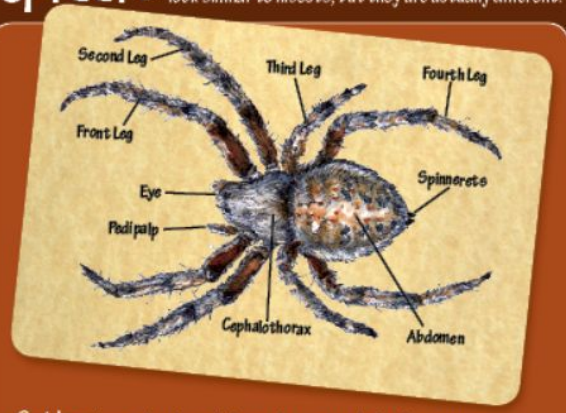
- ... a **head** with two antennae, compound eyes and mouth parts
- ... a **thorax** with six jointed legs and, if present, 2 or 4 wings
- ... an **abdomen** with respiratory, reproductive and digestive organs
- ... a hard, external skeleton called an **exoskeleton**

What is an Exoskeleton?

Instead of having a skeleton on the inside of their bodies, insects have their skeleton on the outside. A hard exoskeleton protects an insect like a knight's suit of armor.

How many of these different insects can you find today?

Spiders look similar to insects, but they are actually different.



Spiders have a hard exoskeleton, but instead of a three-part body, they have a two-part body made up of the cephalothorax and the abdomen. Spiders also have eight legs, pedipalps, venom injecting fangs, and web-making spinnerets.

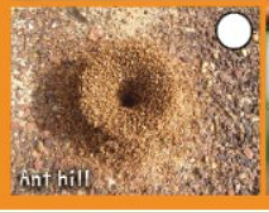
Other Arthropods

Insects, spiders and crustaceans are all arthropods. Arthropods are a group of creatures that make up about 85% of all living things on Earth. They can be identified by their exoskeleton, segmented bodies, and jointed legs.

Millipedes, centipedes, pillbugs (roly-polies), and harvestmen are commonly considered bugs. However, unlike their insect and spider cousins, they can have more body segments, legs, or even extra features like claws. Some are harmless critters like the millipede, pillbug and harvestman, while others can cause harm, like the venemous centipede and the scorpion.

Can you spot any of these bug homes?

Bugs have different ways of sheltering themselves from predators or weather. Or they can even use their homes as traps for food.
CAUTION: Many bugs will defend their homes by biting and stinging. Look from a distance and DO NOT disturb them.

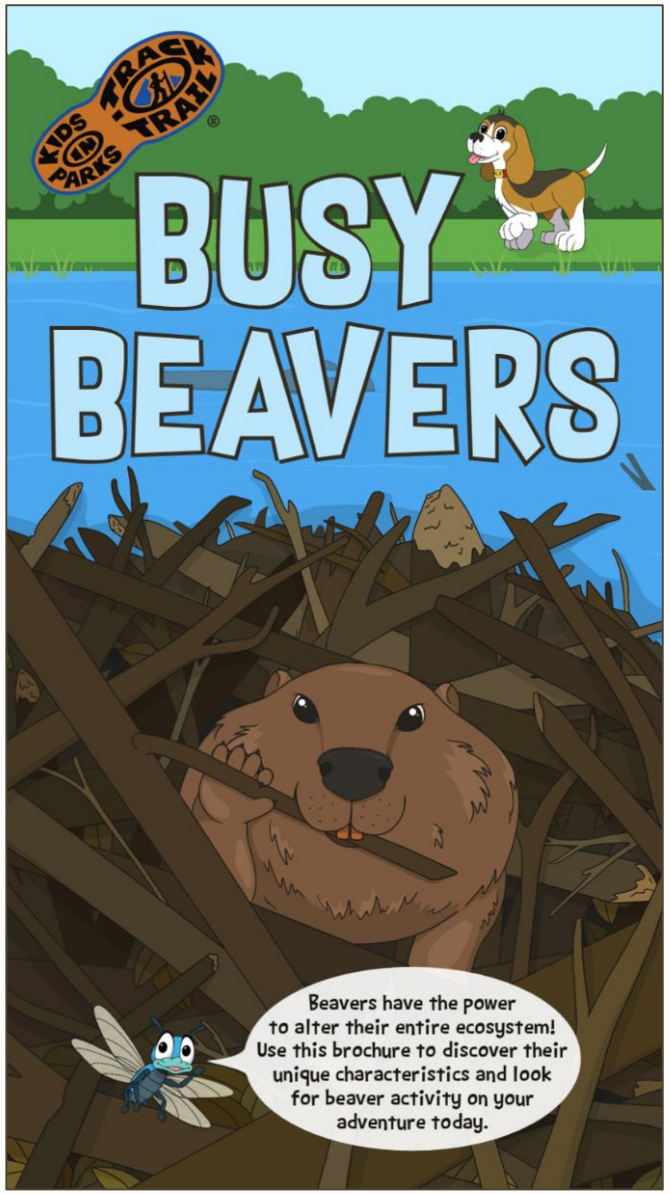


Busy Beavers

The “Busy Beavers” adventure focuses on beavers as ecosystem engineers and some of their useful adaptations.

This brochure provides an introduction to rodents as a type of mammal and features a scavenger hunt for signs of beaver activity at the TRACK Trail. Kids are also asked to draw connections between man-made objects and the physical characteristics of this animal.

Age Suggestion: 6+ years old

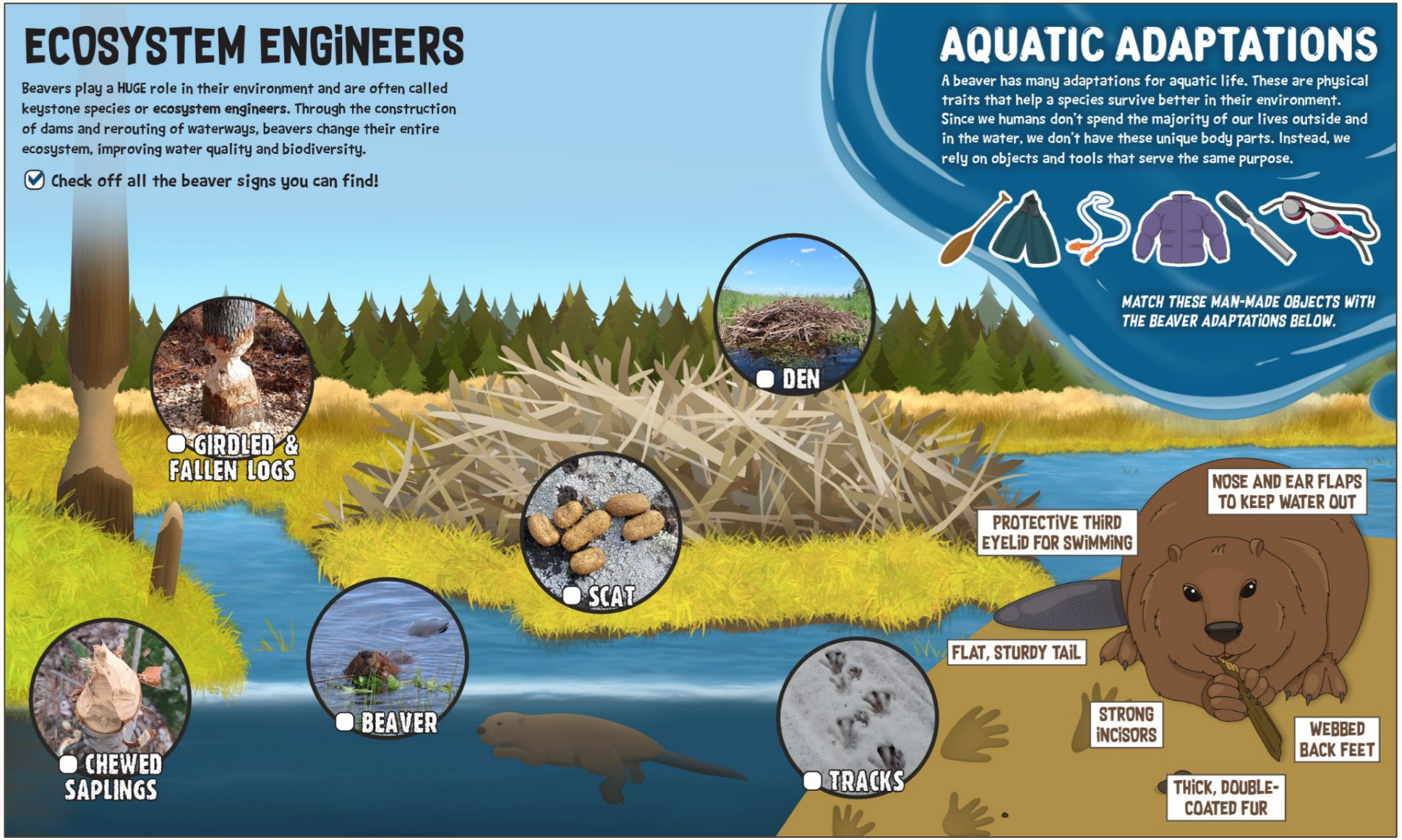


COVER

OUTER PANEL

Busy Beavers

INNER PANELS

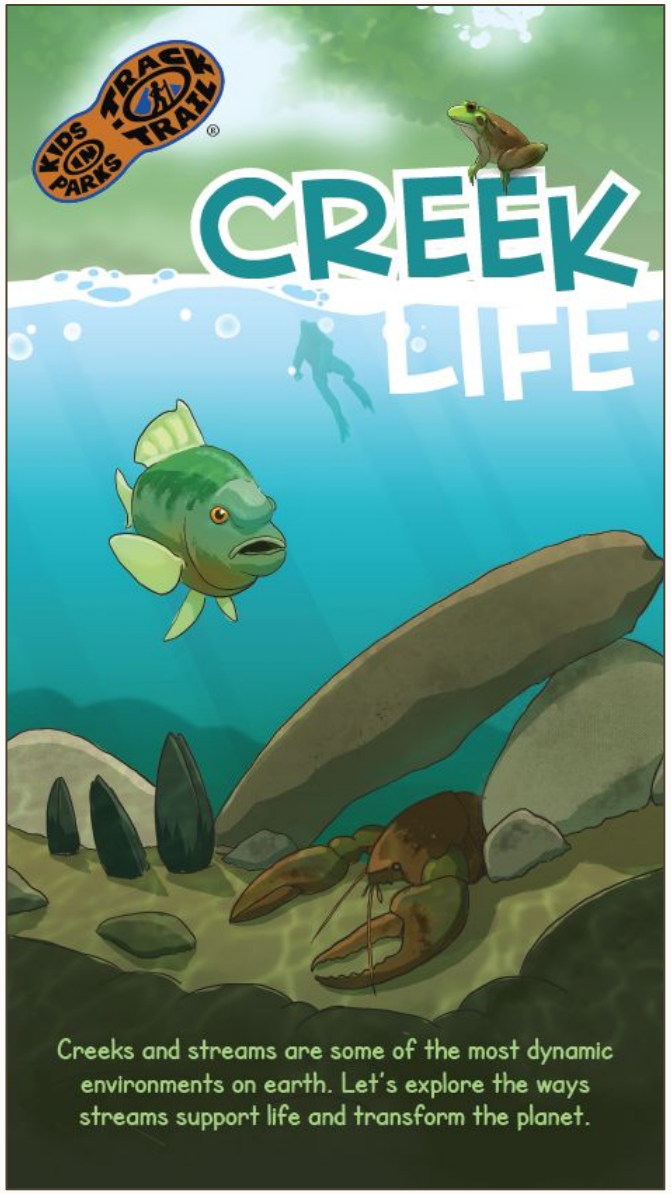


Creek Life

The “Creek Life” adventure is an investigation into the many inhabitants of streams and creeks.

This brochure showcases the wide range of animals that can be found in and around a creek. Questions challenge families to think about their influence on waterways and how water as a force can impact us and our surroundings.

Age Suggestion: 6+ years old



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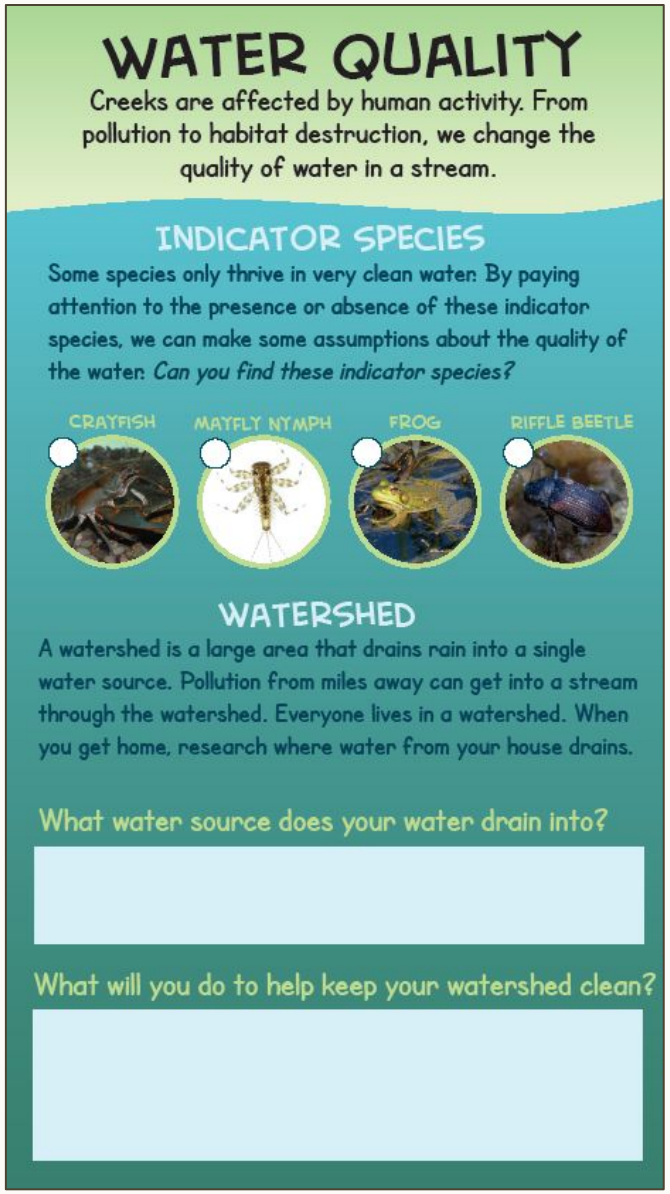


OUTER PANEL

Creek Life

INNER PANELS

A WORLD OF WATER

Creeks shape the world and create habitats as they move across the land. A healthy stream supports organisms that live in and around the water.

AQUATIC

The aquatic zone is the area of the creek that is on, in, or under water. Plants and animals that live in the aquatic zone may prefer some parts of the stream to others. The speed, depth, and temperature of the water can all attract different organisms.

FISH are animals like bass, sunfish, minnows, and trout. They swim with fins and extract oxygen from the water with gills.

MOLLUSKS are animals like mussels, clams, and snails. They often attach themselves to rocks. A hard shell protects their soft body.

CRUSTACEANS are animals like crayfish and shrimps. As invertebrates, they have a hard exoskeleton that protects them.

RIPARIAN

The riparian zone is the area that surrounds the creek. It can include the banks as well as areas that occasionally flood. With its constantly changing moisture levels, sediment deposits, and abundant food sources, the riparian zone attracts a great diversity of life.

REPTILES are animals like turtles, snakes, and lizards. They are cold-blooded so you can often see them warming up in a sunny spot.

AMPHIBIANS are animals like frogs, toads, salamanders, and newts. They absorb oxygen through their skin and must stay moist to breathe.

INSECTS are 6-legged arthropods and can be found on the surface or banks of the stream or flying through the air above the water.

MAMMALS are animals like raccoons, deer, beavers, and bears. Look for their tracks in the wet banks of the stream.

BIRDS can be found perched in trees, swooping after insects, or wading in the stream. Listen for their calls and try to spot them.

EARTH MOVERS

Creeks might seem gentle, but they are actually powerful forces that shape the landscape. With the force of rushing water, they carve into the earth and move tons of sediment miles away.

Look for clues that water is shaping the landscape.
Write down any evidence you find.

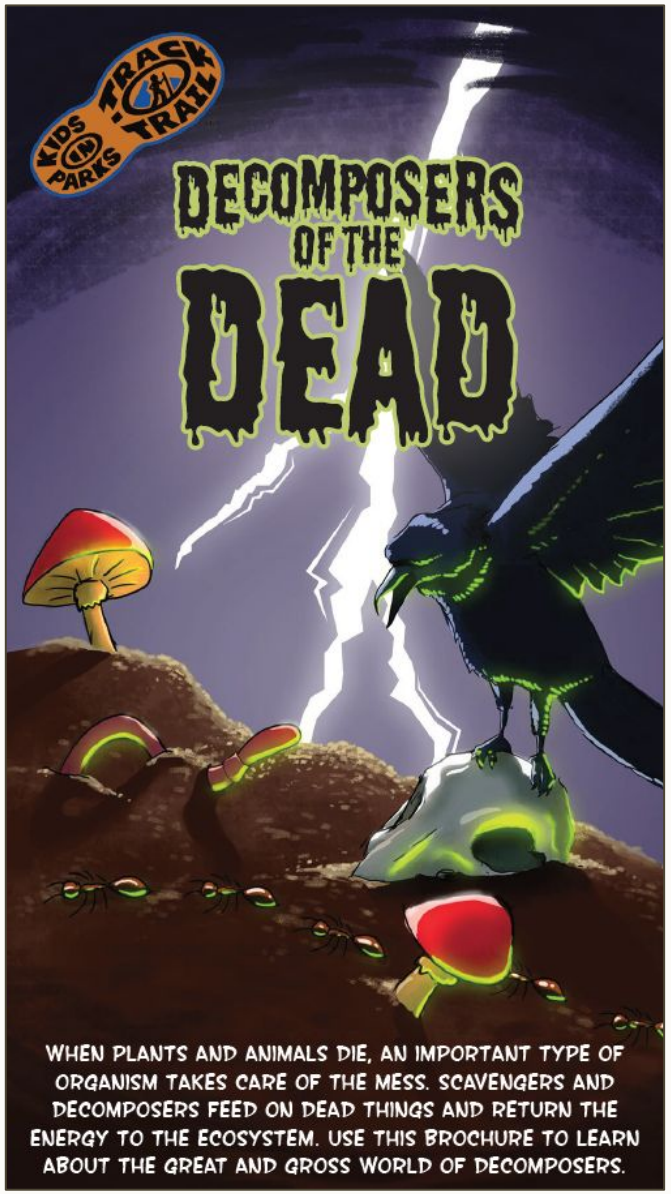
Decomposers of the Dead

The “Decomposer of the Dead” adventure stresses the importance of decomposers and scavengers in a healthy ecosystem.

This brochure emphasizes common decomposers and scavengers, the importance of these critters in cleaning up our environment, and what sort of natural elements they breakdown.

Age Suggestion: 5+ years old

A similar version is available in Spanish



COVER

OUTER PANEL

Decomposers of the Dead

INNER PANELS

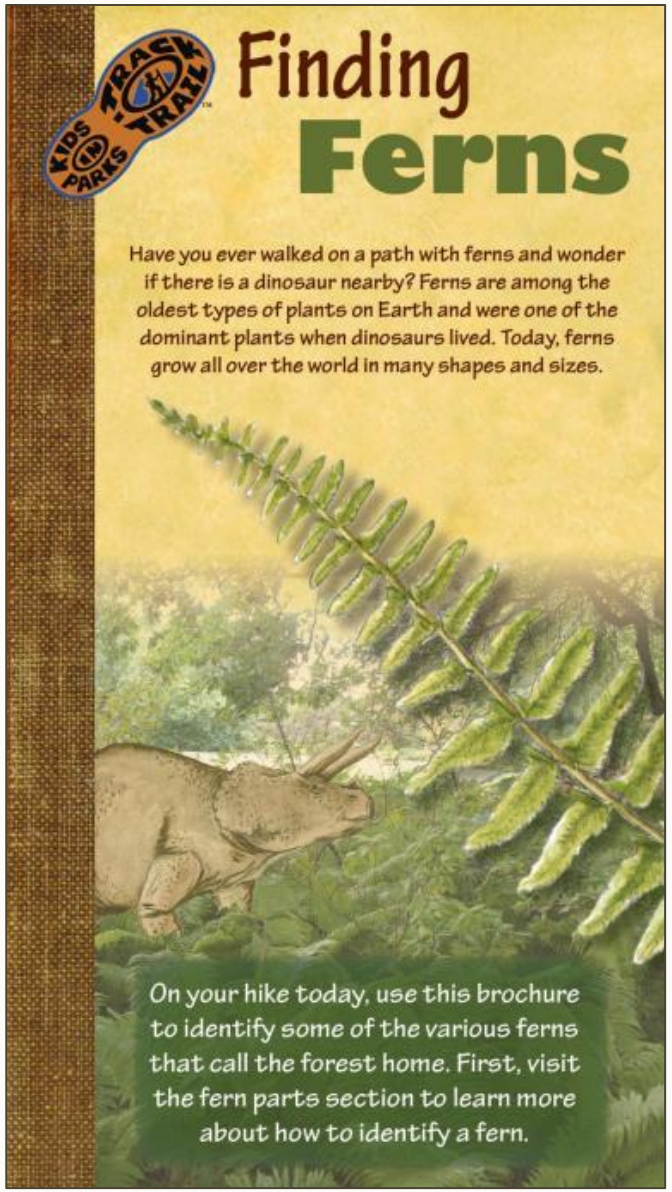
Finding Ferns

The “Finding Ferns” adventure shines a light on ferns - one of the oldest groups of plants on Earth.

This brochure helps children learn the basic parts of a fern and how to identify several fern species in the area. Kids can search for these ancient plants popping out from the forest floor around them.

Age Suggestion: 6+ years old

Alternate: A West Coast version is available with common PNW ferns



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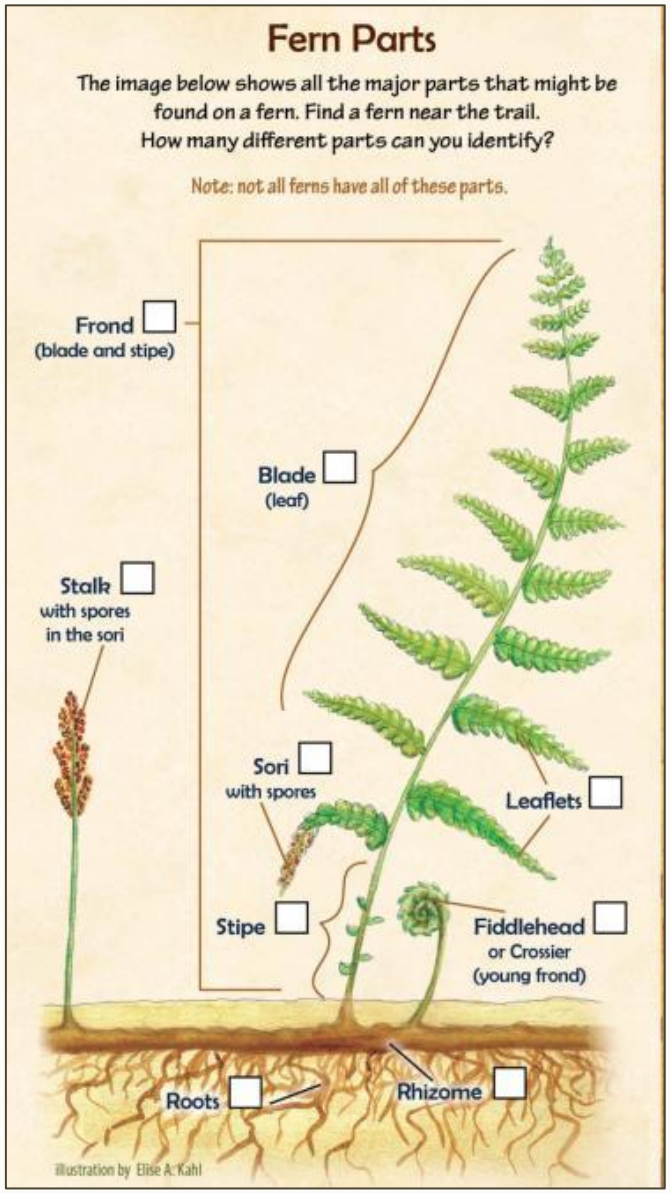
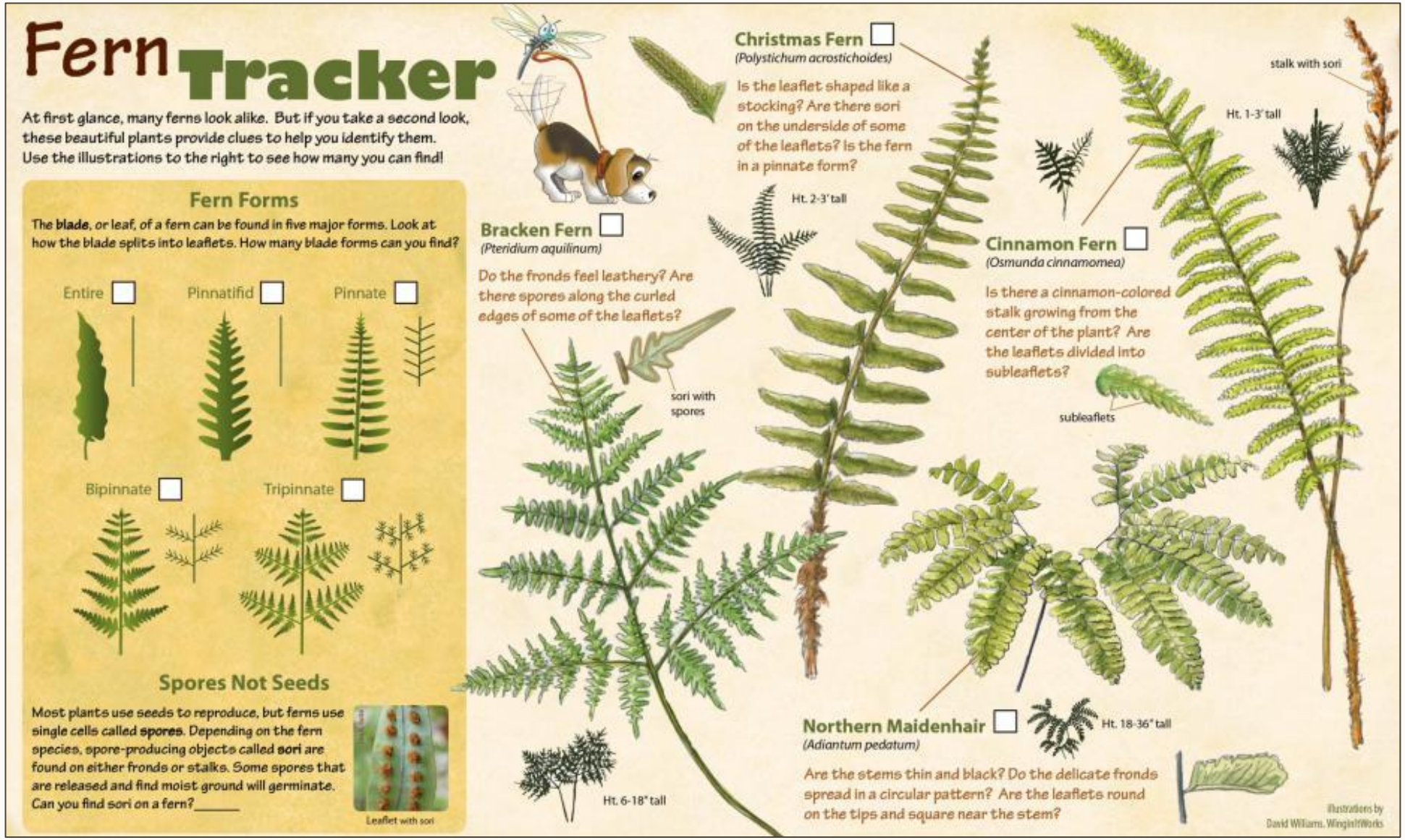


OUTER PANEL

Finding Ferns

INNER PANELS



Flower Power

The “Flower Power” adventure explores the diverse word of flowering plants and their preferred pollinators.

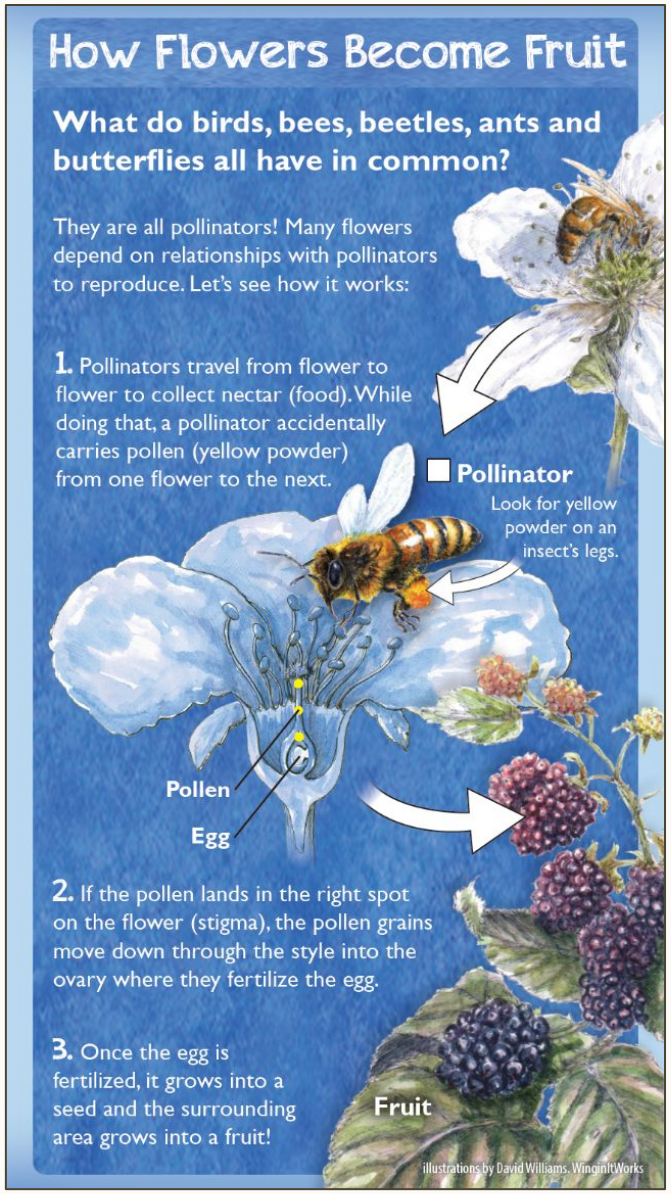
This brochure not only illustrates the parts of a flower and how shape and size attract certain pollinators, but also the importance of this for producing fruit and continuing the plant’s life cycle.

Age Suggestion: 4+ years old

Alternate: A version with more ornamental flowers is available for arboretums/gardens

A similar version is available in Spanish

COVER



OUTER PANEL

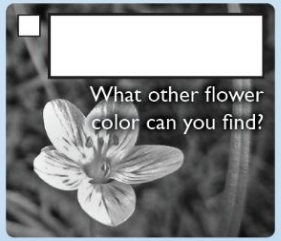
Flower Power

Flowers Attract **Pollinators**

Use the clues in this brochure to see how a flower's size, shape, color and smell have the power to attract unique pollinators.

Nature's Color Palette

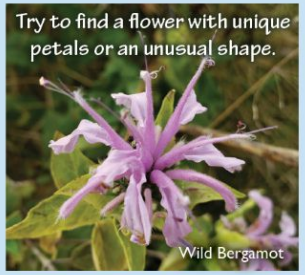
Certain colors attract certain kinds of pollinators. How many colors of flowers can you find?



What flower color are you attracted to?_____

Petal Persuasion

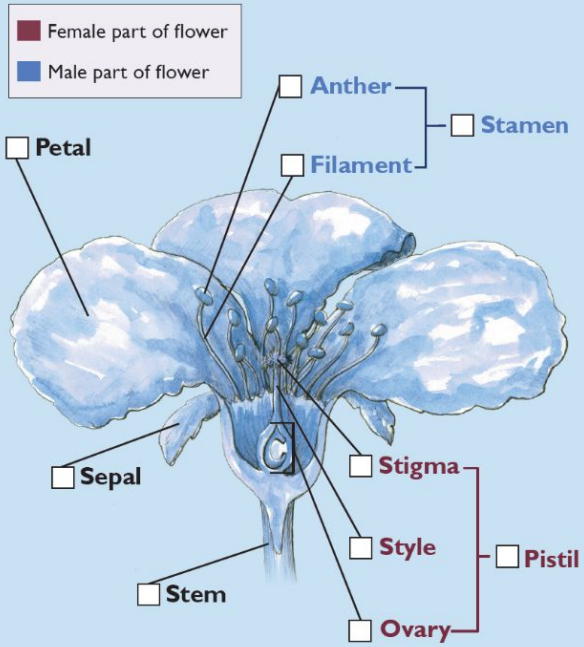
Like a billboard catches a person's attention, petals are used to attract pollinators to a flower. The petals' smell and shape depends on its pollinators' feeding and landing preferences. See if you can find shapes that look like a cup, pinwheel, or trumpet.



Draw a flower you find.

Parts of a Flower

Flowers come in many different shapes and sizes, but they all have the same basic parts. Look closely at a flower and see how many of its parts you can find.



The Need for Pollinators

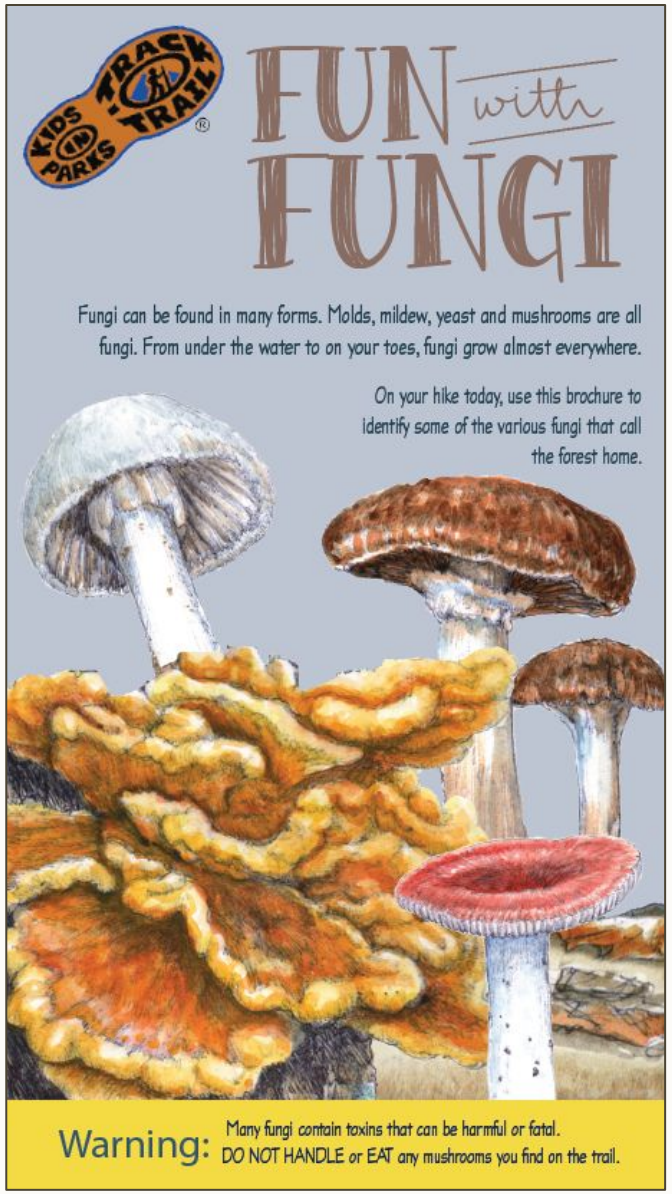
Pollinators and the flowering plants that need them are both important to humans. More than 180,000 different plant species need pollinators, including many that produce fruits, vegetables, and nuts. Did you know that one out of every three bites of food you eat is there because of pollinators?

Fun with Fungi

The “Fun with Fungi” adventure presents the funky, fantastic, fun world of fungi.

This brochure teaches readers about the different fungi parts and the important roles fungi play in the forest. Kids learn how to identify some of the more common mushrooms.

Age Suggestion: 6+ years old



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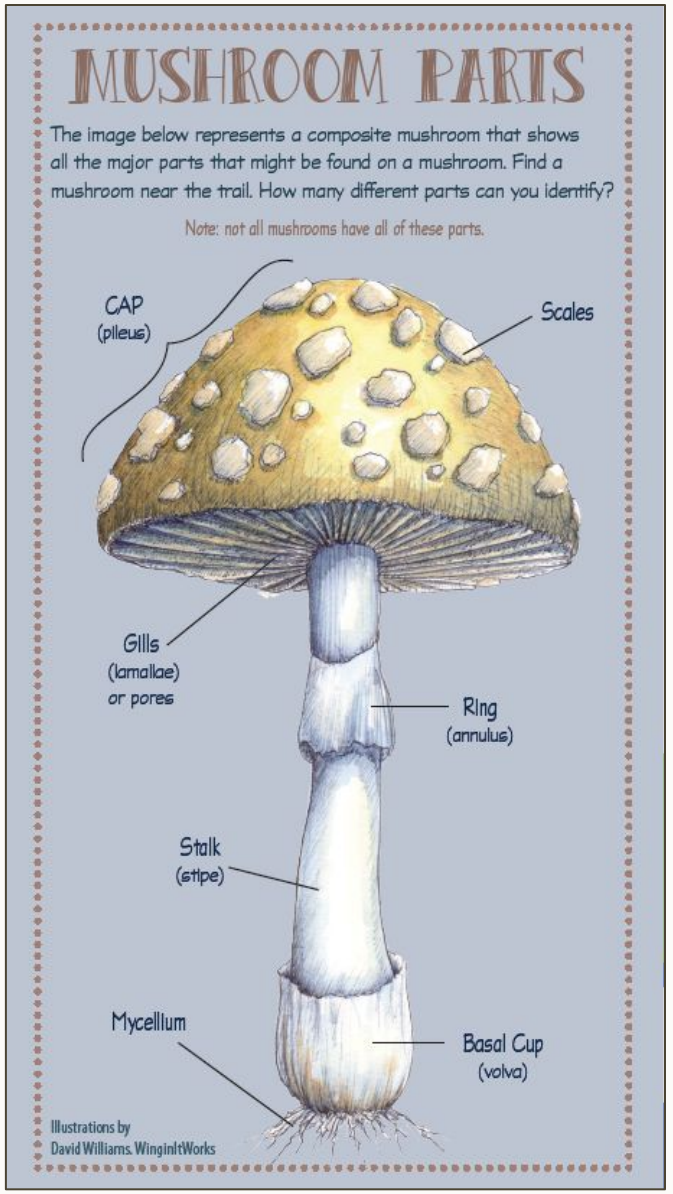
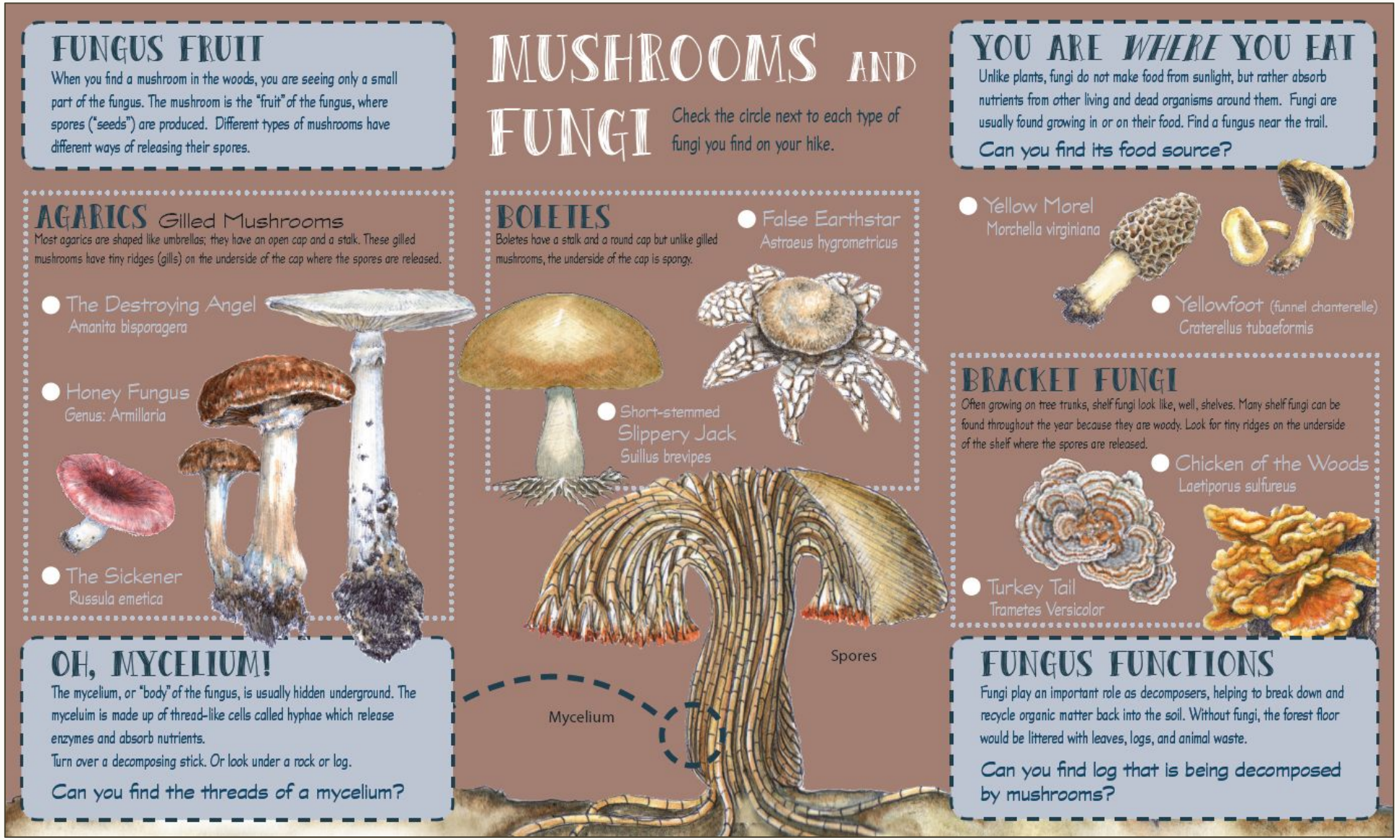


OUTER PANEL

Fun with Fungi

INNER PANELS

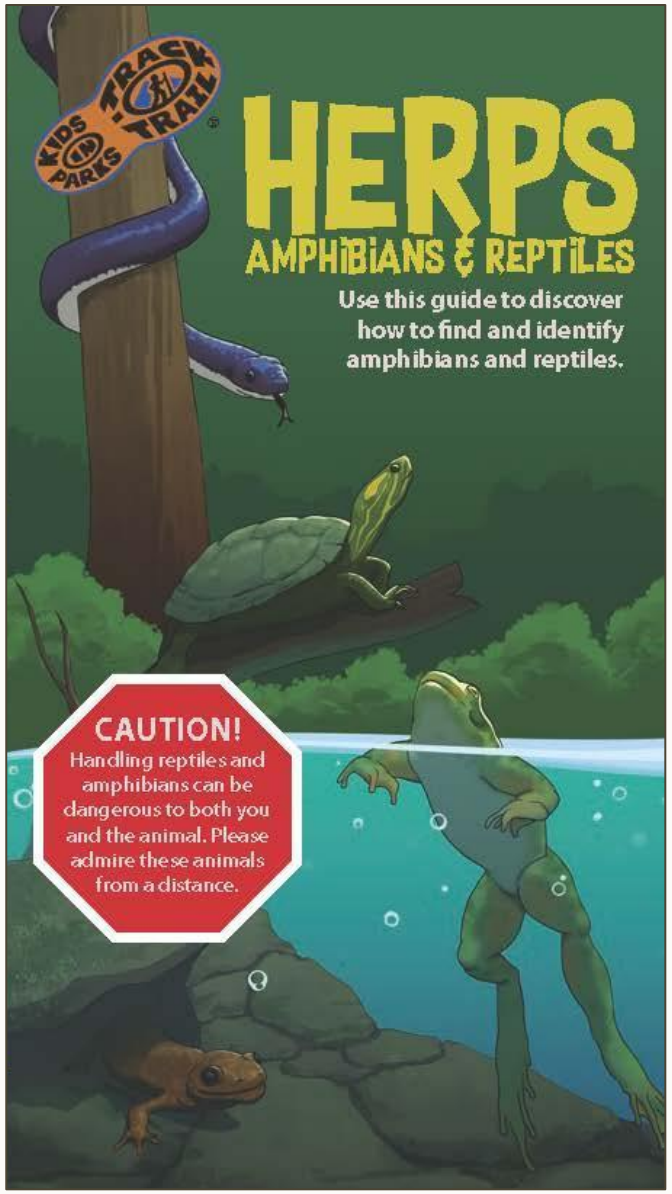


HERPS - Amphibians & Reptiles

The "HERPS - Amphibians & Reptiles" adventure dives into the wild world of herptiles, aka amphibians and reptiles.

This brochure gives readers an inside look into the diversity of herptiles, their distinct adaptations, and how sensitive they are to their environment. Inside, a user-friendly, dichotomous key aids identification of any herptile seen in the wild through prompts and images.

Age Suggestion: 5+ years old



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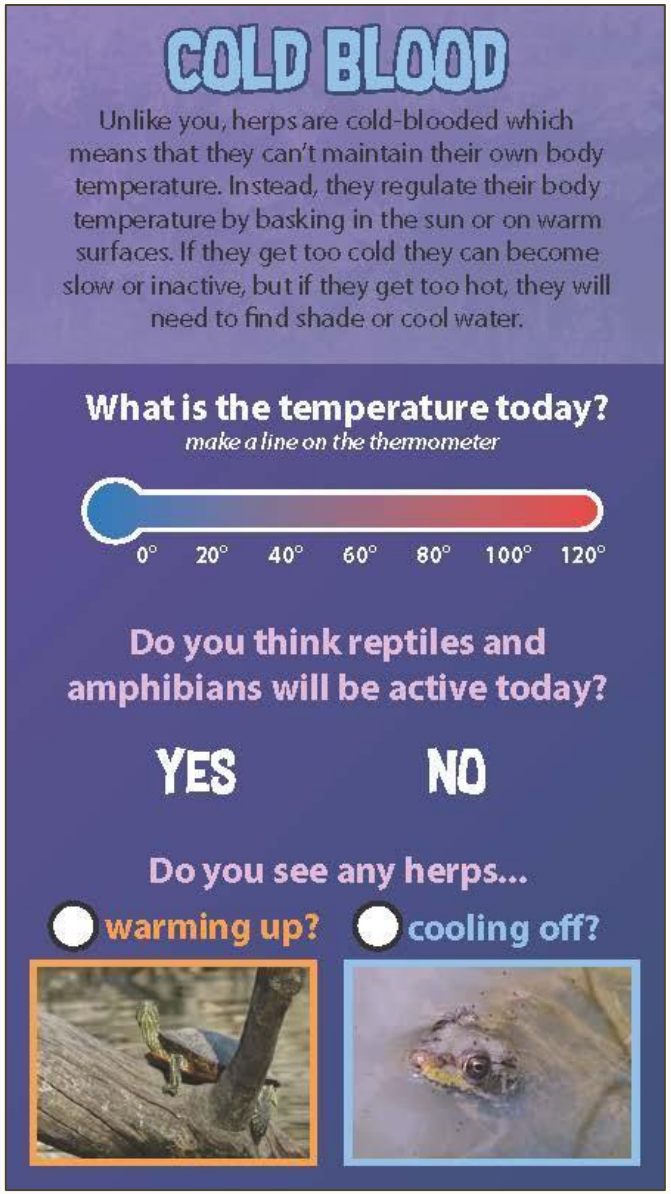
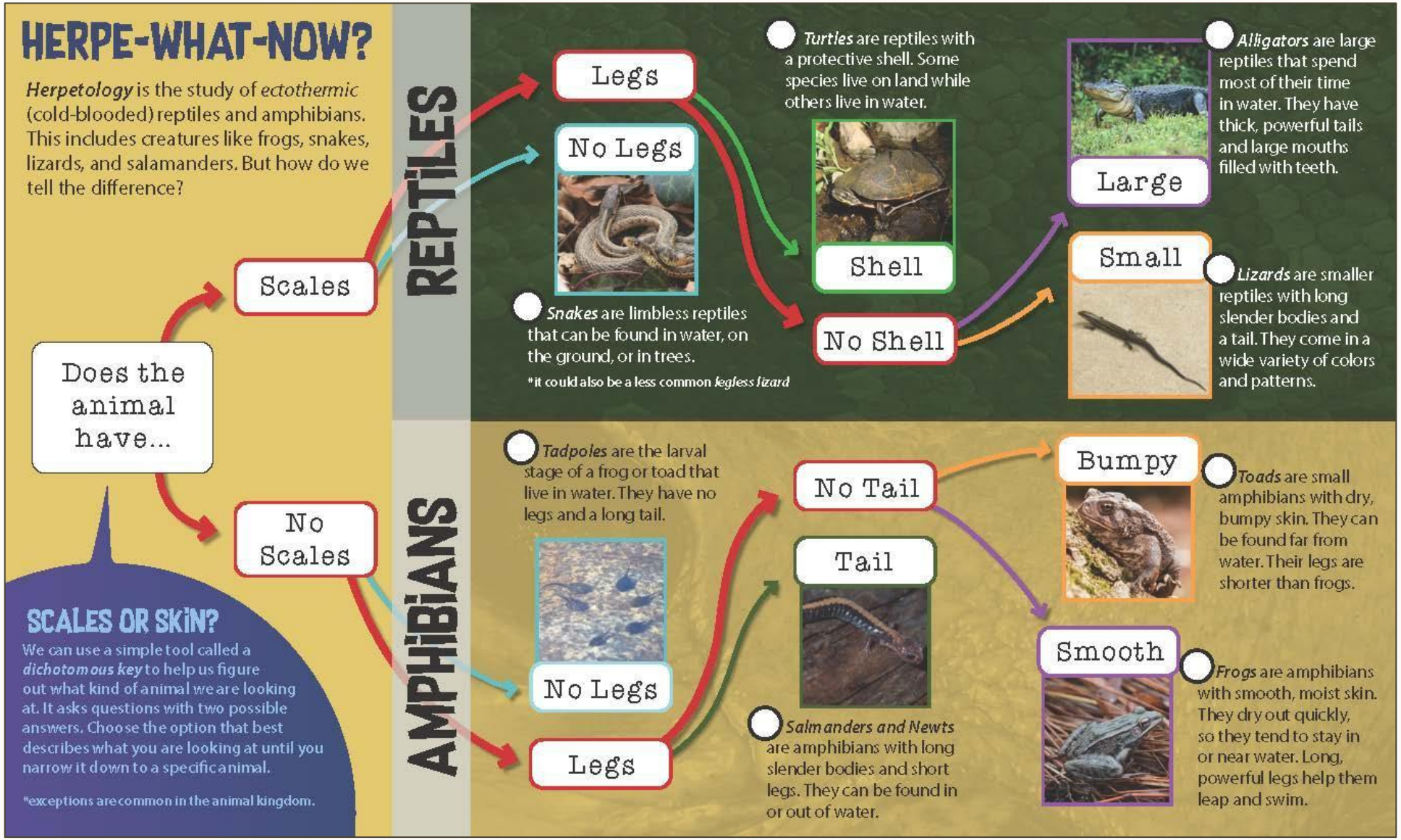


OUTER PANEL

HERPS – Amphibians & Reptiles

INNER PANELS

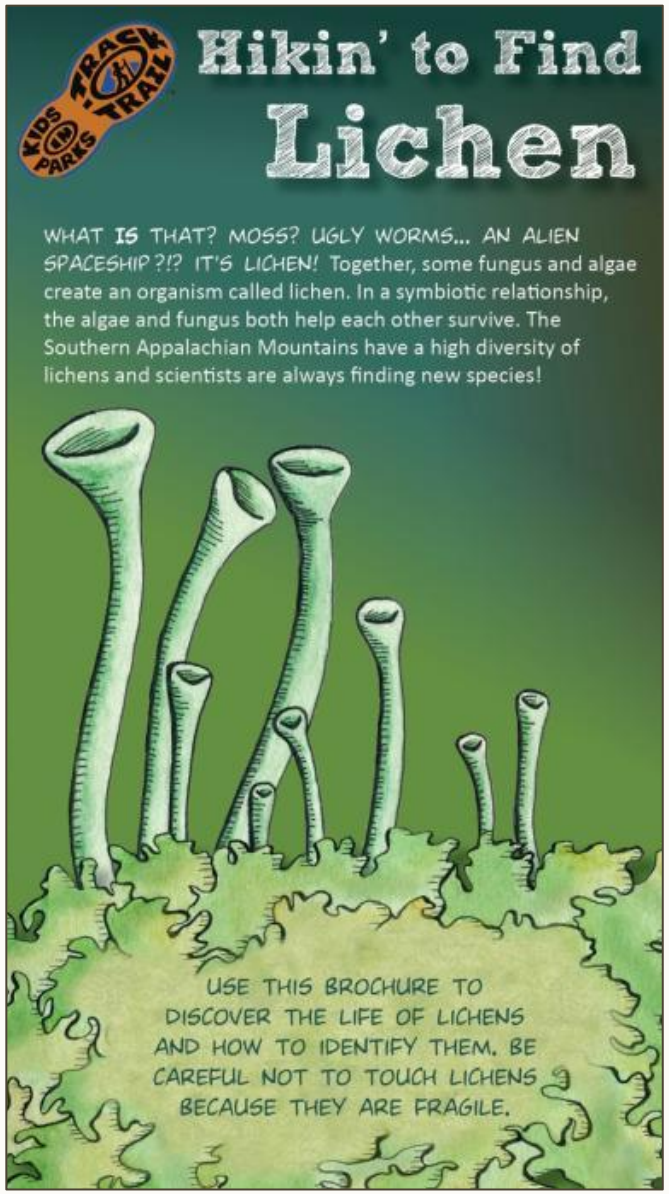


Hikin' to Find Lichen

The "Hikin' to Find Lichen" adventure provides a kid-friendly understanding of the complex life form: lichen.

This brochure dives into the three types of lichen and how to distinguish them. The quirky story of Alice Algae and Freddy Fungi is also a fun way for readers to remember how lichen is created.

Age Suggestion: 7+ years old



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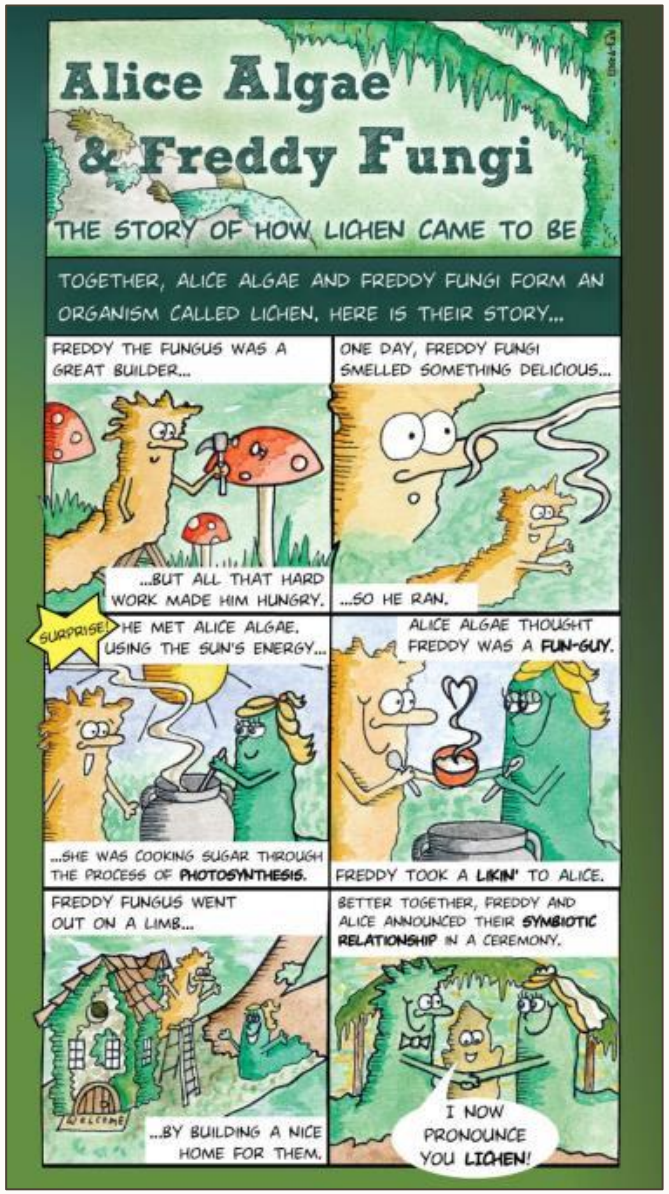


OUTER PANEL

Hikin' to Find Lichen

INNER PANELS

Lichen, it's a Lifestyle

Although lichens are diverse, lichens can be found in three major forms. Check the box next to each lichen form you find on your hike.

Sensitive Species

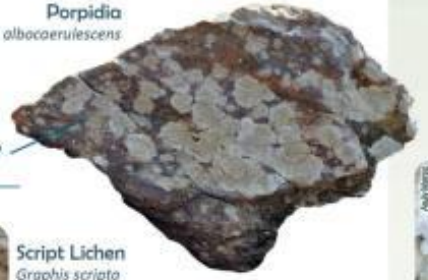
Lichens get their food from light, air and rain so they are easily damaged by pollutants in the air. Scientists study lichens to learn about air pollution. The healthier the air, the more species of lichen there will be. 1) On your hike, count how many different lichens you can find. 2) Based on your findings, would you consider the area to have good or bad air quality?

# of Lichens						
0	1-4	5-9	10-19	20-29	30-39	40+
Air Quality:						

Crustose ☐

Crustose lichens are thin like crust. The lichen's edges stay flat against the object it is growing on. Crustose lichens grow slowly and some are among the oldest living organisms on Earth!

Porpidia
Porpidia cf. albocaerulescens



Many lichens don't have a common name. What would you name this lichen?

_____

Script Lichen
Graphis scripta

Gold Dust Lichen
Chrysothrix xanthina

Foliose ☐

Foliose lichens look like dry, wavy **foliage** (leaves). The edges curl off the surface the lichen is growing on.

Punctelia
Punctelia rudecta

Powdered Ruffle Lichen
Parmotrema hypotropum

Look for little black 'hairs' called **cilia**!

Lungwort Lichen
Lobaria pulmonaria

Fruticose ☐

Fruticose lichens are the most three-dimensional lichens. Some look like mini fruit trees without leaves while others hang down from branches like hair.

Ramalina
Ramalina culbersoniarum

What would you name this lichen?

_____

Pixie Cup Lichen
Cladonia chlorophaea

Old Man's Beard
Usnea dasaea

Lichens come in many shapes, sizes and... colors!
What colors of lichens can you find?

_____

_____

Tiny Pioneers

Crustose lichens are nature's pioneers because they can grow in places that are too extreme for most other organisms. Severe heat, cold and drought are no match for lichens because lichens are able to go **dormant**, or "turn off," during harsh conditions. What kind of surfaces can you find lichens growing on that plants are not growing on?

_____

Leading the Way

Without lichens, plants may not grow in some places. Lichens are often the first to grow in a disturbed area. Over time, lichens are able to break down rock and produce thin layers of soil. More complex lichens, mosses and flowering plants are then able to take root. Find a community of lichens and describe the layers of lichens you see.

_____

_____

Lichens, The Next Frontier

Most questions about basic lichen biology remain unknown. The real mystery begins when lichens are studied under a microscope. Will you be the next scientist to make a lichen discovery?

Nature's Hide & Seek

The "Nature's Hide & Seek" adventure is the most universal and frequently-used brochure among TRACK Trails.

This brochure is designed so kids of all ages can search along the trail to uncover common things overlooked in nature. Some may be easy to find, while others will require a sharp eye!

Age Suggestion: 4+ years old

A bilingual (Spanish/English) version is available in a similar design

COVER

OUTER PANEL

Nature's Hide & Seek

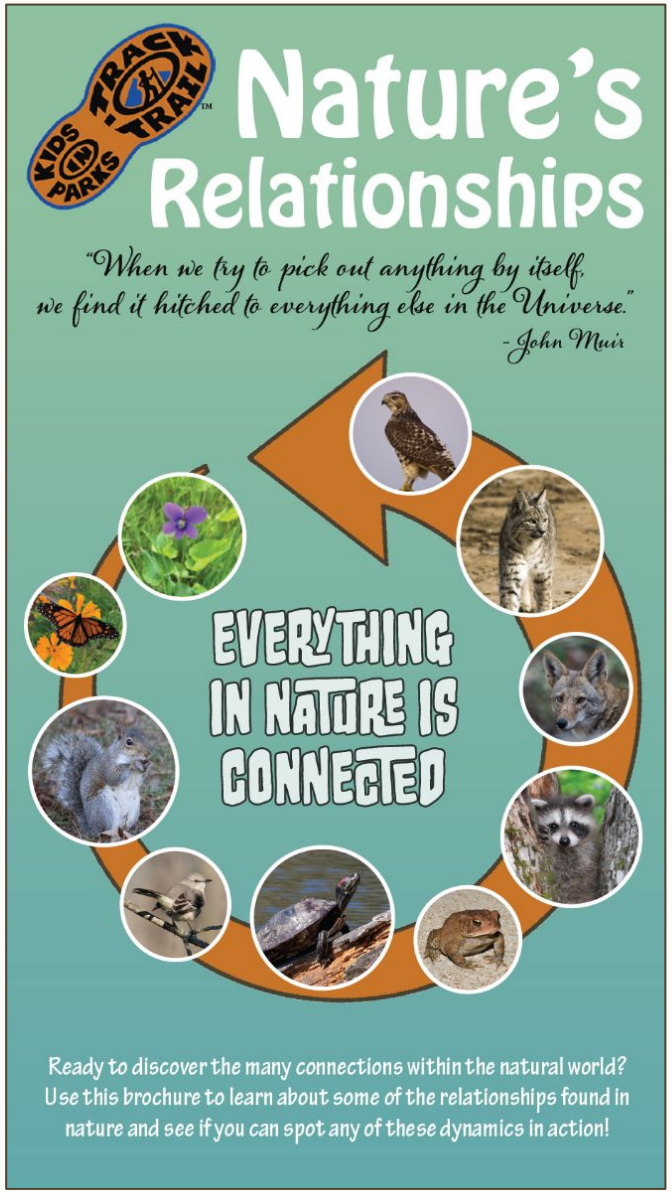
INNER PANELS

Nature's Relationships

The "Nature's Relationships" adventure connects everything in nature together.

This brochure highlights the intricate web of the natural world and provides examples of different relationships. Kids uncover the importance of both the living and non-living parts of an ecosystem that influence one another.

Age Suggestion: 6+ years old



COVER

OUTER PANEL

Nature's Relationships

INNER PANELS

Many plants depend on animals, such as insects, small mammals, and birds, to reproduce. A flower's shape, size, color, and smell can help attract certain pollinators. Did you know butterflies LOVE bright colors, like red, yellow, orange, and pink?! Some flowers even have ultraviolet colors that guide pollinators to their pollen.

FIND A COLORFUL POLLINATOR

SEARCH FOR A PURPLE FLOWER

SMELL FIVE DIFFERENT PLANTS

FEEL THE SUN ON YOUR SKIN

Just like you, most living things need nutrients, water, and sunlight to thrive. The forest provides a home for a wide range of plants and animals, and different species will seek out specific spots depending on their needs. Some species prefer to live along a streambank, while others live high up on mountaintops.

LOOK FOR WATER BY THE TRAIL

Think about the ways *you* are connected to nature. Maybe its the food you eat, your favorite park to play in, or the flowers you planted outside! There are connections all around us and everything we do impacts the natural world. Today, take time to...

CONNECT THE DOTS

OBSERVE A SPIDER IN ACTION

Small critters, like flying insects, may find themselves caught in a spider's web - you might even accidentally walk through one! Spiders build intricate webs to catch food and protect their eggs. They can even travel by releasing a strand into the wind! Though they may look a little scary, spiders serve an important role in their environment and help keep insects at bay, especially mosquitoes.

Trees provide coverage and shelter for countless species. If you stand beneath the trees and look up high at the leaves, this top layer is called the *canopy*. Breaks in the canopy allow the sun to reach the forest floor, which lets small plants and wildflowers grow. However, storms, insects, and disease can cause trees to fall - sometimes wiping out entire forests.

LISTEN TO THE TREES FOR 1 MIN.

Have you ever spotted a scaly, leaf-like structure growing on rocks and trees? This is called *lichen*, a complex organism made up of algae and fungus. These smaller organisms live together in a mutually beneficial relationship called ***symbiosis***. The fungus provides protection for the algae, and the algae provides food for the fungus.

When building homes out of natural and man-made materials, animals are very resourceful. Birds, like hummingbirds, are known for using lichen and the webs of spiders to construct their nests. The sticky webbing helps anchor their tiny nests to tree branches. Spotting a hummingbird's nest can be tricky since they're about the size of a golf ball!

IDENTIFY AT LEAST ONE BIRD

FEEL LICHEN GROWING NEARBY

FIND THREE INTERESTING FUNGI

LIFT A LOG & SPOT MYCELIUM

UNCOVER A FALLEN TREE

Fungi help decompose everything in the forest, from fallen trees to leaf litter. *Mycelium*, which is the root-like part of a fungus, primarily breaks down organic matter and absorbs nutrients. The fruit of a fungus, or *mushroom*, is what we see above ground, and it is a vital food source for other organisms.

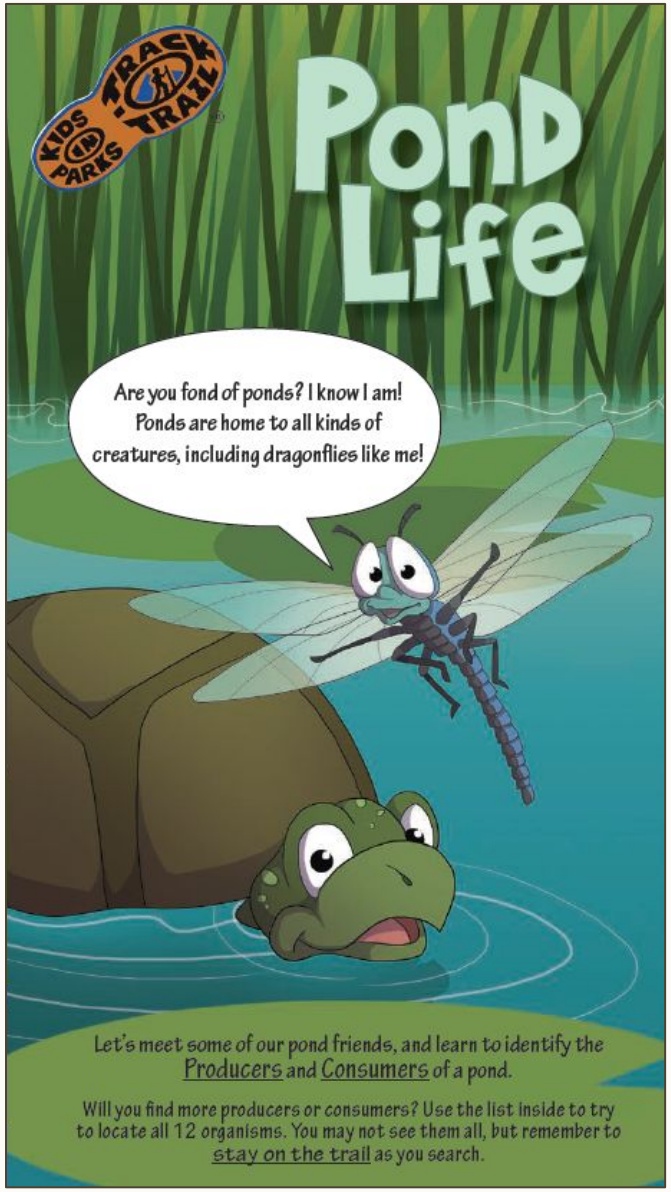
Pond Life

The “Pond Life” adventure depicts a typical pond ecosystem and the plants and animals that *love* to live here.

This brochure introduces the concept of producers and consumers and prompts kids to look for several common species in the area. Readers learn the important roles these species play and how they rely on one another.

Age Suggestion: 5+ years old

A similar version is available in Spanish



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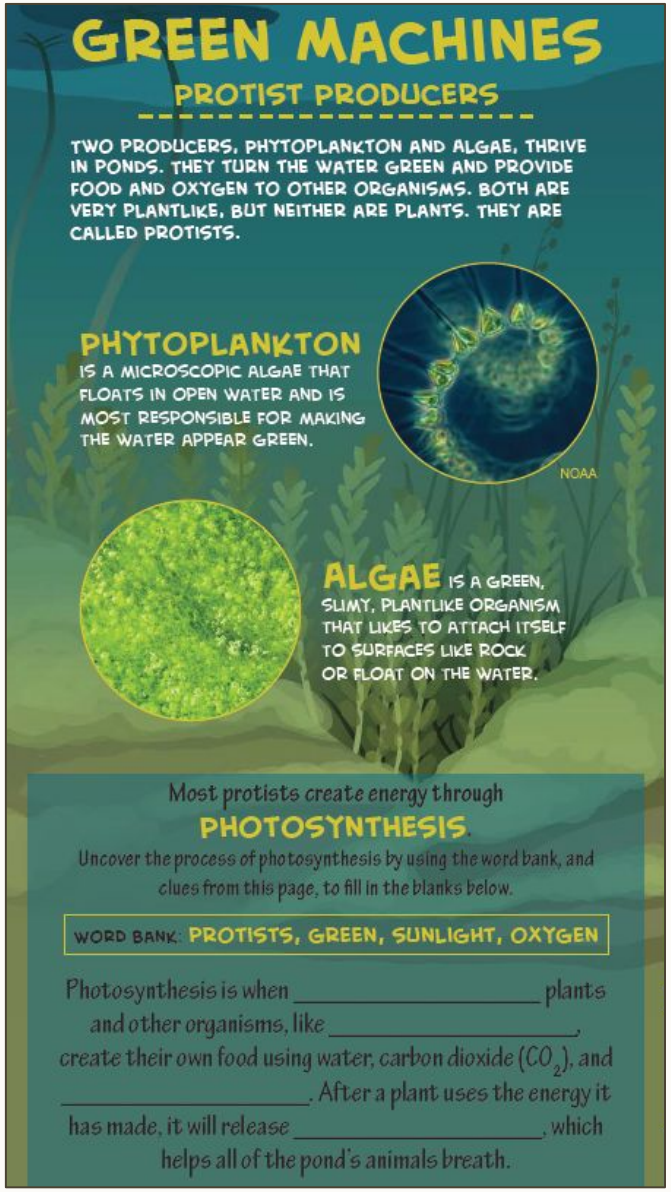


OUTER PANEL

Pond Life

INNER PANELS

Producers and Consumers

Check off any producers or consumers you may find at the pond..

Producers make their own food using the sun for energy. They include plants, algae, and phytoplankton. Look around to see if you can find these six producers.


Algae


Duckweed


Lily pad


Cattail


Sedge


Arrowhead

Consumers depend on other organisms for their food. They include animals and insects. Some consumers will eat the producers, while some will eat other consumers. Look around the pond and see if you can find these six consumers.


Dragonfly


Water Strider


Turtle


Fish


Frog


Bird

Who's at the Pond?

THE ECOSYSTEM OF A POND PROVIDES FOOD AND SHELTER FOR THE CONSUMERS THAT DEPEND ON THE POND TO SURVIVE.

INTERESTING INSECTS

Ponds are teeming with insects of all kinds. Mosquitoes, dragonflies, and water striders can be found living near ponds. They provide food for fish, frogs, and other small carnivores. Can you spot three different insects? Write down which ones you find.

_____ _____ _____

MANY MAMMALS

Mammals like raccoons, opossums, and beavers frequently visit ponds. Ponds make good homes for mammals that can swim, or like to hunt and forage in wet areas. Look for animal tracks around the pond.

BUOYANT BIRDS

Bird life is very abundant at ponds. Ducks can be spotted floating on the surface, while herons wade close to the shore to hunt for small fish or reptiles. As you explore, listen for different bird calls.

ACTIVE AMPHIBIANS AND REPTILES

Keep an eye out for frogs, salamanders, turtles, and snakes. You can find them swimming through the water or basking in the sun. Reptiles and amphibians use the pond as a place to hunt, hide, and lay eggs. Keep count of how many you can find and fill in number.

FLASHY FISH

A variety of fish call the pond home. Freshwater fish such as minnows, catfish, sunfish, and bass can be found in ponds. What types of food do you think fish eat?

_____

_____

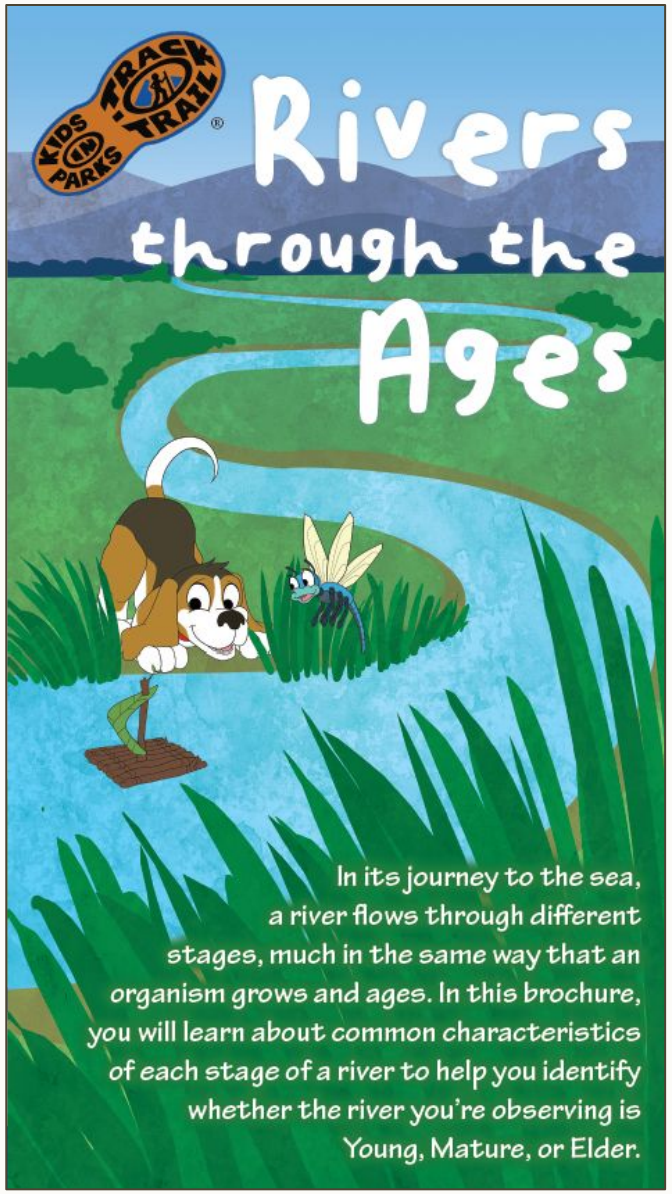
_____

Rivers through the Ages

The “Rivers through the Ages” adventure explores the different stages, or ages, of a river.

This brochures teaches people how to recognize the differences between a “young,” “mature,” and “elder” river. A search-and-find activity connects kids to to flora, fauna, and natural features around a river.

Age Suggestion: 7+ years old



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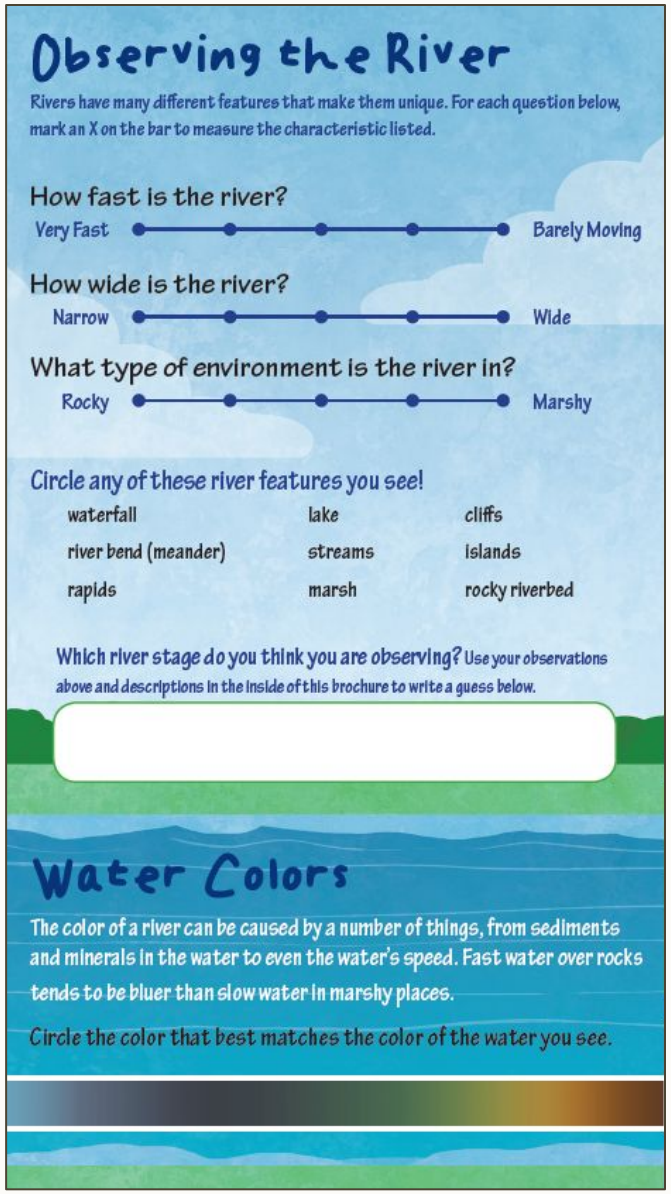
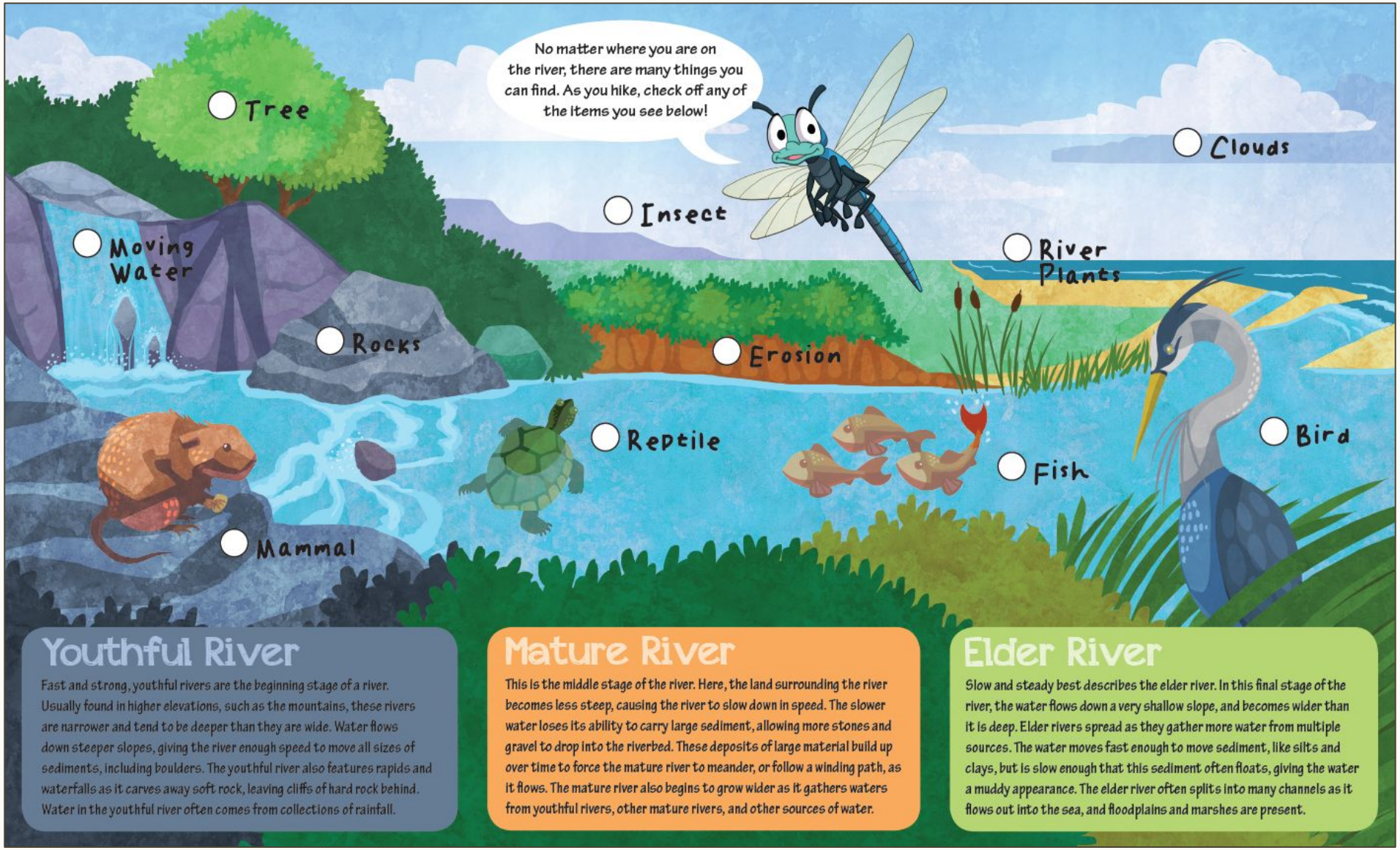


OUTER PANEL

Rivers through the Ages

INNER PANELS



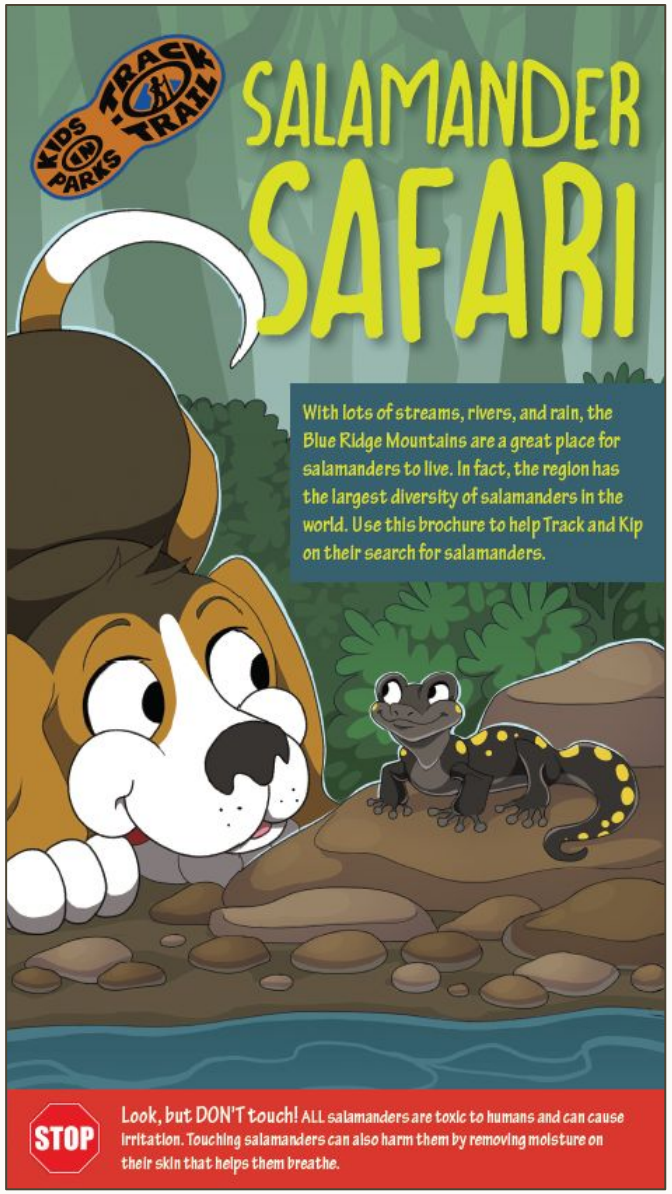
Salamander Safari

The “Salamander Safari” adventure spotlights the fascinating world of salamanders.

This brochure is filled with photos of salamander species and their favorite foods. Kids will discover the unique life cycle and traits of a salamander, and even learn how to crawl like one!

Age Suggestion: 6+ years old

Alternate: A West Coast version is available with common PNW species



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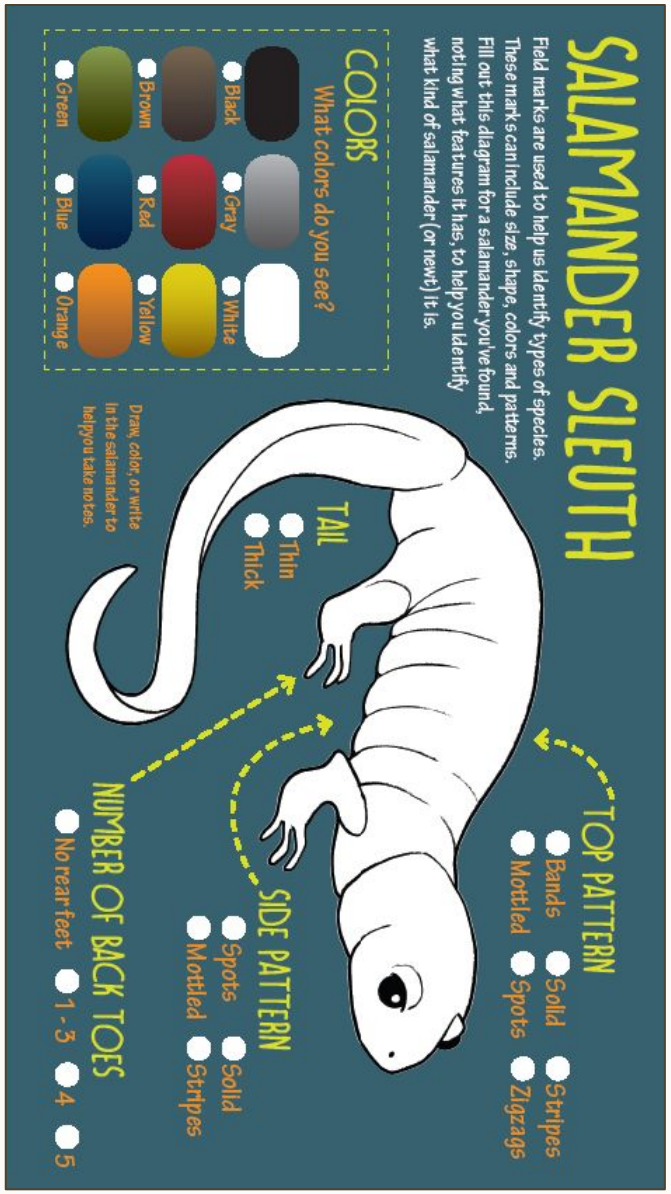


OUTER PANEL

Salamander Safari

INNER PANELS

SALAMANDER SEARCH

Search for salamanders under leaves, rocks, or logs on the forest floor. You can also look on or under rocks in a creek. Most of the salamanders that you see on the trail are called lungless salamanders. They don't have gills or lungs, and breathe through their skin!

Remember to be extra careful when moving rocks and logs to avoid harming any animals that may live under them. Please help the habitat by putting things back the way you found them.

Northern dusky salamander
Desmognathus fuscus

White-spotted slimy salamander
Plethodon cylindraceus

Southern two-lined salamander
Eurycea cirrigera

Northern red salamander
Pseudotriton ruber ruber

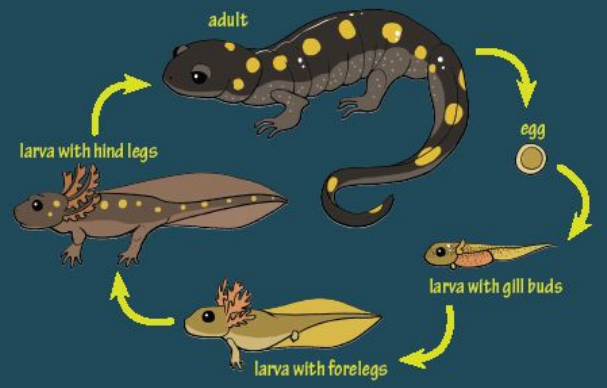
DID YOU KNOW

the world's third largest salamander lives in the Blue Ridge Mountains?

The eastern hellbender can grow to be more than 2 feet long! Hellbenders, also called "mud puppies" or "snot otters," like to hide under rocks in swift-moving water. Hellbenders can help tell us if a stream habitat is healthy, as they need clean water to breath through their skin.

SALAMANDER LIFE CYCLE

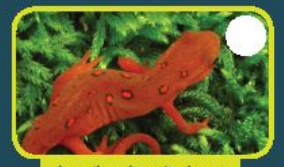
Like all amphibians, salamanders spend their lives near water where they lay their eggs. When the eggs hatch, the newborn salamanders, or larvae, breathe with gills and swim. As they grow up, the larvae develop lungs, or other organs, for breathing air when they go on land.



What's another animal that has a similar life cycle to a salamander?

SALAMANDER OR NEWT?

Similar to how a toad is a type of frog, a newt is a type of salamander! Unlike most salamanders, newts have rough, bumpy skin. They also have an extra stage in their life cycle. As juveniles, they live on land before returning to live in water as adults.



Juvenile red-spotted newt
known as a red eft

Adult red-spotted newt
Notophthalmus viridescens

SALAMANDER SNACKS

Most salamanders hide and sleep during the day, and then come out at night to hunt. Salamanders are carnivores and eat mostly insects. Can you find some of their favorite foods on your hike today?

SALAMANDER SQUIRM

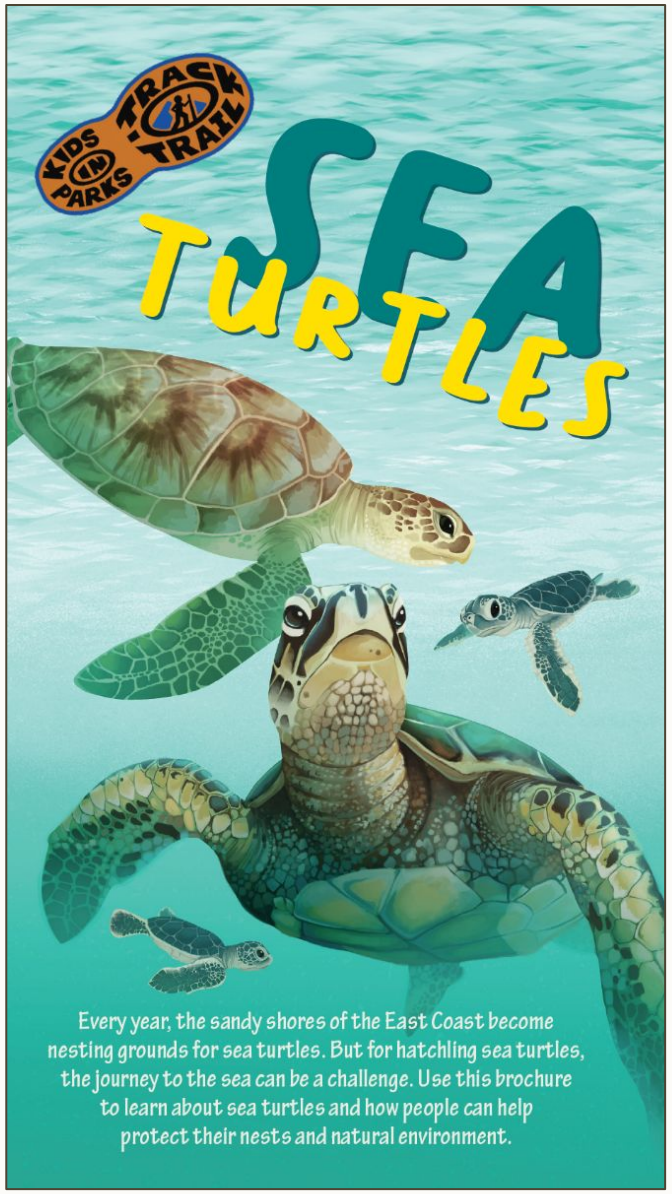
Salamanders have short legs, making their bellies drag the ground as they walk! Drop low like you're doing a push-up and try crawling. Pretend a predator is chasing you. How fast can you do the Salamander Squirm?

Sea Turtles

The “Sea Turtles” adventure sheds light on the challenging journey it takes for sea turtles to reach adulthood.

This brochure presents five sea turtle species found in east coast waters and the many obstacles faced when making their journey to and from the sea. Learn how to help our turtle friends out by removing some of these challenges, like picking up trash, while walking along the beach!

Age Suggestion: 6+ years old



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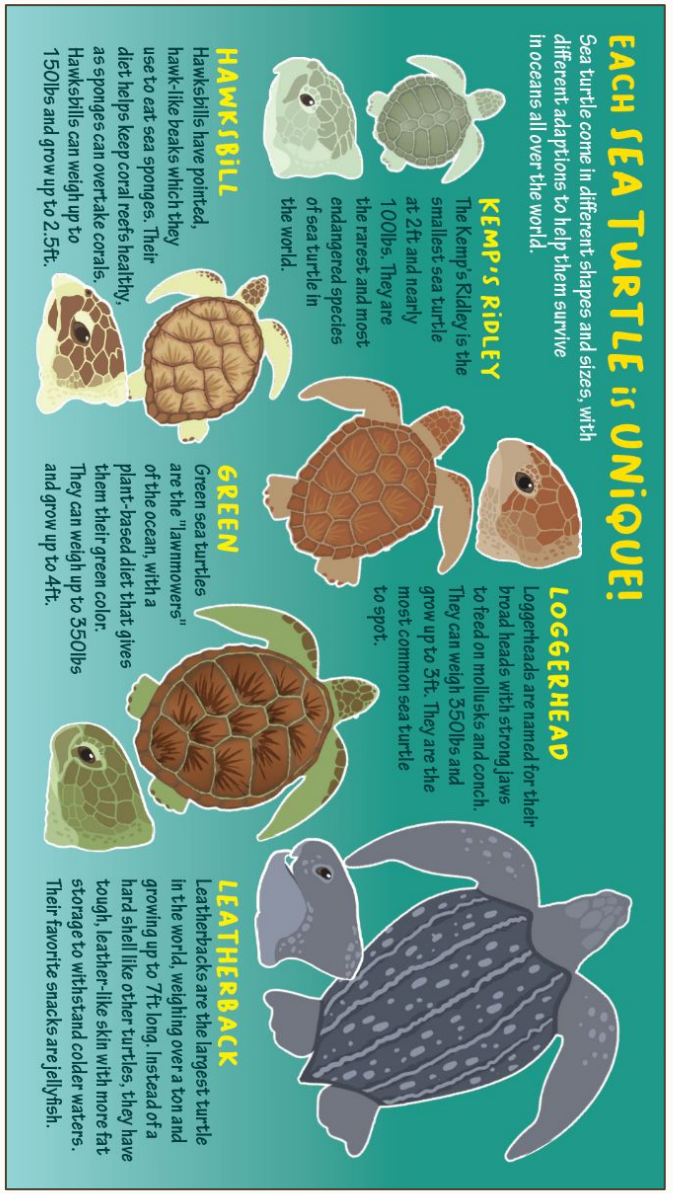
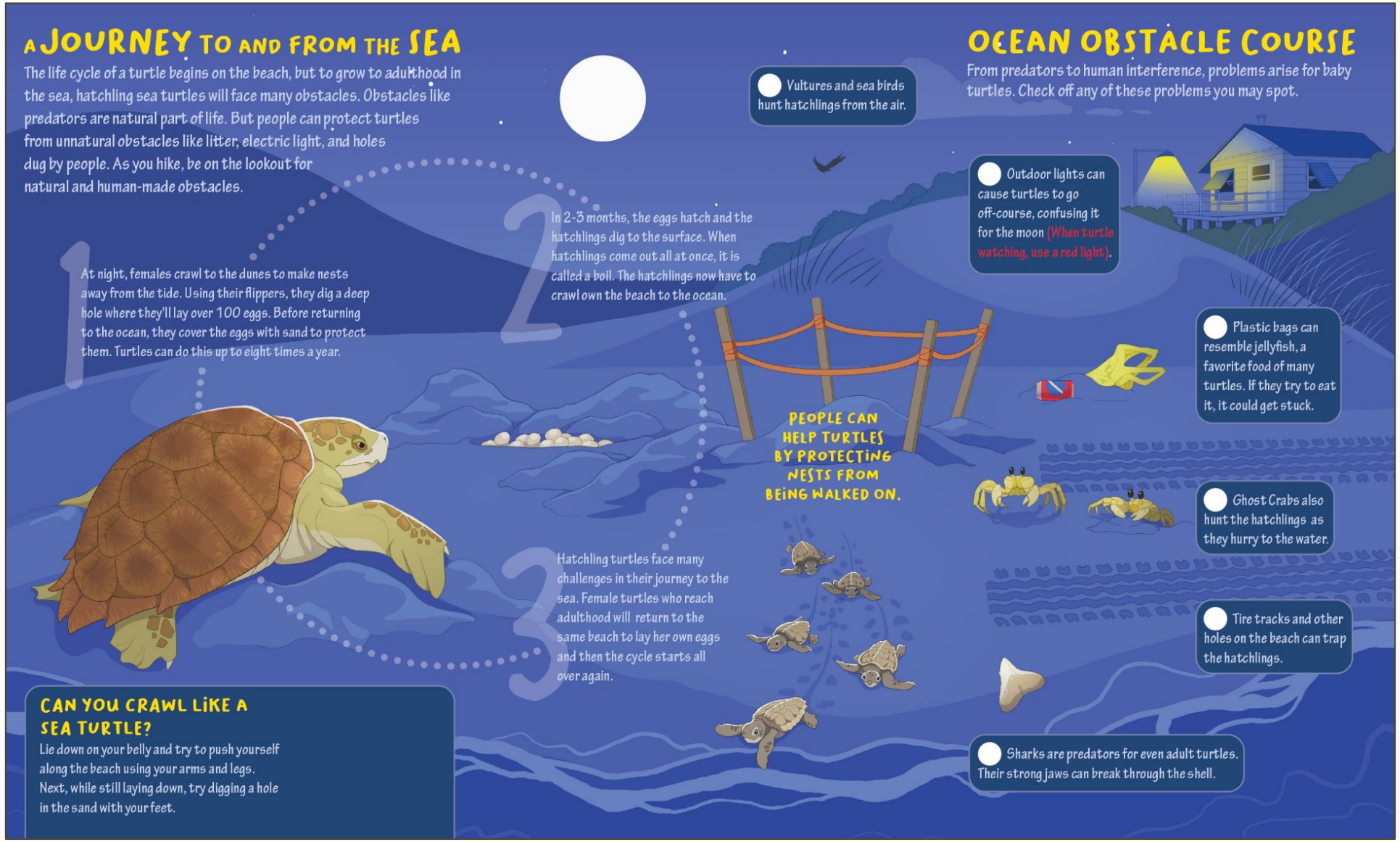


OUTER PANEL

Sea Turtles

INNER PANELS



Sense of Adventure

"Sense of Adventure" touches on all five senses as a way to experience nature.

This brochure provides engaging sensory exercises for all ages. These activities can help kids ground themselves, regain focus, and fulfill sensory stimulation. The content was intentionally designed for neurodiverse individuals and resemble that of a visual communication board.

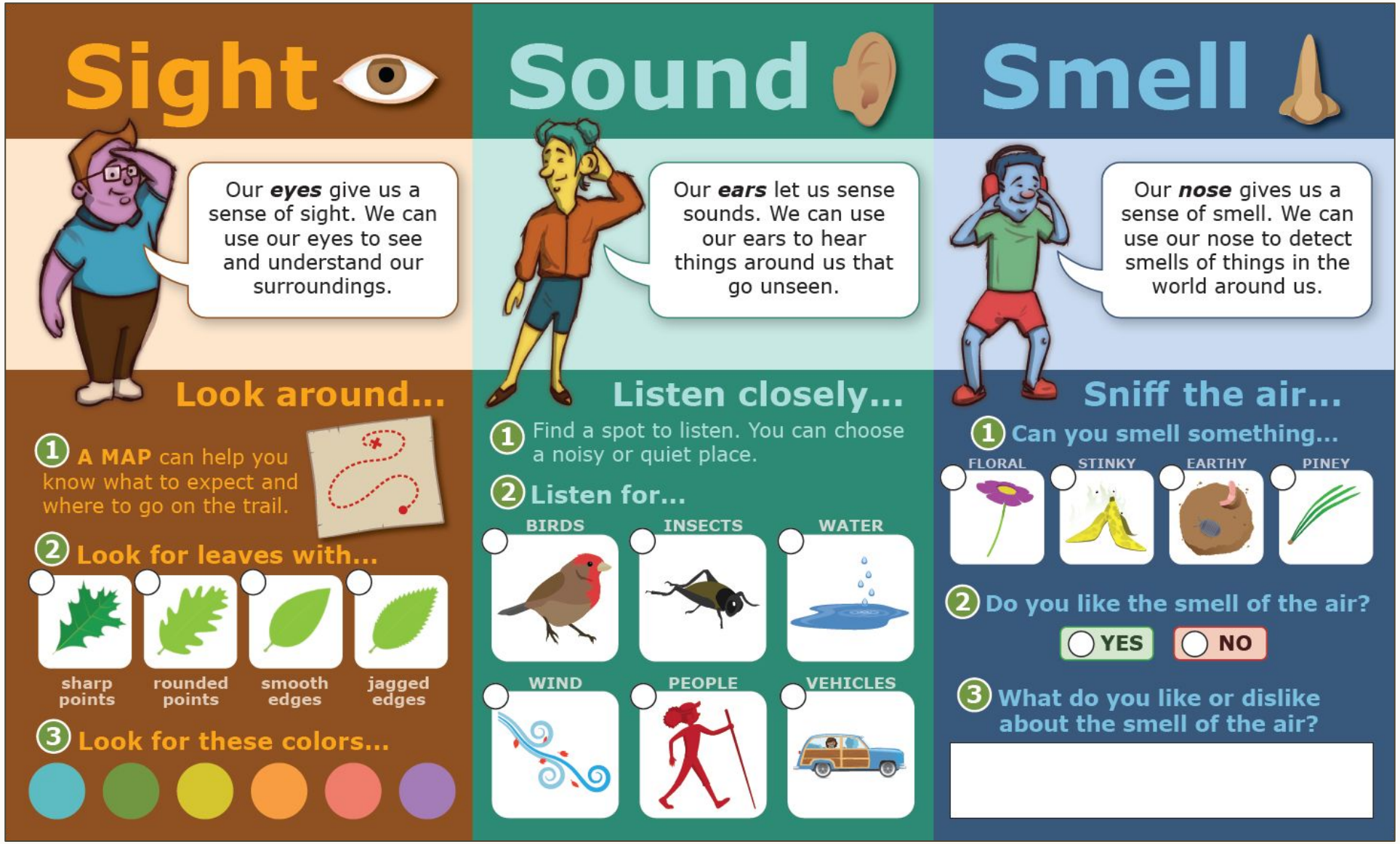
Age Suggestion: 4+ years old

COVER

OUTER PANEL

Sense of Adventure

INNER PANELS

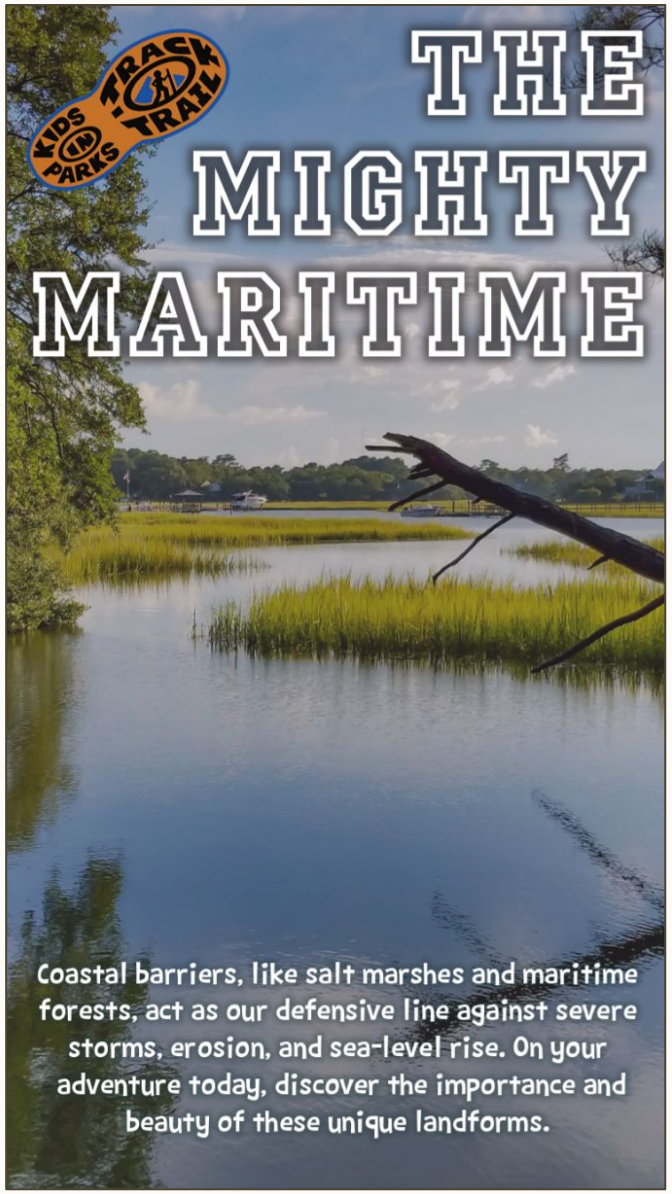


The Mighty Maritime

“The Mighty Maritime” adventure features four coastal barriers and the animals and plants that thrive here.

This brochure emphasizes the importance of coastal barriers, not only for protection from the ocean but for the ways they keep our shores intact. A slight football theme throughout helps keep kids engaged while exploring these sensitive habitats.

Age Suggestion: 6+ years old

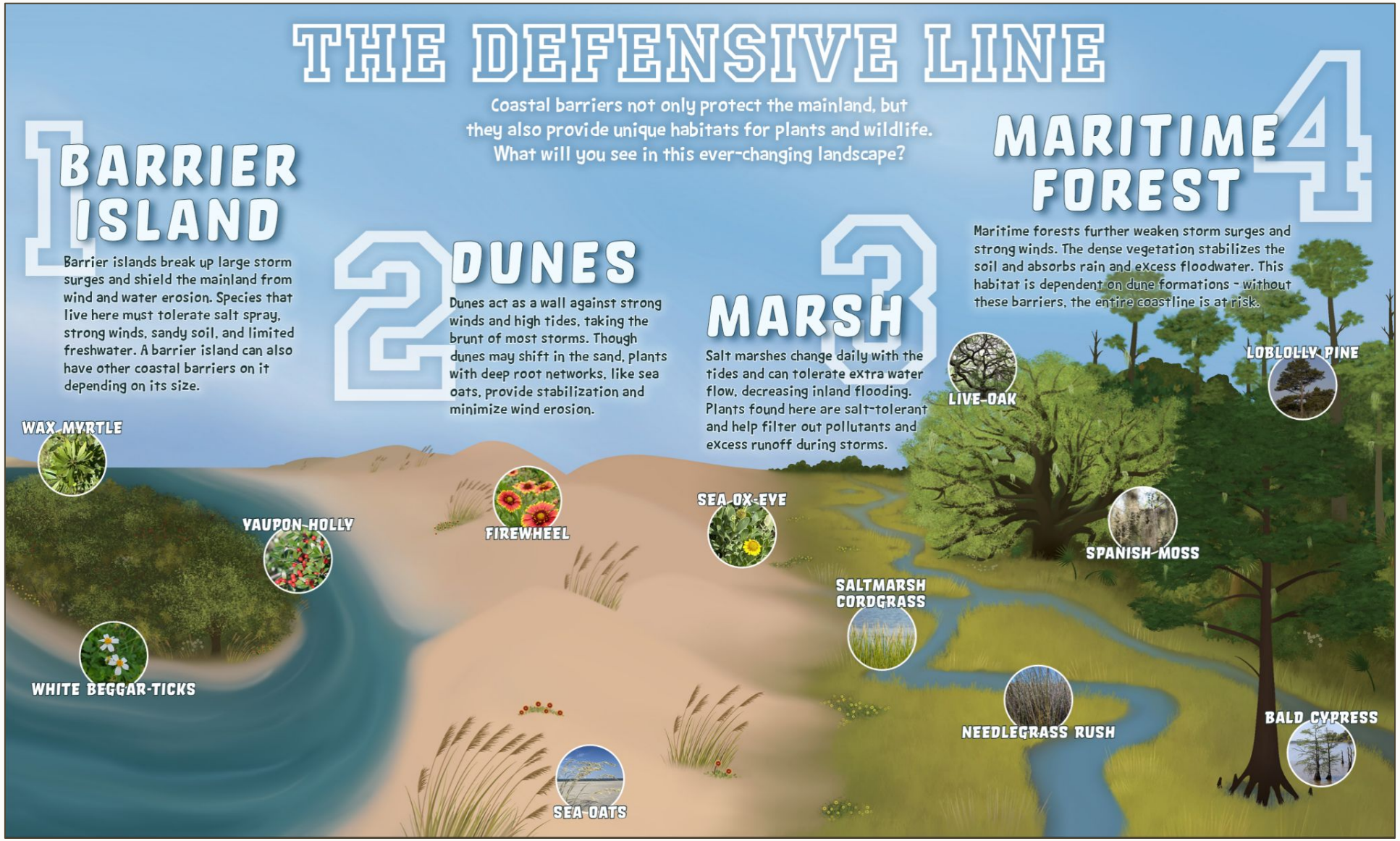


COVER

OUTER PANEL

The Mighty Maritime

INNER PANELS

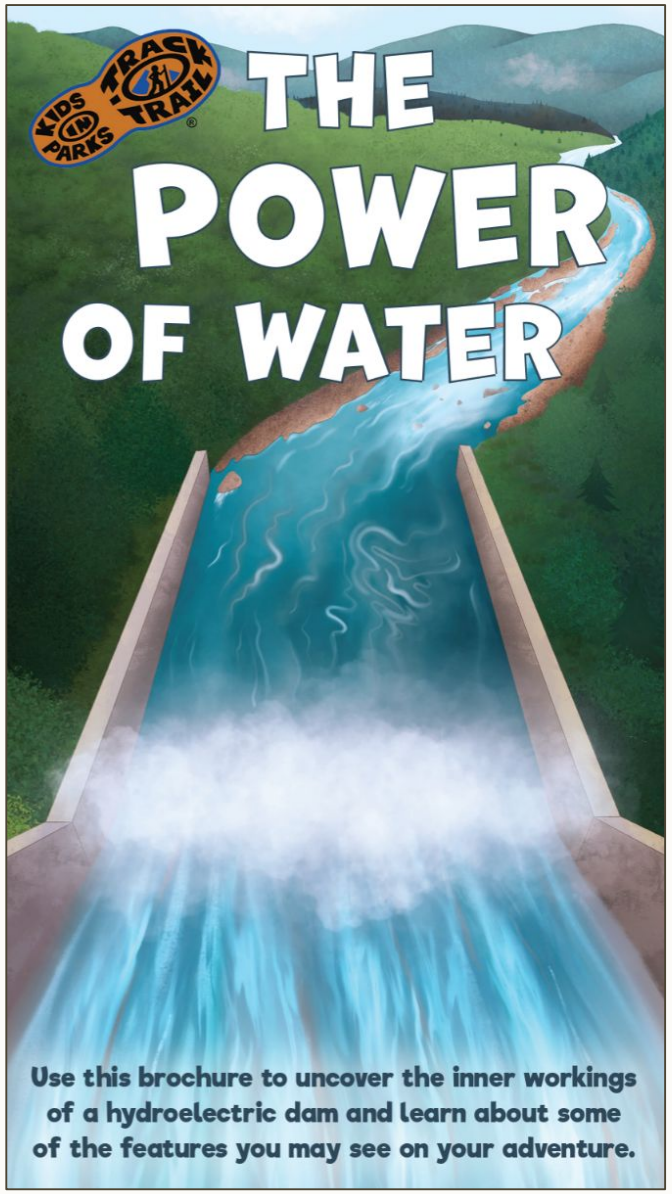


The Power of Water

"The Power of Water" adventure showcases how humans mastered the force of water to generate electricity.

This brochure uncovers the inner workings of a hydroelectric dam and important structures that keep everything running smoothly. While visiting the dam, kids can keep an eye out for water-loving wildlife nearby.

Age Suggestion: 7+ years old

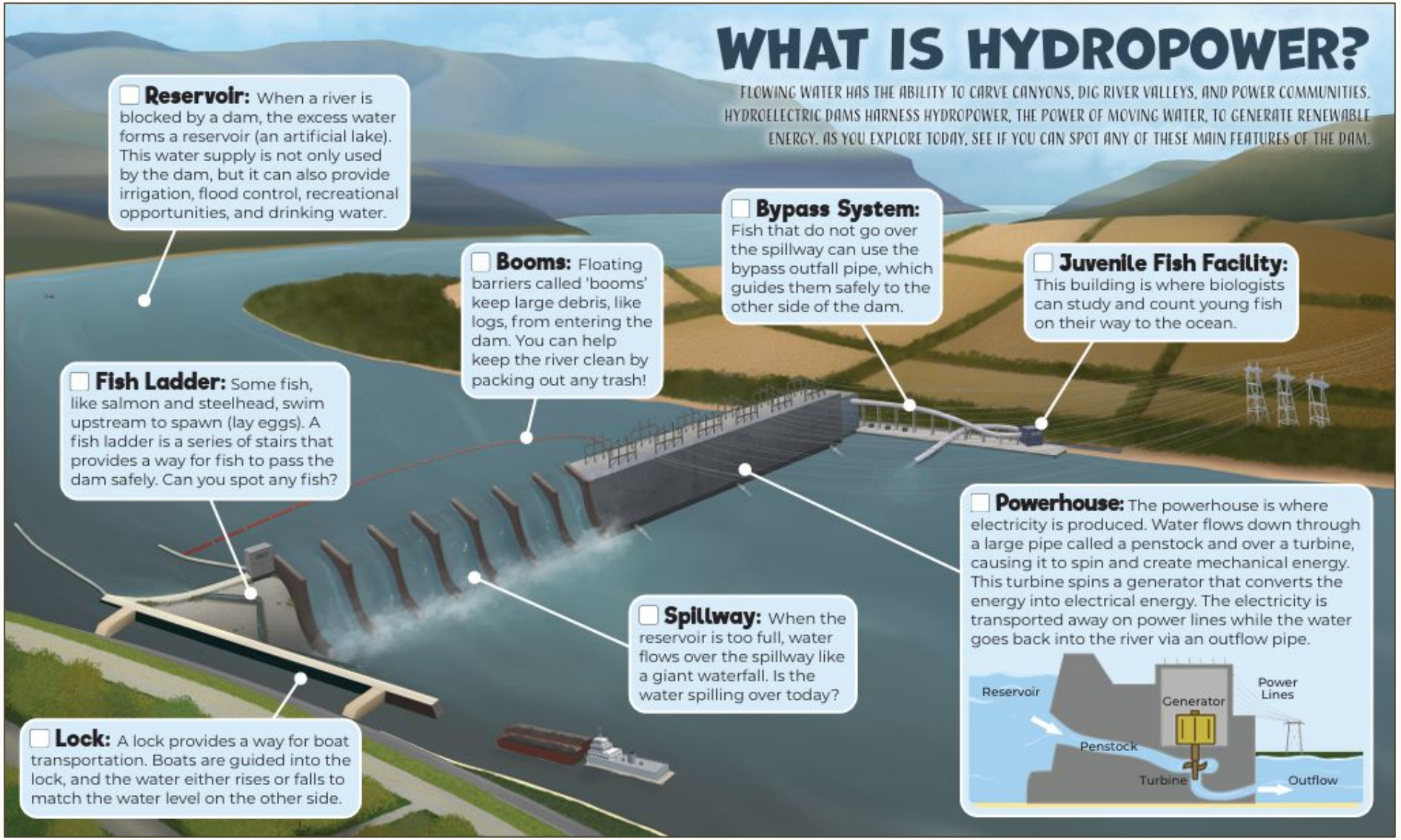


COVER

OUTER PANEL

The Power of Water

INNER PANELS



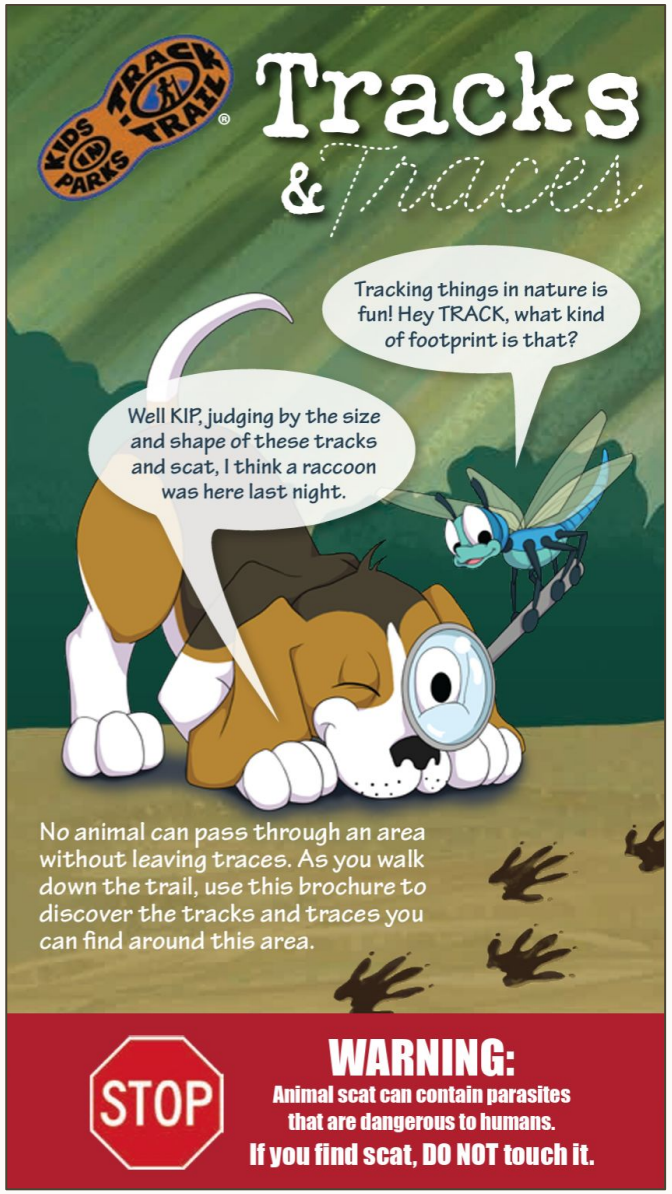
Tracks & Traces

The "Tracks & Traces" adventure shows off the various tracks and traces left behind by frequent animals in the area.

This brochure provides useful images of animal prints, scat, and even food scraps so readers can find out who made what! Kids stay busy looking for these animal clues while hiking along the trail.

Age Suggestion: 5+ years old

Alternate: Region-specific versions exist
A similar version is available in Spanish



COVER

OUTER PANEL

Tracks & Traces

INNER PANELS

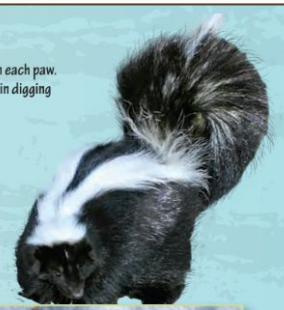
Rabbit ☐

Rabbit tracks show up in a line of triangle-shaped prints. On closer inspection, you will see the triangle is made up of two small front paw prints on the in side and two large hind prints on the outside.

Rabbit scat and deer scat are similar, but rabbit scat is a lighter shade of brown. Also deer scat is oval shaped but rabbit scat is smaller and rounder. The average rabbit poops about 200-300 times a day.

Skunk ☐

Every skunk track has five toes and five long claws on each paw. The skunk has longer claws on the front paws to use in digging up roots and insects.



Skunk scat is a rough tubular shape about the size of cat poop. You may be able to see seeds or bits of insects embedded in the scat. One of the most obvious signs that a skunk has been nearby is the odor of the spray.

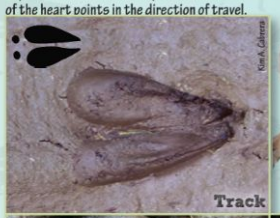
Squirrel ☐

Ground squirrels have four toes on the smaller front paws and five toes on the larger hind paws. The tracks are similar rabbit tracks.

Ground squirrels live on or under the ground in burrows. The scat resembles small, dark pills. A trail of squirrel tracks resembles those of a rabbit, with the smaller front paws positioned inside the larger hind prints.

Deer ☐

Deer tracks are usually the easiest to find because their hard hooves leave better impressions than the soft paws of other animals. Look for heart shaped prints . The point of the heart points in the direction of travel.



Found in clusters, a deer scat pellet has a dimple on one end and a point on the opposite end. A **deer bed** is a place where a deer likes to rest; look for an oval depression in the ground where leaves or grass are matted down.

Snake ☐

Like most snakes, garter snakes have 'S' shaped tracks and can fit through small spaces. Look for tracks in loose soil or sand.

Garter snakes have long thin bodies and enjoy rocky hot climates. Look for them sunbathing on rocks. Without legs, snakes move their body with an 'S' shaped motion. Garter snakes also have long, slimy, white and brown scat.

Coyote ☐

Coyote tracks are approximately 2.5 inches long, capped with claw marks and are found in pairs. Their toes are closer together and not as wide as the toes of dog tracks.

Coyotes are **opportunistic eaters**, meaning they'll eat almost anything, so their scat can take many forms. In general coyote scat is long, with a rope-like twist and pointed ends.

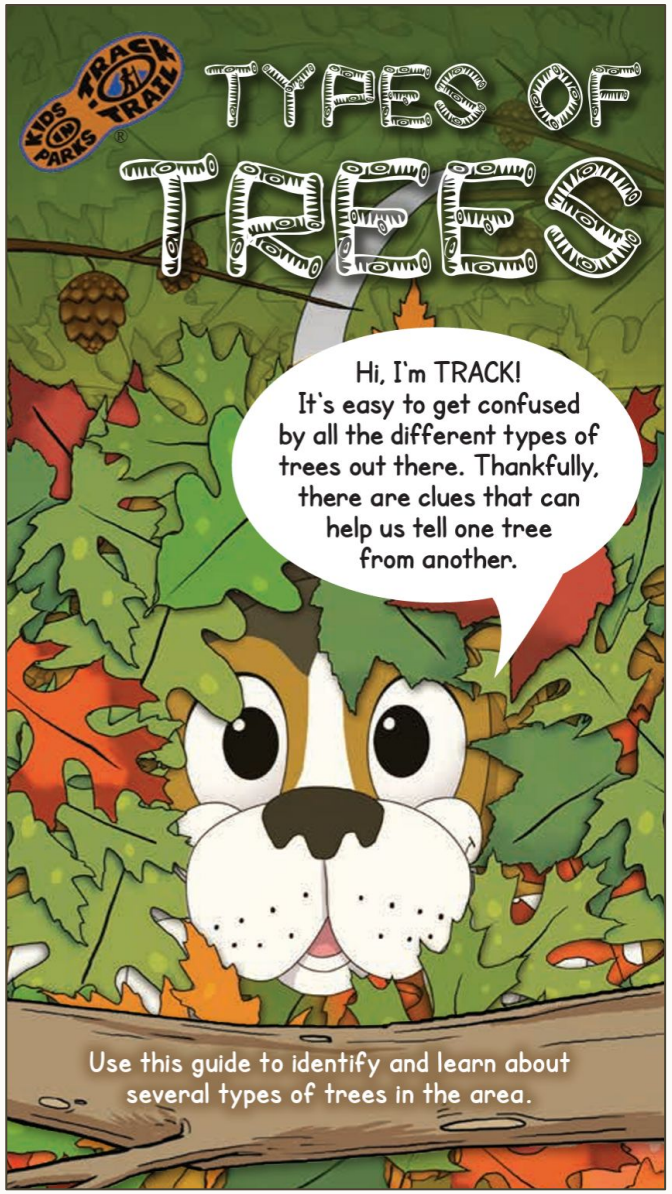
Types of Trees

The “Types of Trees” adventure highlights some common tree species in the area and how to distinguish them.

This brochure provides useful graphics and images so readers can easily identify the trees around them. It breaks down three types of trees and their distinct physical characteristics.

Age Suggestion: 6+ years old

Alternate: A West Coast version is available with common PNW species



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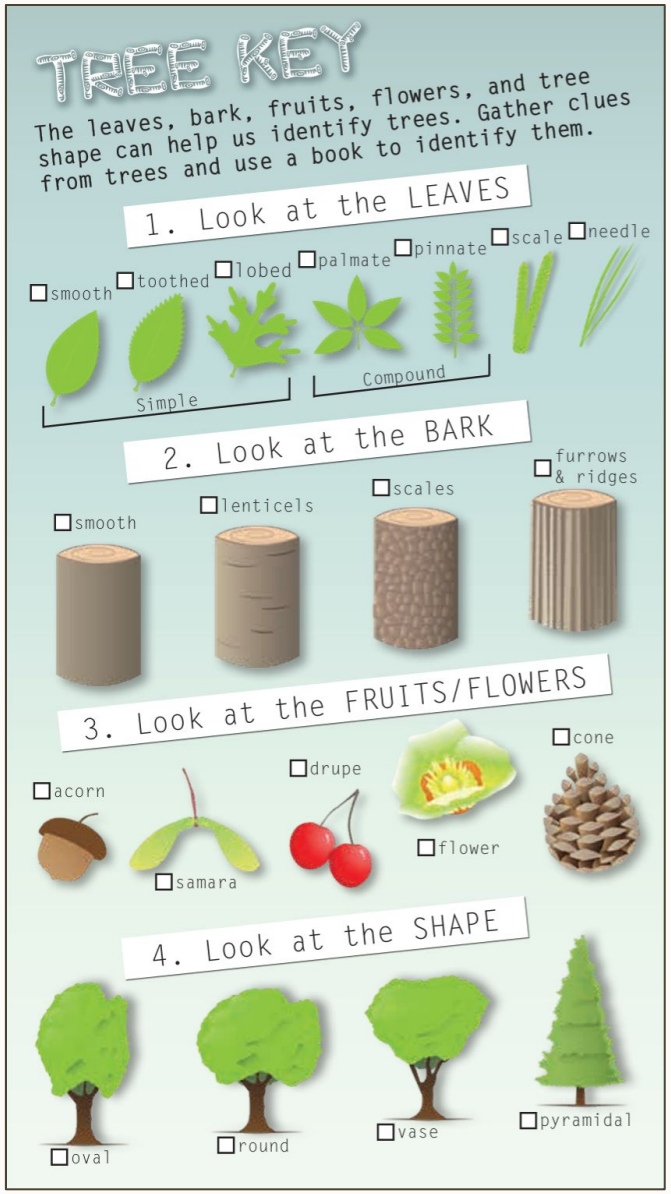


OUTER PANEL

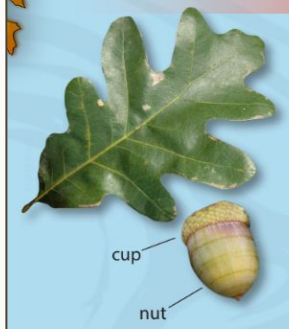
Types of Trees

INNER PANELS

OAKS

are usually ***deciduous*** trees that shed leaves in winter. Their broad leaves can vary widely from rounded lobes to sharply pointed lobes to smooth. Oaks produce nuts called acorns that usually have one seed inside. Their bark is typically gray with deep furrows and scaly ridges.

Can you find these Oaks?



☐ WHITE OAK

- 7-10 rounded lobes
- Oblong acorn with shallow cup
- Ash gray bark that becomes rougher in older trees

☐ RED OAK

- 7-11 bristle-pointed lobes
- Round acorn with flat cup
- Dark reddish bark with wide 'ski track' furrows and ridges

HUMANS USE OAKS FOR:


Boats


Acorn Flour


Furniture

MAPLES

are ***deciduous*** trees that are known for brilliant fall colors. They have broad leaves, usually with five lobes and pointed tips. Maples produce winged fruits called samaras that spin to the ground as they fall. Young maples have smooth bark that develops long deep furrows as the tree ages.

Can you find these Maples?

☐ RED MAPLE

- 3-5 lobes with toothed edges
- Red twigs, flowers, and samaras
- Rough gray bark on older trees

☐ SUGAR MAPLE

- 5 lobes with rounded notches
- Samaras with round, green seeds and brown wings
- Brown bark with long, thick ridges

HUMANS USE MAPLES FOR:


Syrup


Guitars


Bowling Pins

PINES

are ***evergreen*** trees, meaning they keep their leaves all year. Their bark is usually thick and scaly. Pines produce cones and have needles that grow in bundles (fascicles). Their crowns are tapered, being wider at the bottom and pointy at the top.

Can you find these Pines?

☐ WHITE PINE

- Bundles of five long needles
- Long, thin cones
- Rough gray bark

☐ VIRGINIA PINE

- Bundles of two short twisted needles
- Egg-shaped cones with sharp prickles
- Reddish-brown scaly bark

☐ PITCH PINE

- Bundles of three slightly twisted medium length needles
- Fat egg-shaped cones with prickles
- Thick orange-brown puzzle-piece bark

HUMANS USE PINES FOR:


Turpentine


Paper


Tea

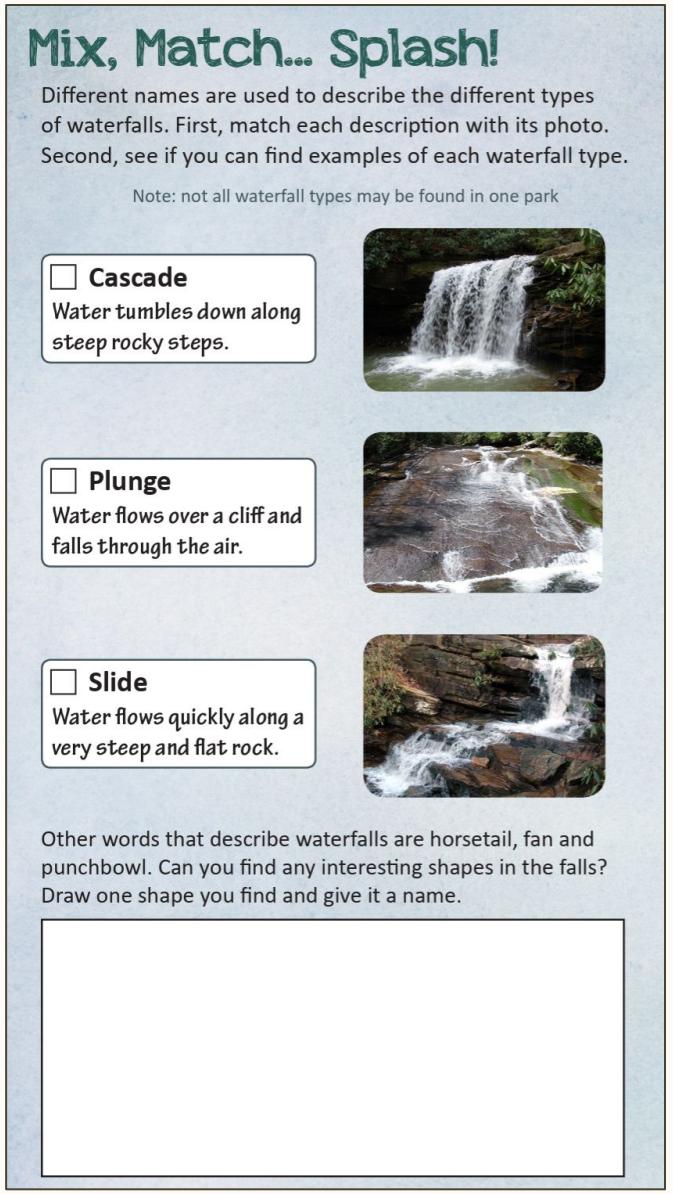
Waterfall Wonders

The “Waterfall Wonders” adventure provides an inside look at this beautiful and powerful natural phenomenon.

This brochure encourages observational skills through sight and sound activities and provides a checklist of common wildlife that live around waterfalls. Readers are introduced to three types of waterfalls and how they’re formed.

Age Suggestion: 6+ years old

COVER



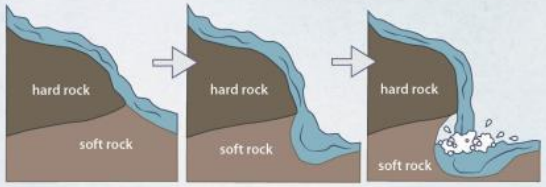
OUTER PANEL

Waterfall Wonders

INNER PANELS

Why Water Falls

Many waterfalls have formed in the Blue Ridge Mountains because it rains a lot and the ground is steep. The moving water in streams cuts down through the earth. Waterfalls can be found where water flows from hard ground upstream onto softer ground downstream.



Erosion is when the ground breaks away by the force of water or wind. It may take thousands of years for erosion to make a waterfall!

"Rock" Music

At the Waterfall

Listen to the waterfall. Does it burble, hiss, whisper, or... roar? Look all around to see if you can figure out which features are making the different waterfall sounds. Write a few words that describe the sounds that you hear.

_____ _____

_____

Give yourself Fox Ears! Cup your hands around your ears. How do your fox ears change the sound of the waterfall?

_____

Hot or Cool

The water in lakes and rivers is usually a different temperature than the air. Do you think the air temperature will feel different near the waterfall?

Away from the Waterfall

What you are wearing (t-shirt, sweater, pants, etc.)?

Are you hot, cold, or comfortable? _____

At the Waterfall

Has the temperature changed? _____

Did it get warmer or cooler? _____

If the temperature changed, why do you think it did?

_____

After the Waterfall

Once you begin to leave the waterfall, count your steps and listen carefully.

How does the waterfall sound...

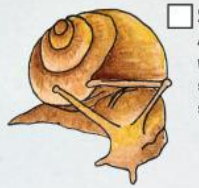
	with fox ears	without fox ears
... 20 steps away?		
... 40 steps away?		
How many steps did you take before you could no longer hear the waterfall?		

Life in the Spray Zone

Many plants and animals live in misty air and on the wet rocks surrounding waterfalls. Watch carefully from the trail and see how many can you find.

☐ **Salamander** Salamanders are often found near water because, like frogs, they are amphibians and lay their eggs in water. Salamanders should not be touched because they have sensitive skin.

☐ **Fern**
Ferns are among the oldest types of plants on Earth and need moisture to reproduce. Instead of seeds, ferns use single cells called **spores** to reproduce.



☐ **Snail**
Aquatic snails (snails that live in water) have gills for breathing. Land snails have a hole at the top of their shell to allow air through to their lungs.

☐ **Butterfly**
Butterflies drink water and minerals from the damp mud near waterfalls because they cannot drink directly from open water.

☐ **Moss** Like ferns, moss uses spores to reproduce. Moss grows in wet areas because water helps moss spread from rock to rock.

Illustrations by Elise A. Kahl

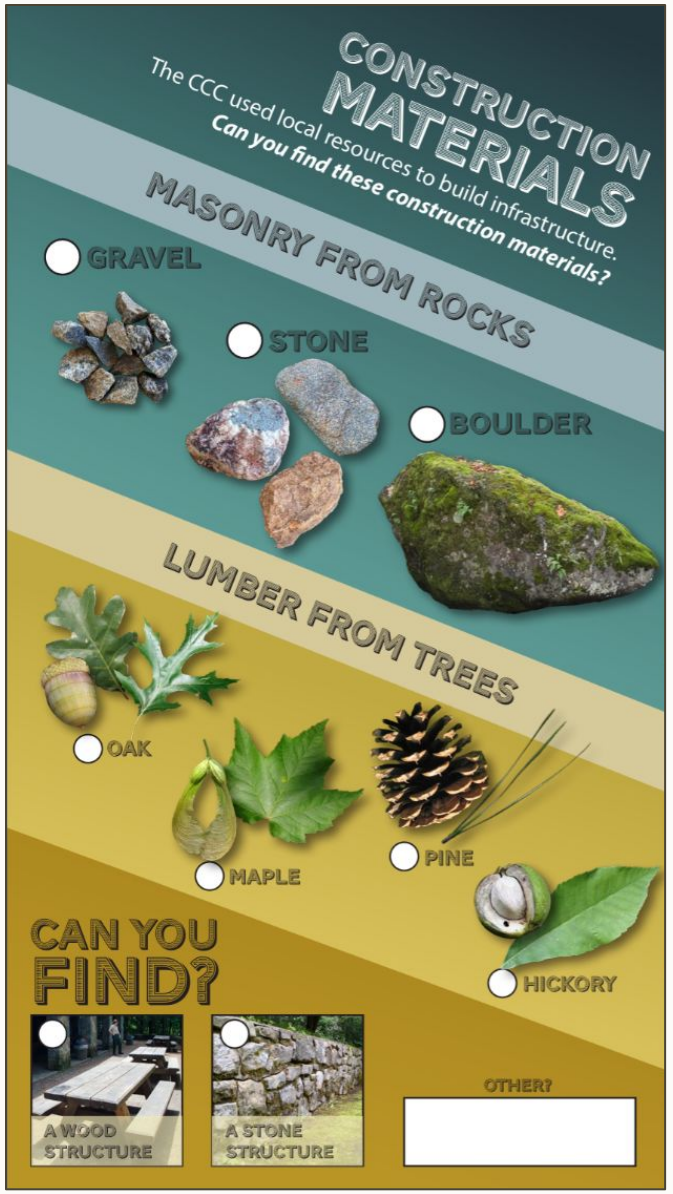
“We Can Take it!” – Life in the CCC

The “‘We Can Take It!’ Life in the CCC” adventure shares the various roles and responsibilities of a Civilian Conservation Corps (CCC) enrollee.

This brochure spotlights the impact of the CCC on U.S. infrastructure and the natural resources that were used to build roads, trails, and other structures. Kids are challenged to think like an enrollee and even take part in some of their physical training exercises.

Age Suggestion: 6+ years old

COVER



OUTER PANEL

“We Can Take it!” – Life in the CCC

INNER PANELS

“WE CAN TAKE IT!”

“We can take it!” was more than just a slogan for enrollees of the CCC, it was a way of life. The program built the young men up through exercise, education, skills training, and a long list of projects to complete. The day began every day at 6 AM and ended with a strict lights-out call at 9PM. ***Let’s get to work!***

CALISTHENICS

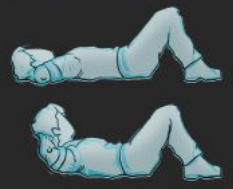
Camp life included a strong focus on the health of enrollees. The men had access to medical care as well as opportunities for healthy activity. Every morning began with a routine of calisthenic exercises.

Find an open space to warm up with some calisthenics. Take 30 seconds with each exercise.

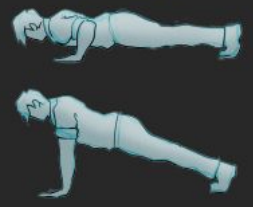
Check off the exercises you complete.

- JUMPING JACKS

- CRUNCHES



- PUSHUPS



WOODSMANSHIP

For many enrollees, their CCC assignment was their first immersive experience in the wilderness. Building a collection of wilderness skills and knowledge was essential to completing projects.

OBSERVATION

Observation was the most important skill for enrollees. It kept enrollees aware of dangers, valuable resources, and prevented them from getting lost in the woods.

WAYFINDING CHALLENGE

Record 3 recognizable features along the trail. On your way back, look for those same features and check them off to verify you are still on the right trail.

Feature 1	_____ *feature*	found again? ○
Feature 2	_____ *feature*	found again? ○
Feature 3	_____ *feature*	found again? ○

TOOLS OF THE TRADE

What do you think these tools are for? Match each tool with its purpose below.

DIGGING 1. _____ BREAKING SOIL/ROCK 2. _____

FELLING TREES 3. _____ CHOPPING 4. _____

answer: 1. shovel, 2. mattock, 3. crosscut saw, 4. double-bit axe

WILDERNESS HAZARDS

Multilingual Brochures

As part of our mission to provide fun and educational outdoor experiences for everyone, we want your TRACK Trail to serve the people of your community. Kids in Parks works with organizations, clubs, and tribal groups to translate brochures and design new content for the needs of our partners and their unique sites.

The following examples are of multilingual brochures and Spanish versions. Some are site-specific, while others are adaptations of our most popular brochures.

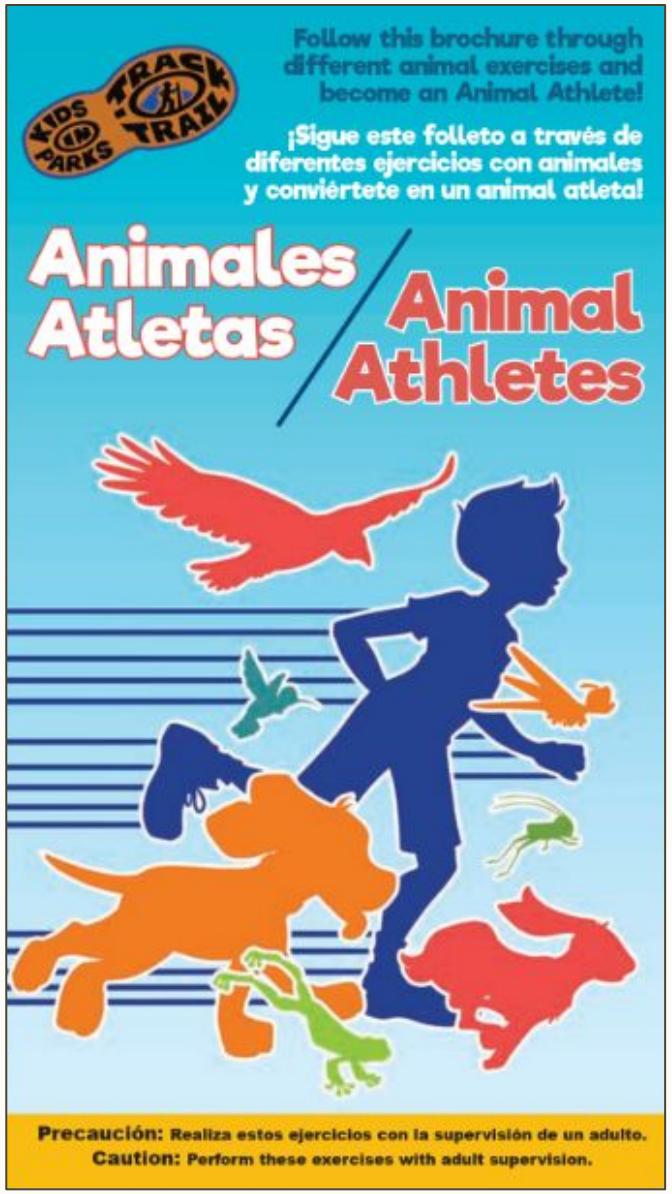
NOTE: *All Kids in Parks materials, including brochure art, are designed in house by our staff*

Animales Atletas

La aventura de los “Animales Atletas” desafía a los niños a hacer ejercicio junto con los animales que se encuentran en la naturaleza .

This brochure is a bilingual option for “Animal Athletes.” The brochure lists eight animal-themed exercises that kids can do along the trail while tapping into their imagination and having fun!

Age Suggestion: 4+ years old



COVER

OUTER PANEL

Animales Atletas

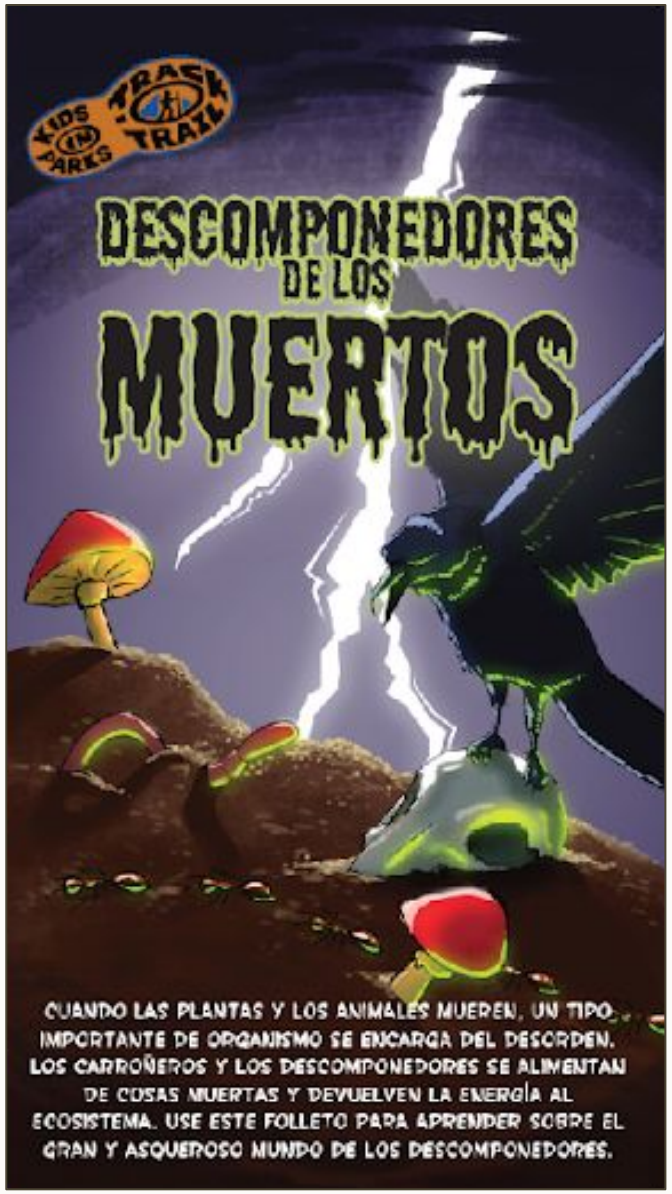
INNER PANELS

Descomponedores de los Muertos

La aventura de los “Descomponedores de los Muertos” enseña a los niños la importancia de los descomponedores y carroñeros en la naturaleza.

This brochure is the Spanish version of “Decomposers of the Dead,” and readers will learn about decomposers and scavengers, the importance of these species in maintaining a healthy ecosystem, and what they help breakdown.

Age Suggestion: 6+ years old



COVER

OUTER PANEL

Descomponedores de los Muertos

INNER PANELS

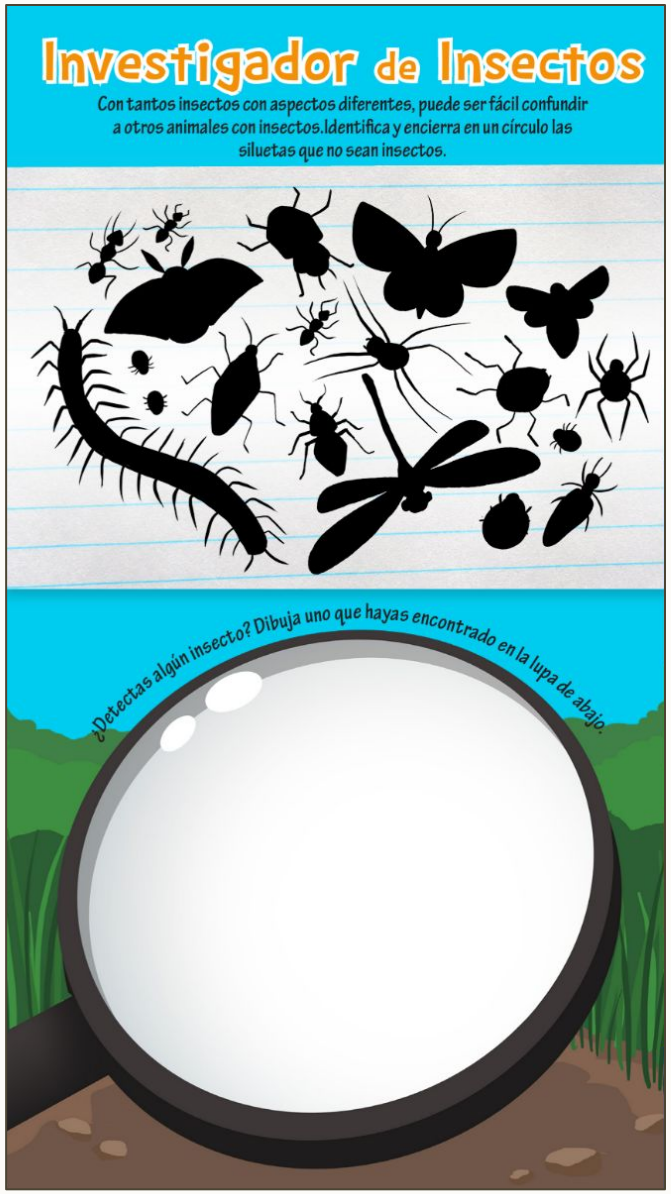
Insectos

La aventura de los “Insectos” es una investigación sobre los animales voladores y rastreros del bosque.

This brochure is the Spanish version of “Bug Out” and teaches kids how to distinguish insects from other arthropods, including spiders and centipedes. Families can search for these critters while learning about all the shapes and sizes of arthropods.

Age Suggestion: 5+ years old

COVER



OUTER PANEL

Insectos

INNER PANELS

Insectos

Con más de un millón de especies diferentes, los insectos son un grupo de animales extremadamente diversos. Todos los insectos, sin importar cuán diferente sea su tamaño o forma, tienen un cuerpo de tres partes con seis patas.

El cuerpo de una abeja es como el de la mayoría de los insectos.

Todos los insectos tienen...

...una cabeza con dos antenas, ojos compuestos y piezas bucales

...un tórax con seis patas articuladas y, si las hay, 2 o 4 alas

...un abdomen con órganos respiratorios, reproductivos y digestivos

...un esqueleto externo duro llamado exoesqueleto


Exoskeleton

¿Qué es un exoesqueleto?

En lugar de tener un esqueleto en el interior desus cuerpos, los insectos tienen su esqueleto enel exterior. Un exoesqueleto duro protegeun insecto como la armadura de un caballero.

¿Cuántos de estos diferentes insectos puedes encontrar hoy?


Mariposa


Libélula


Hormiga


Saltamontes

Las Arañas se parecen a los insectos, pero en realidad son diferentes

Las arañas tienen un exoesqueleto duro, pero en lugar de un cuerpo de tres partes, tienen un cuerpo de dos partes formado por el cefalotórax y el abdomen. Las arañas también tienen ocho patas, pedipalpos, colmillos que inyectan veneno e hileras para hacer telarañas.

Otros Artrópodos

Los insectos, las arañas y los crustáceos son todos artrópodos. Los artrópodos son un grupo de criaturas que constituyen aproximadamente el 85% de todos los seres vivos de la Tierra. Pueden ser identificados por su exoesqueleto, cuerpos segmentados y piernas articuladas.

Los milpiés, los ciempiés, los cochinillas (roly-polies) y los recolectores se consideran comúnmente insectos. Sin embargo, a diferencia de sus primos insectos y arañas, pueden tener más segmentos corporales, patas o incluso características adicionales como garras. Algunos son insectos inofensivos como milpiés, cochinillas y recolectores, mientras que otros pueden causar daño, como ciempiés venenosos y escorpiones.


Milpiés


Ciempiés


Cochinilla


Cosechador

¿Puedes ver alguna de estas casas de insectos?

Los insectos tienen diferentes formas de protegerse de los depredadores o del clima. O incluso pueden usar sus hogares como trampas para alimentarse.

PRECAUCIÓN: Muchos insectos defenderán sus hogares mordiendo y picando. Mire desde la distancia y NO los molestes.


Telaraña


Nido de avispas


Hormiguero

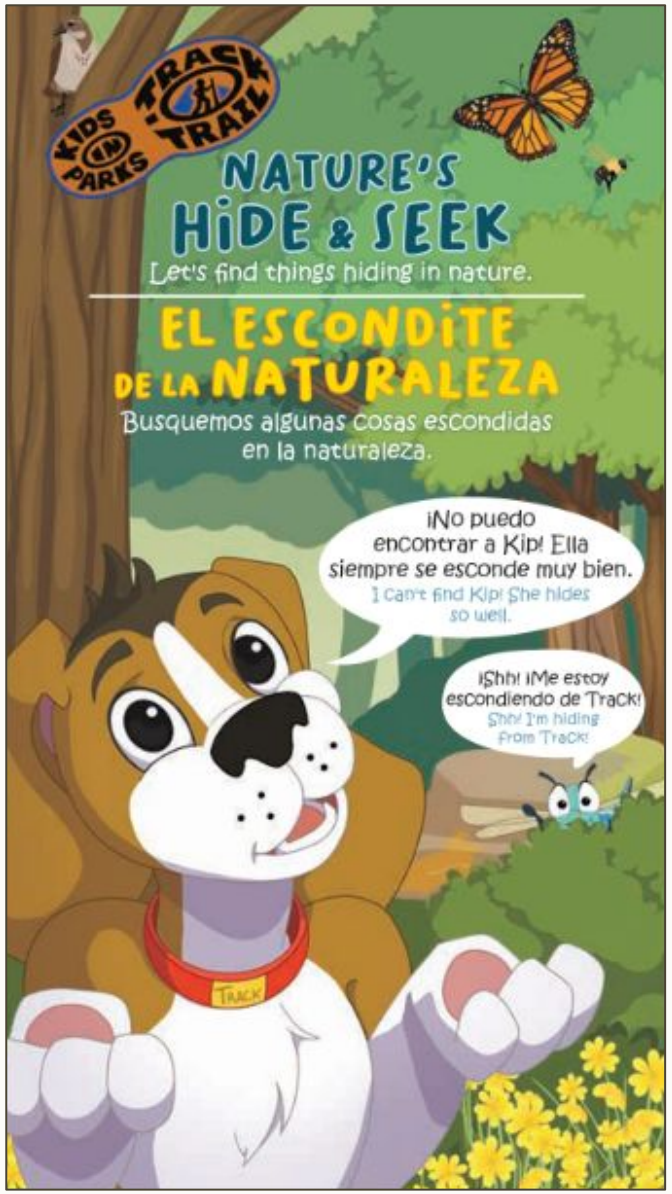

Capullos

El Escondite de la Naturaleza

La Aventura de “El Escondite de la Naturaleza” es para que los niños de todas las edades caminen y descubran cosas comunes a menudo ocultas en la naturaleza.

This bilingual version of the “Nature’s Hide & Seek” brochure accentuates our most common brochure. The brochure offers a fun scavenger hunt that will have kids searching high and low.

Age Suggestion: 4+ years old



COVER

OUTER PANEL

El Escondite de la Naturaleza

INNER PANELS

The Power of Plants

"The Power of Plants" adventure identifies several plants found along the Oconaluftee River and their traditional benefits to the Cherokee people.

This brochure highlights six common plants, in both their English and Cherokee names, and their uses and importance in southern Appalachia.

Age Suggestion: 6+ years old

Other brochures featuring the Cherokee Syllabary: Animal Athletes and The Need for Trees & Cherokee Remedies

COVER

OUTER PANEL

The Power of Plants

LIVING "GREEN"

Plants are very important to the Cherokee way of life. Some plants are used for food and medicine, while others are used to create tools, clothing, fire or shelter.

How many of these plants can you find along the trail today?

CROWSFOOT - ᎠᎾᎳᏍᏆᎶᏍᎩ

A-na-la-s-gwa-lo-s-gi

Crowsfoot got its name because the leaf has three leaflets and looks like the foot of a crow. It can be mistaken for poison ivy. In spring, crowsfoot blooms with beautiful white flowers. In the cooler months, the Cherokee eat the leaves as a spicy green. The roots of this plant taste similar to horse radish.

MAYAPPLE - ᎤᏅᎳᏍᏇᏚᎩ ᏧᎾᏍᏗᎦ

U-nv-la-s-gwe-tu-gi Tsu-na-s-di-ga

The Cherokee name for mayapple is means "they wear a hat." This refers to the umbrella-like shape of the leaf. The Cherokee eat the fruit only when it is yellow and ripe, because all other times it is poisonous. The root is a strong laxative, and the Cherokee use it to cleanse the gallbladder.

JEWELWEED - ᎠᏕᎰᏍᎩ

A-de-ho-s-gi

Jewelweed likes to grow near water. It has serrated leaves and yellow or orange flowers in the summer and fall. Another common name for the plant is "touch-me-not," because if you touch the seed pods, they explode.

Jewelweed has been used by the Cherokee as an aid in child birth, because the exploding seed pods encouraged the baby to jump down quickly. The juice from the stems is used as a remedy for poison ivy.

PIPSISSEWA - ᎤᏍᏓᏍᏗ ᎤᏍᏗᎦ

U-s-da-s-di U-s-di-ga

Pippissewa, or spotted wintergreen, is a tiny plant with red stalks. The leaves are dark green and waxy, with white veins. The summer flowers are small, whitish-pink, and very fragrant. The Cherokee gather the roots of this plant and make a tea for colds and fevers.

YELLOWROOT - ᏓᎶᏂ(Ꭸ) ᎠᎹᏳᎳᏗ ᎡᎯ

Da-lo-ni-ge A-ma-yu-la-di E-hi

Yellowroot is a small shrub that grows along the edges of streams. The leaflets are toothed and usually grouped in five on a long stalk. Clusters of purple flowers appear at the end of the stalk in spring. The yellow roots are used by the Cherokee to make dye, and for a wide range of medical conditions, especially digestive problems.

Customizable Brochures

Kids in Parks offers two standard designs that are customizable for your site or region. These brochures display common species found at your TRACK Trail and partners can choose between:

- Need for Trees
- Birds of the [Region/Site]

Certain standard brochures can also be customized for your site. Though some parts can be altered, such as species included, the design layout *cannot be changed*. For an example, check out the coastal Nature's Hide & Seek version for the east coast.

NOTE: *All Kids in Parks materials, including brochure art, are designed in house by our staff*

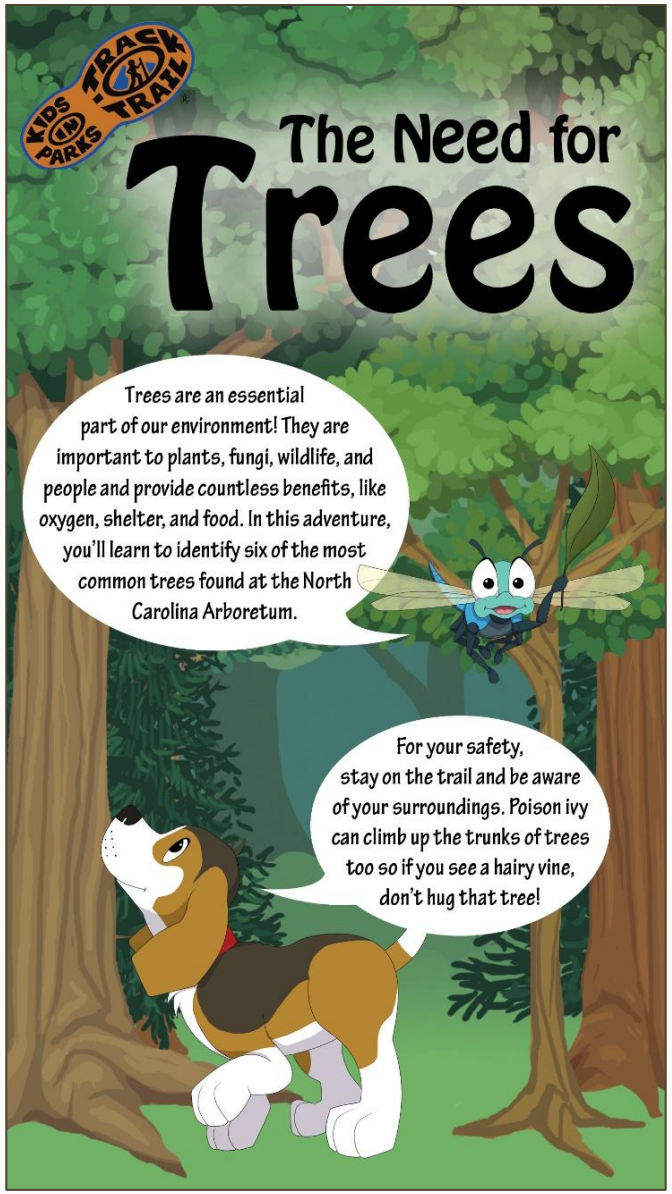
The Need for Trees

The "The Need for Trees" adventure shares six common trees found nearby.

This brochure includes several facts about each species, how to identify them, and the uses they provide for humans and wildlife. Readers also learn about the tree's life cycle and what essentials are needed to survive in their environment.

Age Suggestion: 7+ years old

If interested in this brochure, please provide ***six common tree species*** *to your site*



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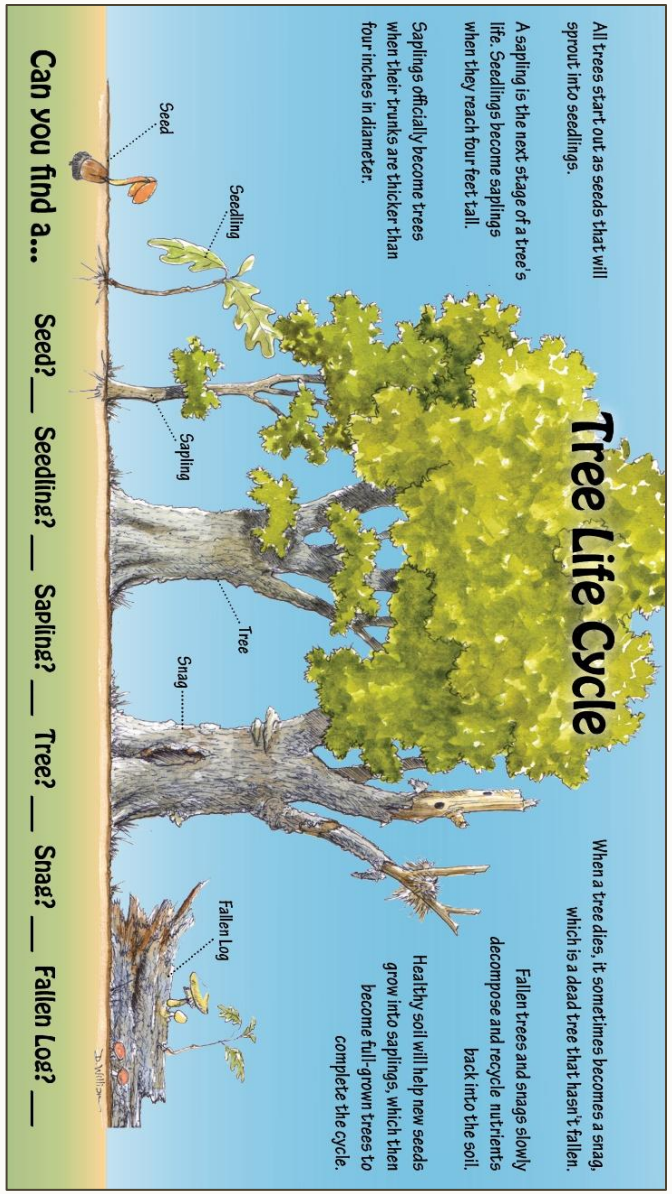
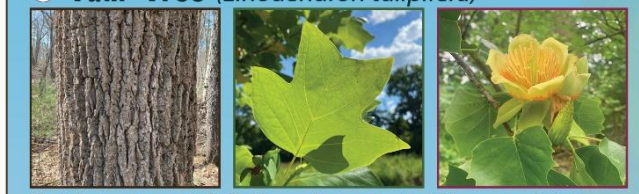


OUTER PANEL

The Need for Trees

INNER PANELS

Tulip Tree *(Liriodendron tulipifera)*



The tulip tree is easy to find in the woods given its straight, gray trunk that can span over 100 feet and its large, broad leaf that resemble a cat's face. Due to its large size and straight growth, this tree provides a variety of useful lumber. The tulip tree is very important for pollinators, and in the spring, bees collect nectar from the large and plentiful yellow-orange flowers to make a rich, dark honey.

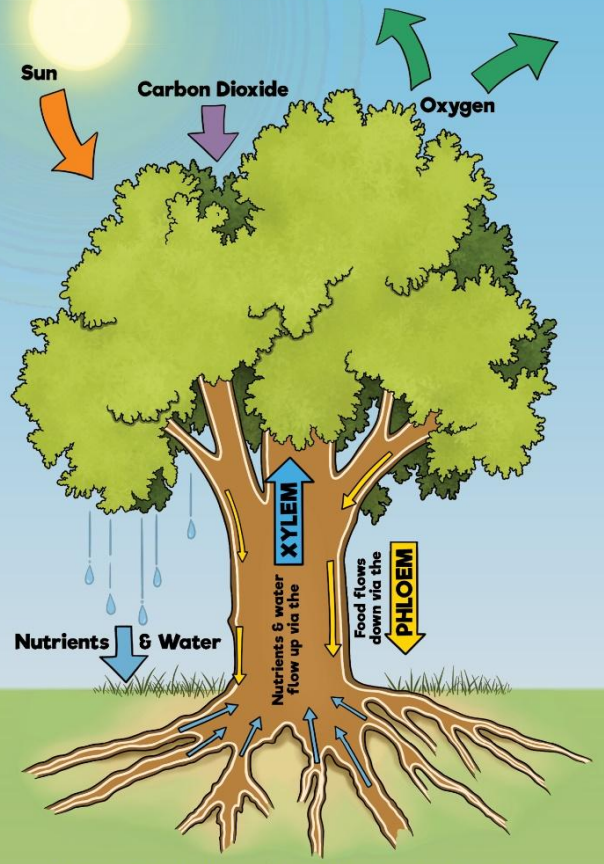
Red Maple *(Acer rubrum)*

Able to grow in almost any soil condition, the red maple is one of the most abundant and widespread trees in eastern North America. With red twigs, buds, flowers, and seeds, it's easy to see how the red maple got its name. Red maple is favored for its flexible, sturdy, and beautiful wood, and it is often used to make musical instruments, such as guitars, banjos, and drums.

White Oak *(Quercus alba)*

The white oak has leaves with rounded lobes and bark that is light gray and scaly as it ages. The acorns are long with a shallow cup and loved by squirrels, deer, wild turkeys, bears, and other wildlife. Because of its tight, water resistant wood, white oak was valued for shipbuilding and is still used today to make barrels!

The Need to Know How Trees Grow

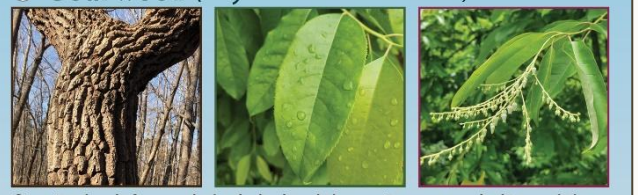


Most plants make their own food through a process known as **photosynthesis**. This occurs when nutrients and water flow up from the roots via the xylem and combine with carbon dioxide and sunlight absorbed in the leaves. This chemical reaction produces **oxygen**, which is released into the air, and **glucose**, a type of sugar, that is dispersed throughout the rest of the tree via the phloem.

Sassafras *(Sassafras albidum)*

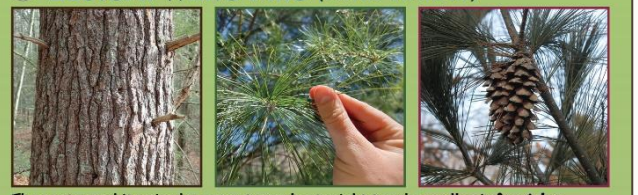
Sassafras is a small tree distinguished by three different leaf shapes (entire, mitten, and three-lobed). Although the soft, brittle wood is of little value commercially, its resistance to rot makes it good for outdoor furniture and fence posts. For generations, people have used the sap and roots to make candies, tea, and root beer! Though not edible to us, the fruits are enjoyed by many birds.

Sourwood *(Oxydendrum arboreum)*



Given its deeply furrowed, chunky bark and the way it grows crooked toward the sun, the sourwood can be easily spotted in the woods! In the spring, small, white flowers hang in clusters from the branch tips, and in the fall, the leaves turn crimson red. Sourwood is an importance source for pollinators, and bees create a tasty, light-colored honey that is prized in the mountains.

Eastern White Pine *(Pinus strobus)*



The eastern white pine has an extremely straight trunk, needles in **fascicles** (bundles) of five, and long skinny cones. White pine is a valuable lumber tree, but the needles are also rich in vitamin C and used to make tisane - a type of herbal tea. Wildlife, like deer, rabbits, and mice, graze on the foliage and seeds.

Birds of the [Region]

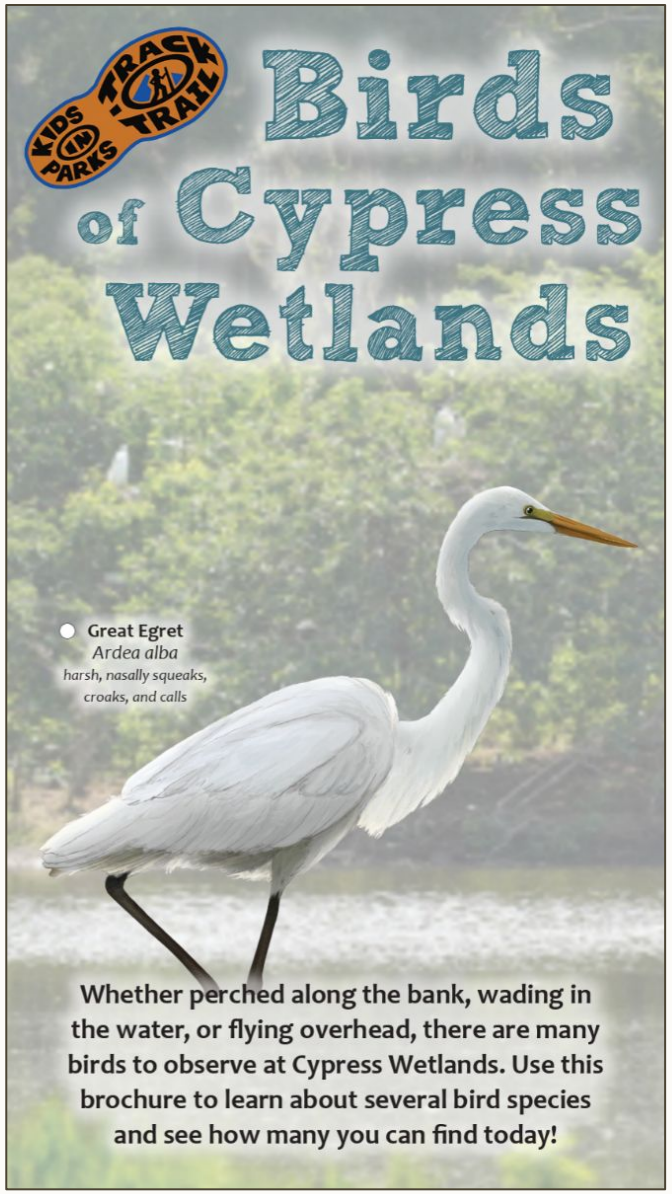
The “Birds of [XXX]" adventure shows off several common bird species in the area.

This brochure contains illustrations of up to 15 birds and includes information on how to identify them through calls and visual markings. The inside flap includes typical field markings to aid identification.

Age Suggestion: 6+ years old

*For this brochure, select **up to 15 bird species** - see Appendix for full list of bird art.*

**Regional bird brochures exist, such as Birds of the Blue Ridge Mountains, Coast, Eastern Grasslands, and Carolina Piedmont, so ask about local options*



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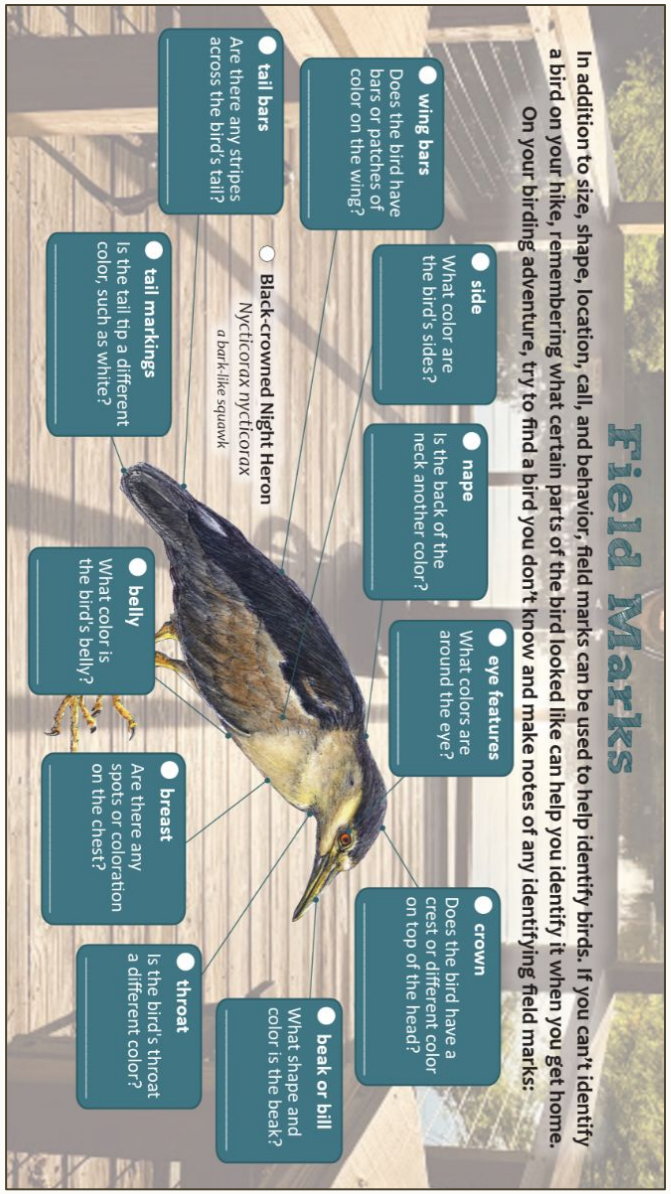


OUTER PANEL

Birds of the [Region]

INNER PANELS

Site-Specific Brochures

Our site-specific brochures are designed alongside partners to create entirely new options for sites and/or particular regions. Brochure topics from current TRACK Trails cover a wide range - such as natural events, history, landmarks, and endangered or endemic species and habitats.

The following brochures are just a few examples from our large inventory of site-specific brochures. If you're interested in designing a brochure for your location, please contact us. We may already have a brochure that covers your topic of interest, so don't hesitate to ask for a full list of designs.

NOTE: *All Kids in Parks materials, including brochure art, are designed in house by our staff*

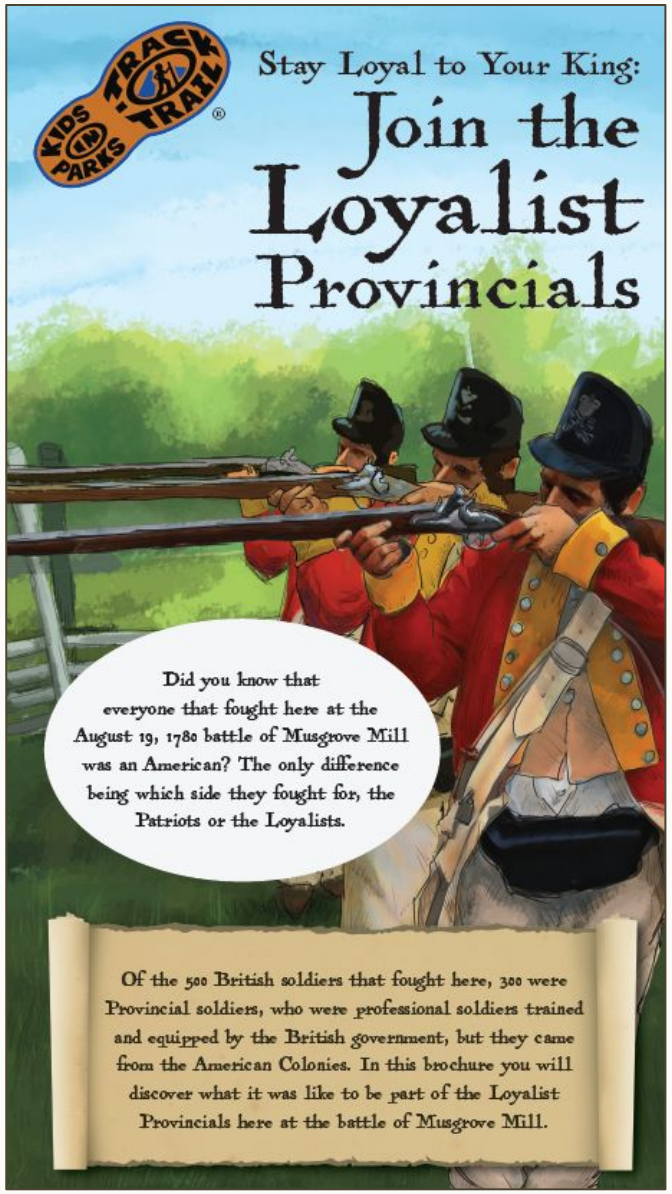
Battle of Musgrove Mill

There are two adventures to choose from for the Battle of Musgrove Mill - "Join the Loyalists Provincials" or the Patriot Militia.

These two brochures differentiate the two sides of this Revolutionary War site and what it took to be a soldier back then. Visitors can walk the battlefield grounds while enjoying the wildlife and scenery that have reclaimed the land.

Age Suggestion: 7+ years old

Designed for the Musgrove Mill State Historic Site in Clinton, South Carolina



COVER

OUTER PANEL

Battle of Musgrove Mill

INNER PANELS

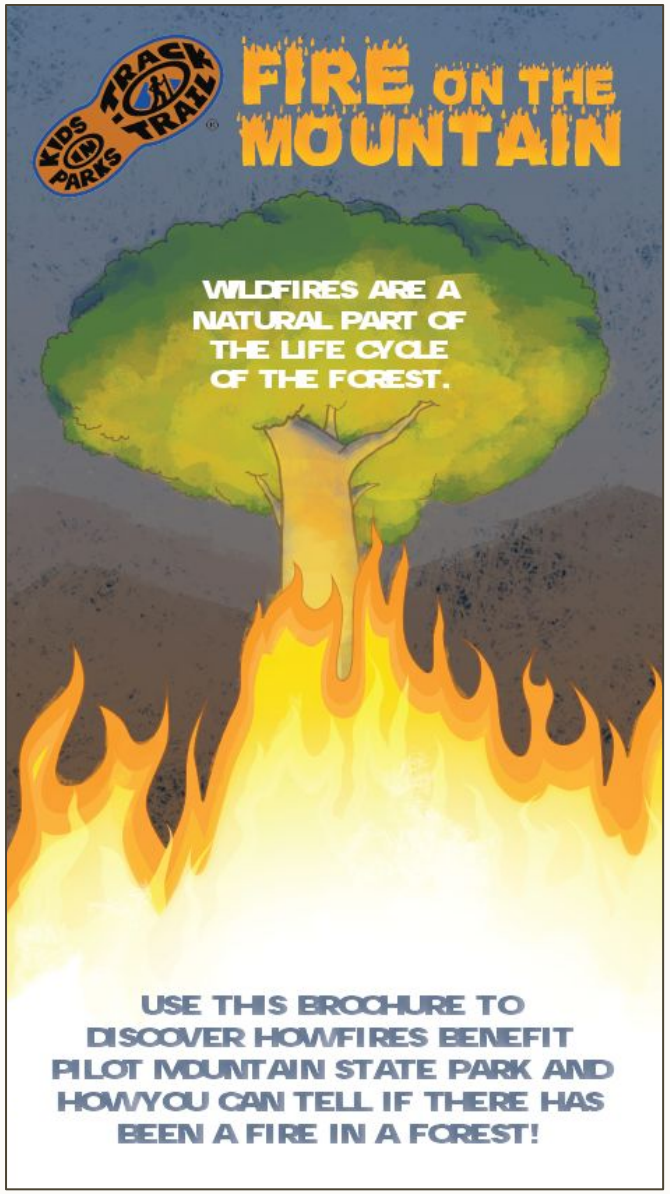
Fire on the Mountain

The “Fire on the Mountain” adventure shares the benefits of wildfires and how they are a natural part of a forest life cycle.

This brochure explains the importance of heat for the reproduction of certain plants. Kids can search for fire scars on surrounding vegetation and opportunistic plants that pop up first after a fire.

Age Suggestion: 7+ years old

Designed for Pilot Mountain State Park (NC) and Table Rock State Park (SC)



COVER

OUTER PANEL

Fire on the Mountain

INNER PANELS

SMOKE SIGNALS

How can you tell if a fire has occurred in a forest? Organisms that survive the fire display evidence while new, opportunistic life emerges. **Look for these signs of fire along the trail.**

SURVIVORS

Plants that survive a wildfire often bear the scars of their battle with the flames. **Can you find these fire clues?**

☐ FIRE SCARS

Fire scars can be seen in a tree's rings, creating a record of the fires it has lived through. On a standing tree, fire scars can look like an upside-down "V", called a "catface", cut into the base of the trunk.

Circle which side of the tree you find scars:

Uphill **Downhill**

☐ EPICORMIC BRANCHING

Epicormic branches are shoots that grow directly from the trunk of a tree. These can sprout to life out of injuries from fire.

OPPORTUNISTS

While a wild fire is the end for a lot of organisms, it also creates opportunities for new plants to grow by restoring soil nutrients, clearing undergrowth, and removing canopy that blocks sunlight. **Do you see any of these signs of new life?**

☐ PINE SPROUTS

Fire exposes mineral soil and clears out competing plants, allowing pine seedlings to sprout. Without fire, trees such as pitch, shortleaf, and table mountain pines would vanish from the landscape.

☐ SEROTINOUS CONES

These cones are found only on trees adapted to fire. They do not open until fire melts the "glue" that holds the scales closed. This way, seeds are only released when the forest floor is burned clear.

☐ FIRE FLOWERS

There are certain wildflowers that are adapted to grow in soils that are cleared and renewed by fire. Below are a few examples. **Can you find any of these blooms along the trail in spring or summer?**


Jack in the Pulpit


Bloodroot


Pink Lady's Slipper

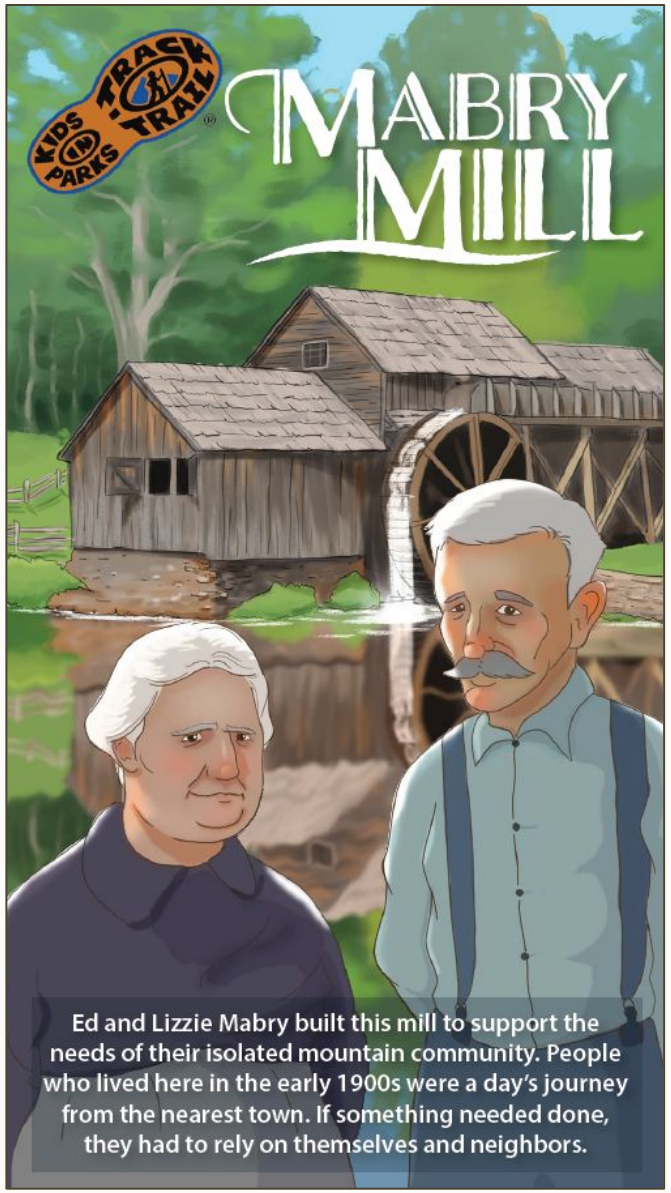
Mabry Mill

The “Mabry Mill” adventure steps into the past to uncover the origins of the mill.

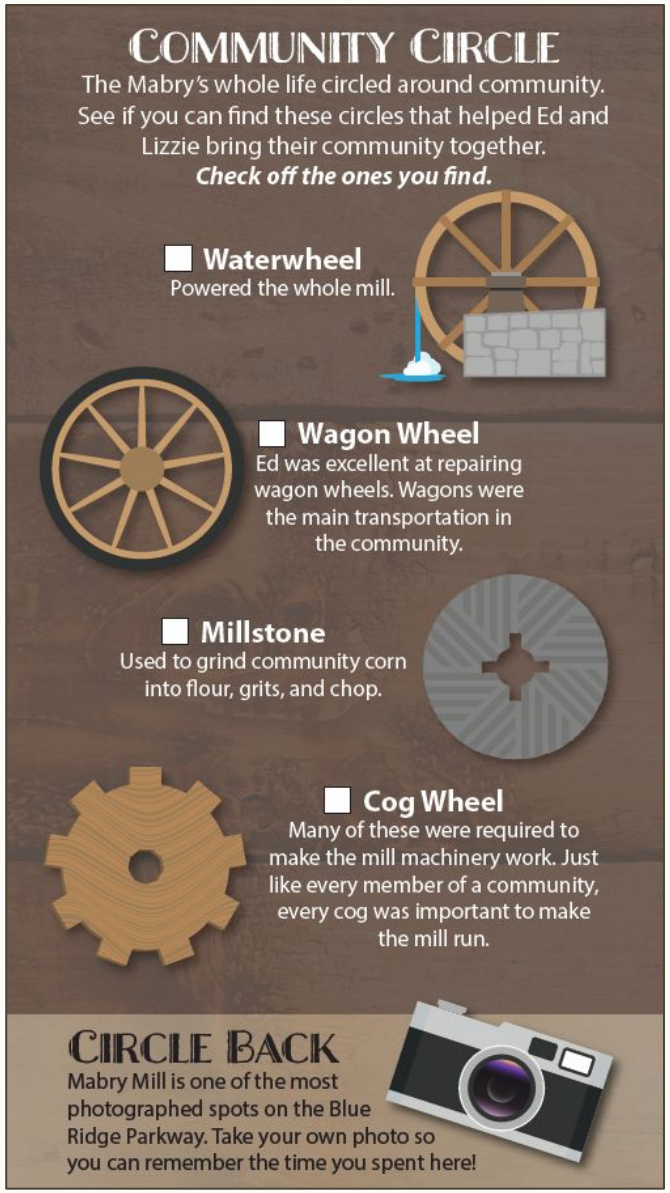
This brochure illustrates different tools and skills needed to survive the isolated mountains in the early 1900’s, including woodworking and blacksmithing. While exploring the Mabry homestead, look for the waterwheel, millstones, and other primitive structures on the grounds.

Age Suggestion: 6+ years old

Designed for Mabry Mill at Milepost 176.2 on the Blue Ridge Parkway



COVER



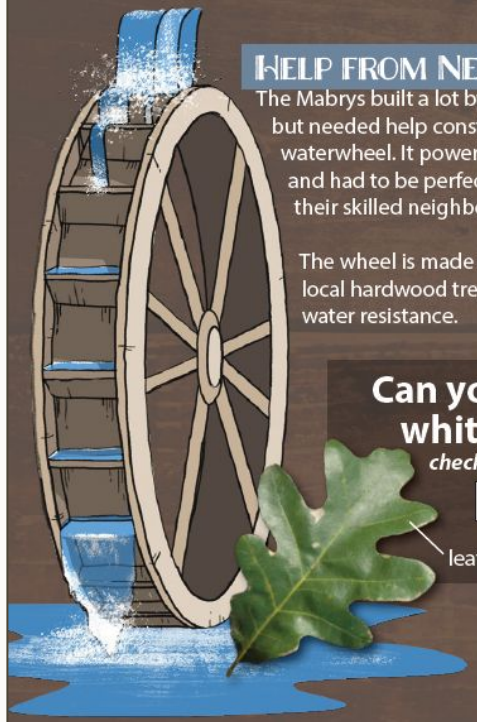
OUTER PANEL

Mabry Mill

INNER PANELS

The Community Mill

Mabry Mill was used for grinding corn as well as sawing lumber. Let's discover some of the ways the mill provided for the community.



Help from Neighbors

The Mabrys built a lot by themselves, but needed help constructing the waterwheel. It powers the entire mill and had to be perfect. Luckily one of their skilled neighbors offered help.

The wheel is made of white oak, a local hardwood tree known for its water resistance.

Can you find a white oak?

check the box

☐

Millstones Miles Away

The waterwheel drives the mill but millstones do the grinding work. These millstones came from about 45 miles away and Ed chiseled the grinding faces himself.

Strike While the Iron's Hot

With the success of the mill, Ed thought of other ways to provide services for the community. He set up a blacksmith shop to make metal products.

Can you find these tools?

☐ **Anvil**

Hammer ☐

Other: _____

"Nose to the Grindstone"

Too much water on the waterwheel spins the millstones too quickly. This builds heat and can burn the corn. To check for scorching, millers put their nose down close to the grinding and sniffed for the smell of burning.

Press your hands together and rub them slowly. Now rub them as fast as you can. Which speed makes your hands hotter?

SLOW or **FAST**

Mabry Mill ground slowly, never scorching the corn. The Mabrys were known for the best tasting cornmeal in the area.

How fast is the waterwheel turning? **Pick one spoke and count how many full turns it does in one minute.**

_____ **turns per minute**

Sawmill & Woodworking Shop

The waterwheel also powered the sawmill. When the Mabrys lived here there were no electric tools. All the tools needed for community lumber products were powered by the turning wheel. Can you find these tools around the mill?

☐ **Circular Saw**

Cuts logs into board lumber.

☐ **Lathe**

Turns wood for making table legs or wagon wheel spokes.

Other tools: _____

A Growing Community

Mabry Mill brings together millions of people from around the world. You may hear different accents or languages and see different styles of clothing. **Look at license plates in the parking lot. Which states and countries can you find?**

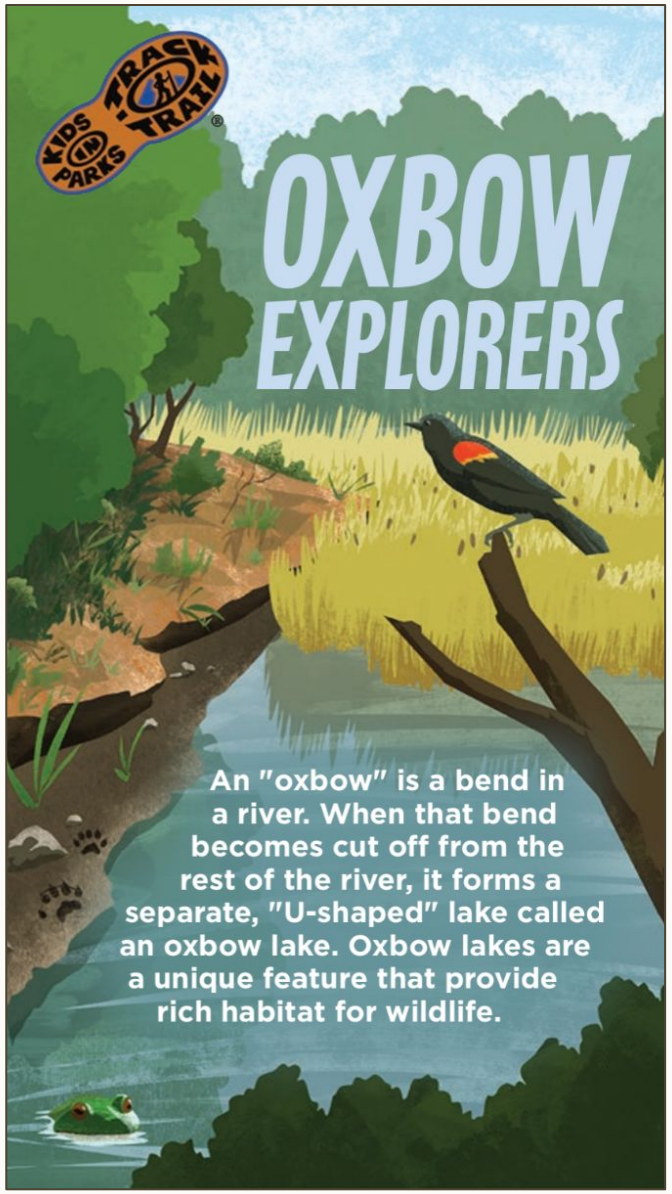
Oxbow Explorers

The “Oxbow Explorers” adventure dives into the characteristics of an oxbow lake, specifically the one at Sertoma Park after the Big Sioux River was rerouted.

This brochure uses all of one’s senses to learn more about the habitat and wildlife nearby. Through prompts, visitors can contemplate the human impact on this environment, including the pollution and man-made levees that impact this lake.

Age Suggestion: 5+ years old

Designed for Sioux Falls, South Dakota



COVER

OUTER PANEL

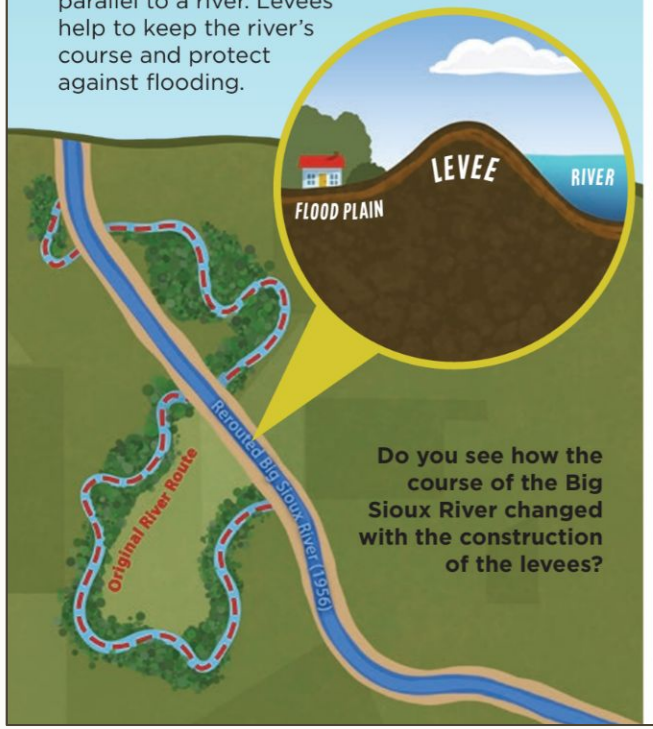
Oxbow Explorers

INNER PANELS

WHY IS THE OXBOW HERE?

Sioux Falls is located along the Big Sioux River and has experienced periods of flooding over the years. In 1956, levees were created for flood control management. The levees redirected the Big Sioux River, cutting off the water around Sertoma Park and creating the oxbow lake.

A **levee** is a structure, often made of earth, that runs parallel to a river. Levees help to keep the river's course and protect against flooding.



Do you see how the course of the Big Sioux River changed with the construction of the levees?

5 SENSE SCAVENGER HUNT

Discover the hidden secrets of the oxbow lake!

The Oxbow Lake is more than meets the eye. Use your 5 senses to explore and discover the hidden secrets here.

SIGHT

What plants and animals do you see?

As you walk the Riparian Trail, **can you spot these plants and animals?**

Mallard | Painted Turtle | Duckweed | Cattails

SOUND

What do you hear that is in or near the oxbow?

A variety of different animals use the oxbow lake as their home or as a resting place on their journey. **Check the animals below that you hear (or see).**

Green Heron | Wood Duck | Wild Turkey | Bull Frog

SMELL

Why does the oxbow stink?

When water is not moving, some plants and aquatic creatures die because the oxygen levels drop. The natural breakdown or rotting of these plants and animals creates a "rotten egg" smell.

What do you think the oxbow smells like?

TASTE

Why wouldn't you drink this water?

Do NOT drink the oxbow water!

Take a drink out of your water bottle and appreciate the clean water the city provides for us.

What can you do to help clean up our waterways?

1.

2.

3.

TOUCH

How does the water of the oxbow lake move?

Roughly 1,514 acres drain into the oxbow and exit into the Big Sioux River through one-way pipes when it rains or snows.

Drop a leaf on one side of the bridge and time how long it takes for it to flow to the other side.

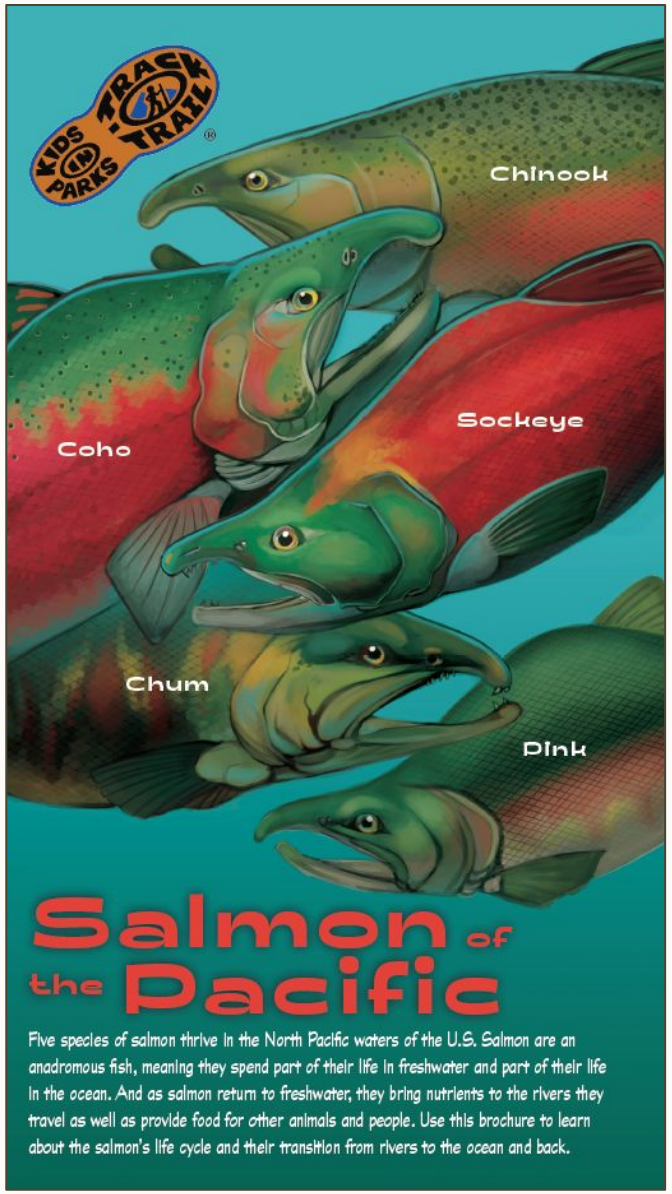
Salmon of the Pacific

The “Salmon of the Pacific” adventure is dedicated to the five salmon species found in the Pacific Northwest waters.

This brochure walks readers through the unique life cycle of salmon and highlights their significance to the people and ecosystem of the region. Several of our site-specific brochures, like this one, highlight groups of animals or plants.

Age Suggestion: 6+ years old

Designed for Renton, Washington



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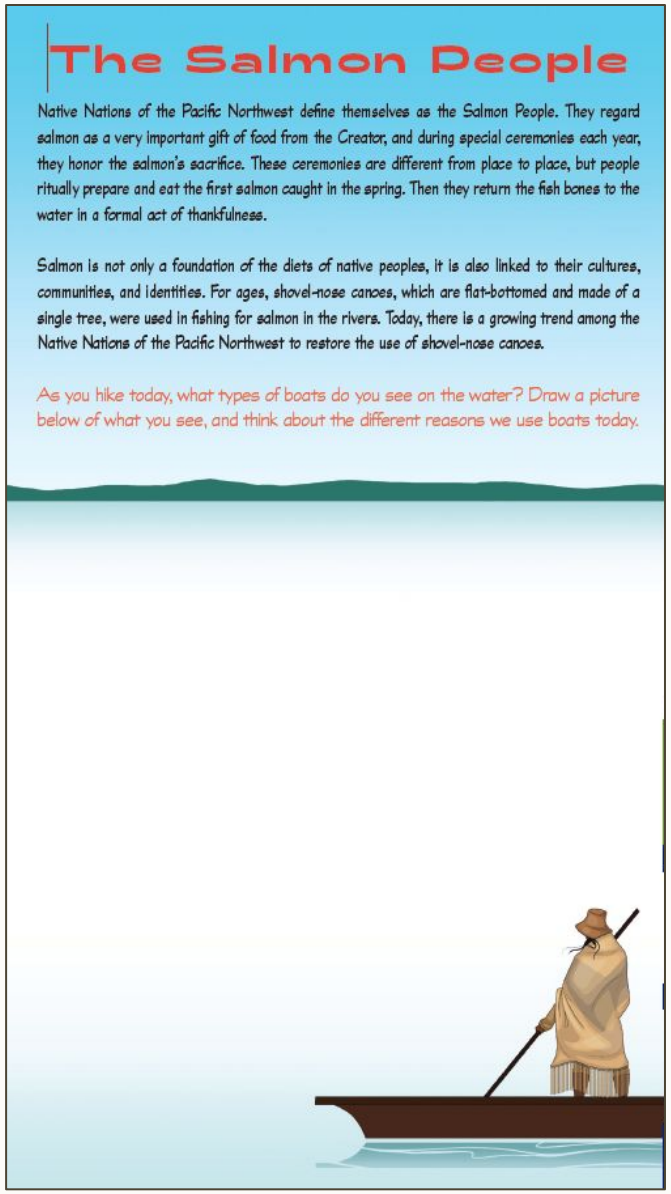


OUTER PANEL

Salmon of the Pacific

INNER PANELS

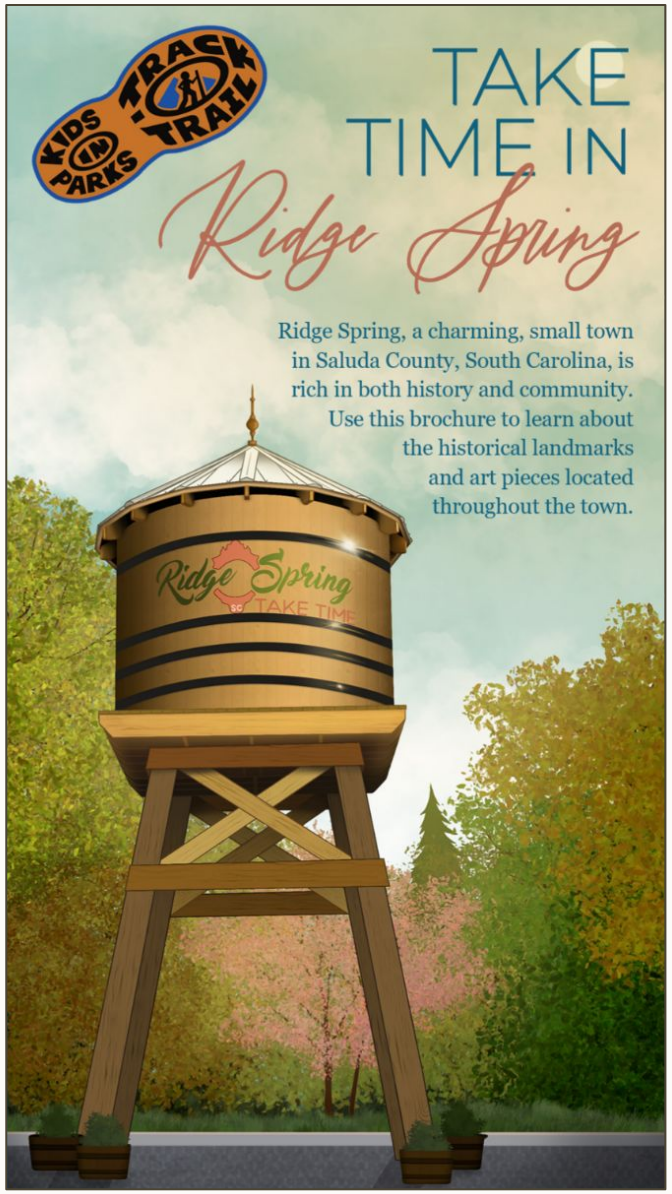
Take Time in Ridge Spring

The “Take Time in Ridge Spring” adventure walks visitors through the town of Ridge Spring, pointing out local art and important landmarks.

This brochure provides a new way to experience this small South Carolina town. Kids can search for different things scattered along the route while checking out historical spots, including the Nut House for free candied pecans!

Age Suggestion: 6+ years old

Designed for Ridge Spring, South Carolina

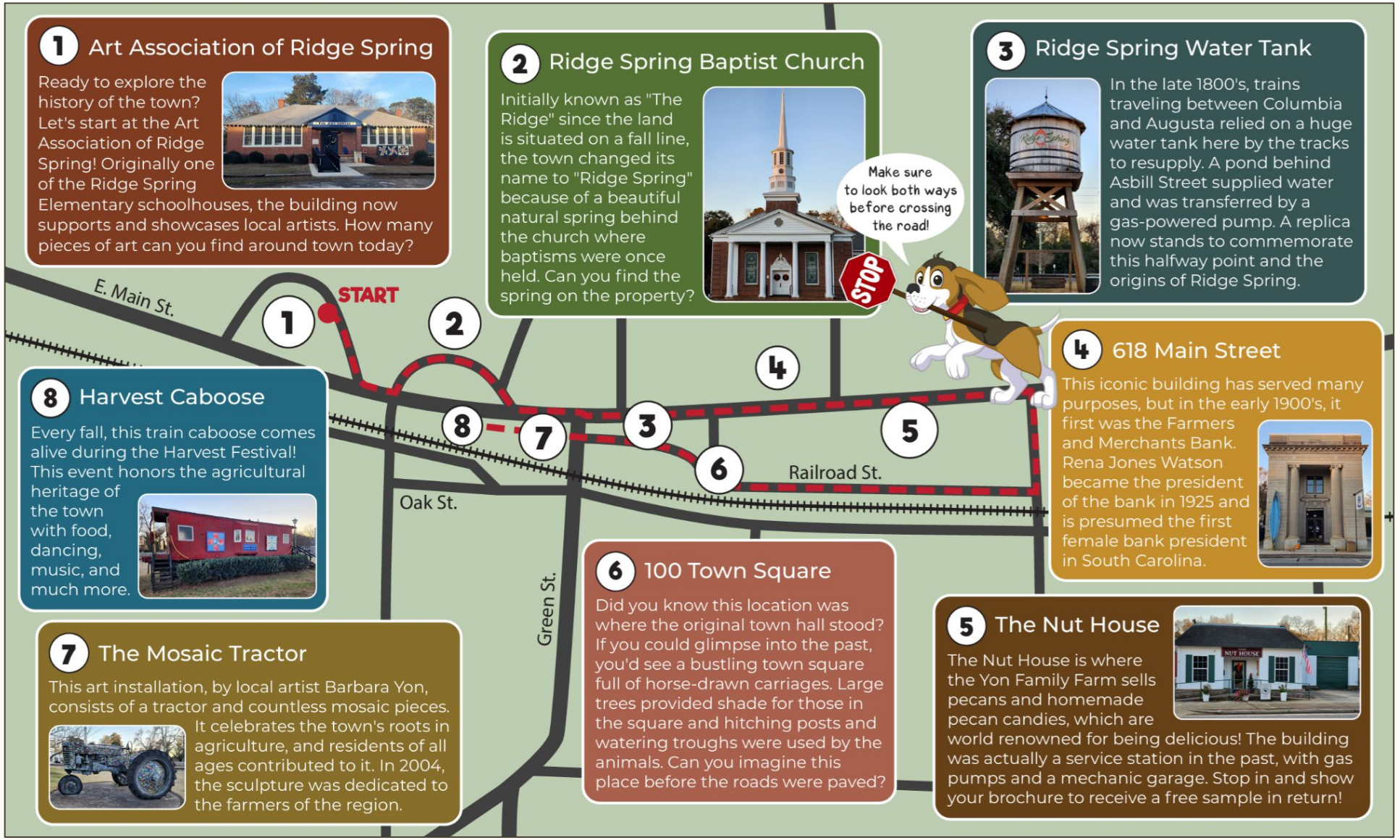


COVER

OUTER PANEL

Take Time in Ridge Spring

INNER PANELS



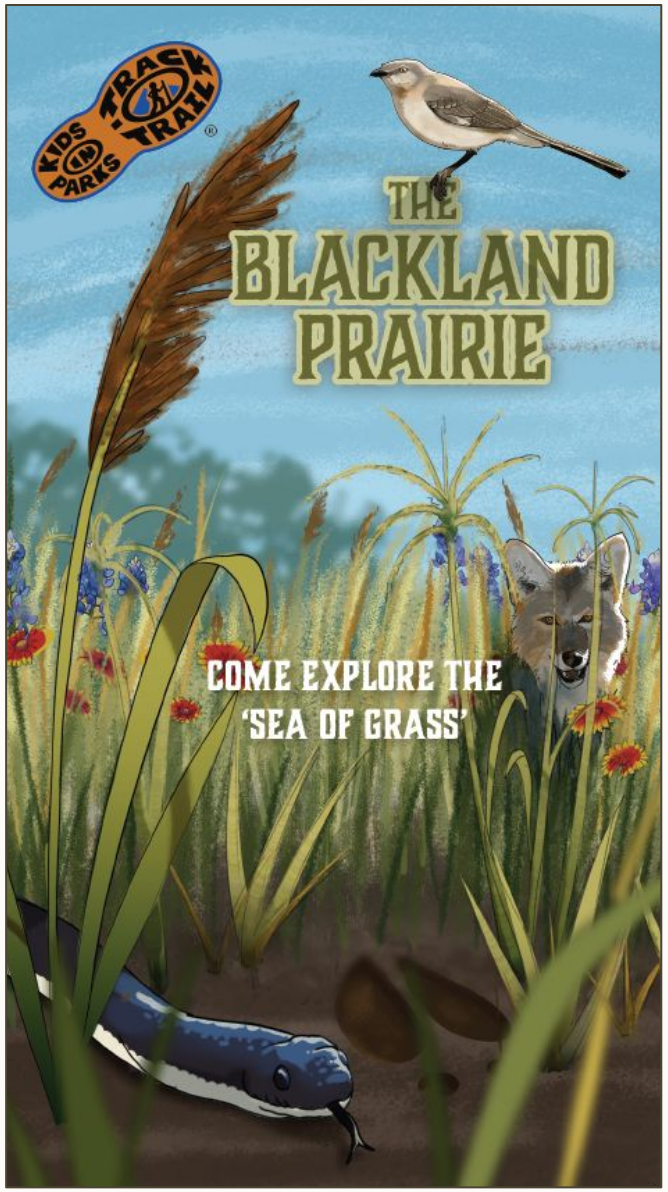
The Blackland Prairie

"The Blackland Prairie" adventure tells the story of this fertile land strip, deemed the 'sea of grass' by early Texas settlers.

This brochure focuses on the special plants and animals dependent on this grassland habitat that runs through a small sliver of the state. The importance of fire management for prairie ecosystems is also provided for readers.

Age Suggestion: 6+ years old

Designed for the Big Bluestem Trail at Grand Park in Frisco, Texas



COVER

OUTER PANEL

The Blackland Prairie

INNER PANELS

THE BLACKLAND PRAIRIE ECOREGION

Stretching from the Red River to San Antonio, the Blackland Prairie is a long sliver of fertile ground described as a 'sea of grass' by European settlers. Along the tall grasses were the American bison that frequently moved in large herds to avoid predation from gray and red wolves. While on the run they would trample saplings, bury seeds in the soil and leave behind valuable manure. Other large animals like pronghorns, black bears and mountain lions once called this land their home beside the bison and wolves until humans started to settle out west.

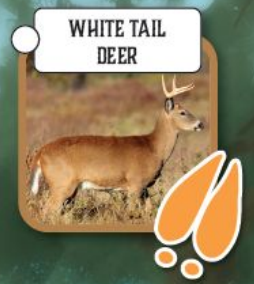
AGRICULTURE & DEVELOPMENT

The Blackland Prairie features an easily farmed fertile black soil. These rich soils led to the boom of the cotton industry and several other crops in Texas from the 1800s to the 1930s but also destroyed 99% of the ecoregion. Many organizations, including governmental, are working to restore, conserve and preserve the ecoregion.

ANIMALS

Small creatures like the mocking bird, eastern fox squirrel, eastern cottontail, rat snake, white-tail deer, and coyotes are just a few of many that can be found. All the animals play an important part of helping the prairie thrive.

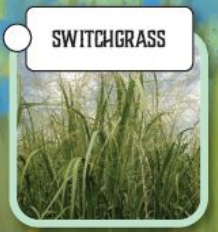
Can you find these animals (or their tracks) in the prairie today?



PLANTS

There are two types of plants that can be found in Blackland prairie: annuals and perennials. Annuals are plants that will grow for a single year and die. Annuals will have shorter roots as they won't need to worry about coming back at the end of their season. Perennials are plants that will keep coming back every year. Some perennials will have roots that can be over 10 feet deep in the ground. These plants will use the roots to grow back in the spring, after fires, or even after being eaten by bison.

Can you find these plants that make up the sea of grass?

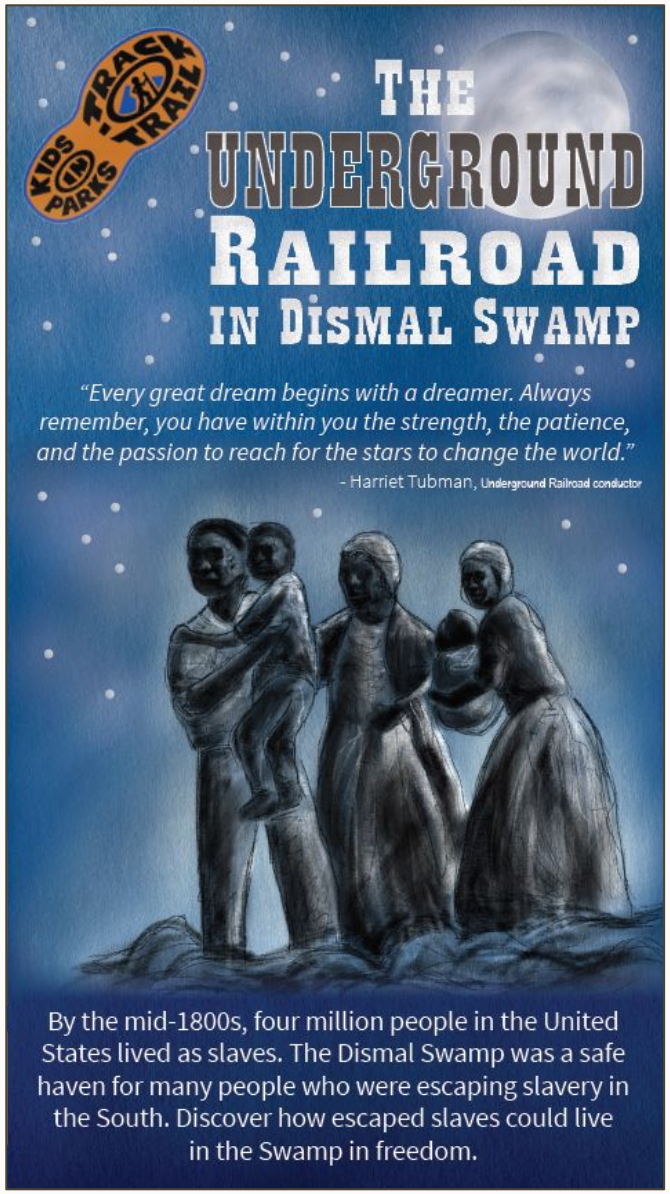


The Underground Railroad in Dismal Swamp

"The Underground Railroad" adventure sheds light on the Dismal Swamp as a safe haven and passageway for enslaved people in the 1800's.

This brochure uncovers how enslaved individuals survived in the swamp – from how to walk discreetly in the woods to what animals and plants were safe to eat. Readers learn about the magnitude of the underground railroad in providing a new chance at life for thousands of people.

Age Suggestion: 7+ years old



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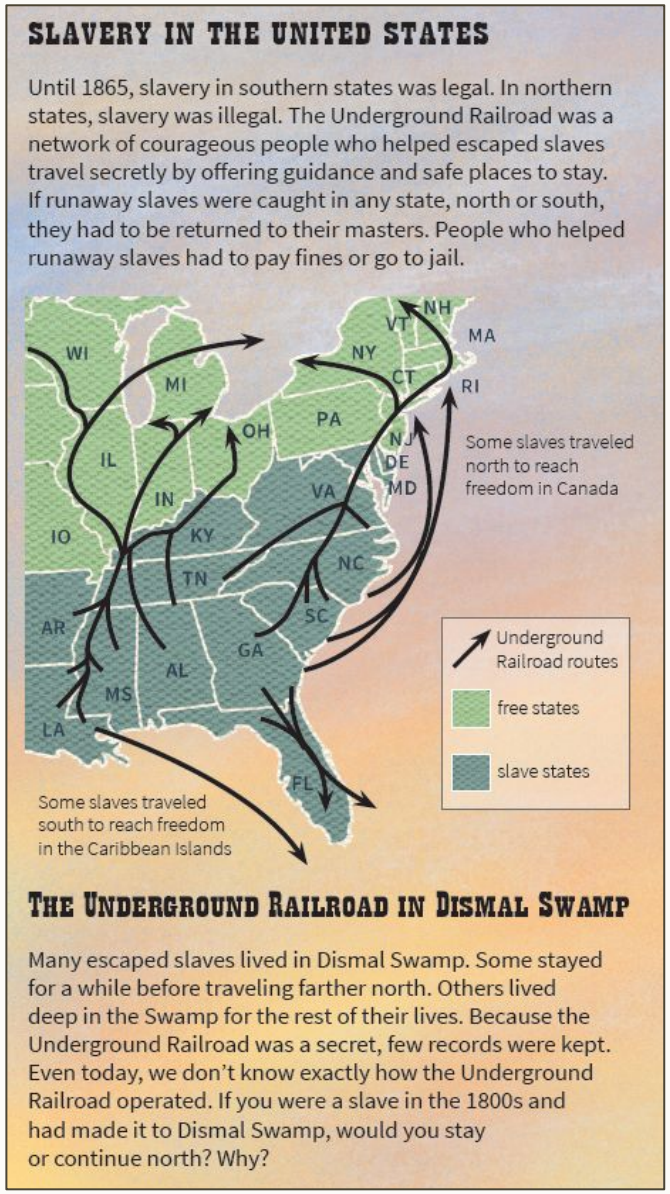


OUTER PANEL

The Underground Railroad in Dismal Swamp

INNER PANELS

Finding Freedom In The Swamp

Many of the slaves that built the Dismal Swamp Canal became familiar with the Swamp. Some of them escaped into the wilderness. They formed communities called "maroon colonies". The maroons built shelters on areas of higher ground in the swamp. Dismal Swamp was probably home to the largest maroon colony in the United States. What do you think life was like in the Swamp?

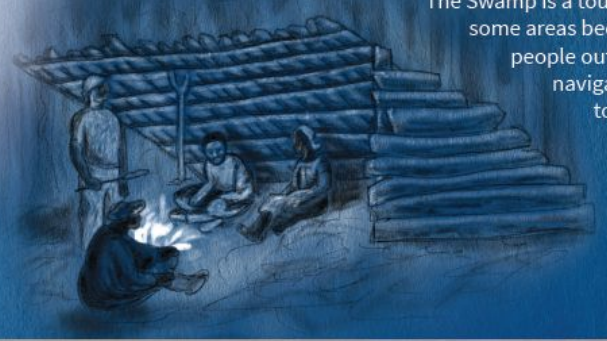
Passage on the Underground Railroad

The journey to freedom was filled with uncertainty. Escaped slaves often traveled for days or weeks between Underground Railroad stations, and they were always in fear of being found. Slave catchers rode horses and used dogs to track escaped slaves. Most of escaped slaves' time was spent hiding. They had to survive on very little sleep or food.

How would you move undetected through the wilderness?

1. Be quiet by not talking.
2. Walk slowly and carefully to avoid snapping twigs or crunching leaves.
3. Stop every few steps and listen for others.
4. If you see a person or animal, or hear a noise, slowly crouch down.

(Because walking on the soil can be dangerous, please stay on the boardwalk.)



Why Live in the Swamp?

The Swamp is a tough place for humans to live. It is nearly impossible to travel in some areas because the peat soil can be up to 15 feet deep. This kept most people out, but escaped slaves who knew the Swamp were able to navigate through it. Be sure to see the exhibits in the visitor center to get an up-close look at the soil.

Slave catchers also avoided the Swamp because of its many myths. The legends of poisonous vapors, ghosts, balls of snakes, swamp creatures, and even an evil spirit called the Swamp Witch kept people from searching here. Tell a story that would scare people away from the Swamp.

written & illustrated by Elise A. Kahl

Surviving in the Swamp

Shelter

Bald cypress and Atlantic white cedar trees were used to build shelters in the swamp since they have wood that does not rot easily. Can you find these tree species?

☐ **Bald Cypress** *(Taxodium distichum)*

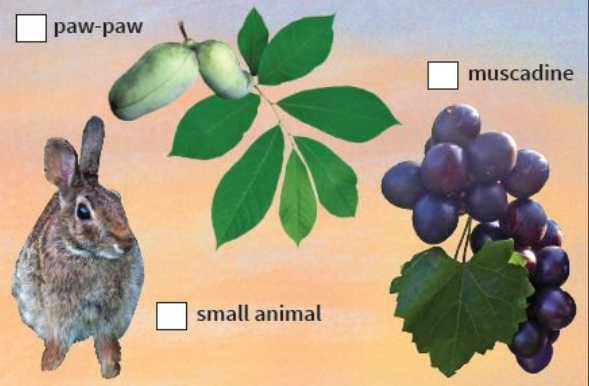
☐ **Atlantic White Cedar** *(Chamaecyparis thyoides)*

Food & Water

The maroon colonists ate small game and native fruits, such as paw-paws and grapes. Can you find some of the foods that they depended on for survival? *(Many plants have poisonous look-alikes. Please do not collect or eat any of the plants along the trail.)*

☐ paw-paw

☐ muscadine



☐ small animal

Life Lessons

The Underground Railroad is proof that through individual and collective acts of courage, injustices can be overcome. How are you courageous? How will you help others who are treated unfairly throughout your life?

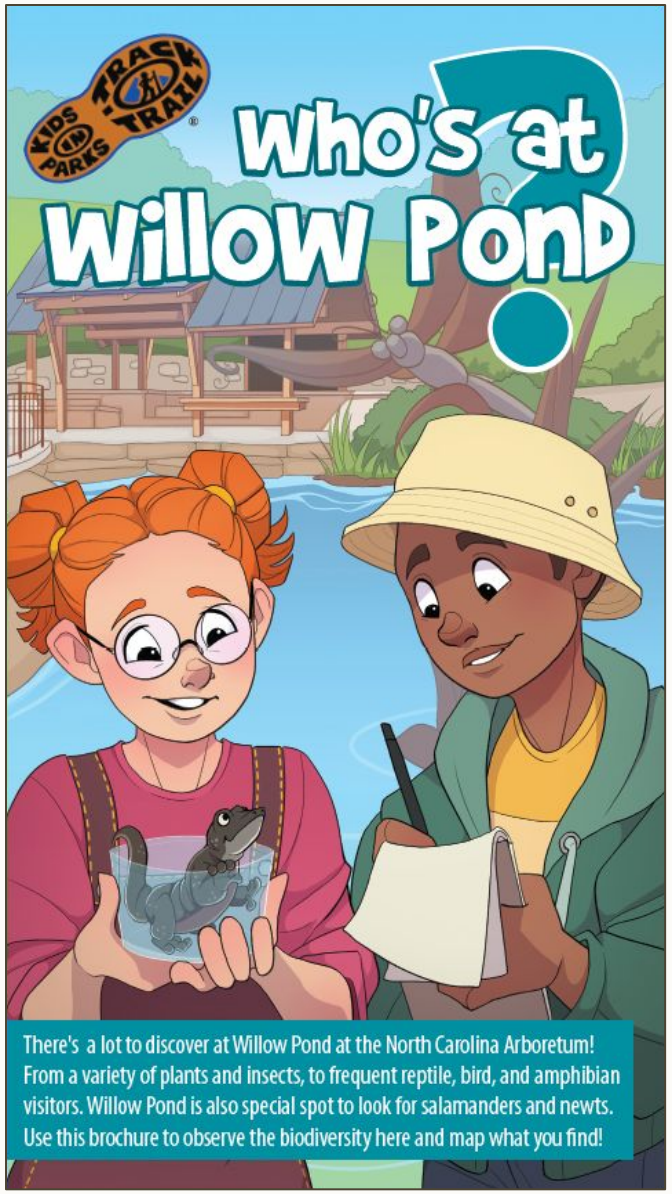
Who's at Willow Pond?

The "Who's at Willow Pond" adventure is dedicated to the aquatic life at the North Carolina Arboretum's Willow Pond.

This brochure maps out the diverse wildlife found living along and within Willow Pond. Kids can count up all the critters that depend on this water source for protection and nutrients.

Age Suggestion: 7+ years old

Designed for the North Carolina Arboretum
In Asheville, North Carolina



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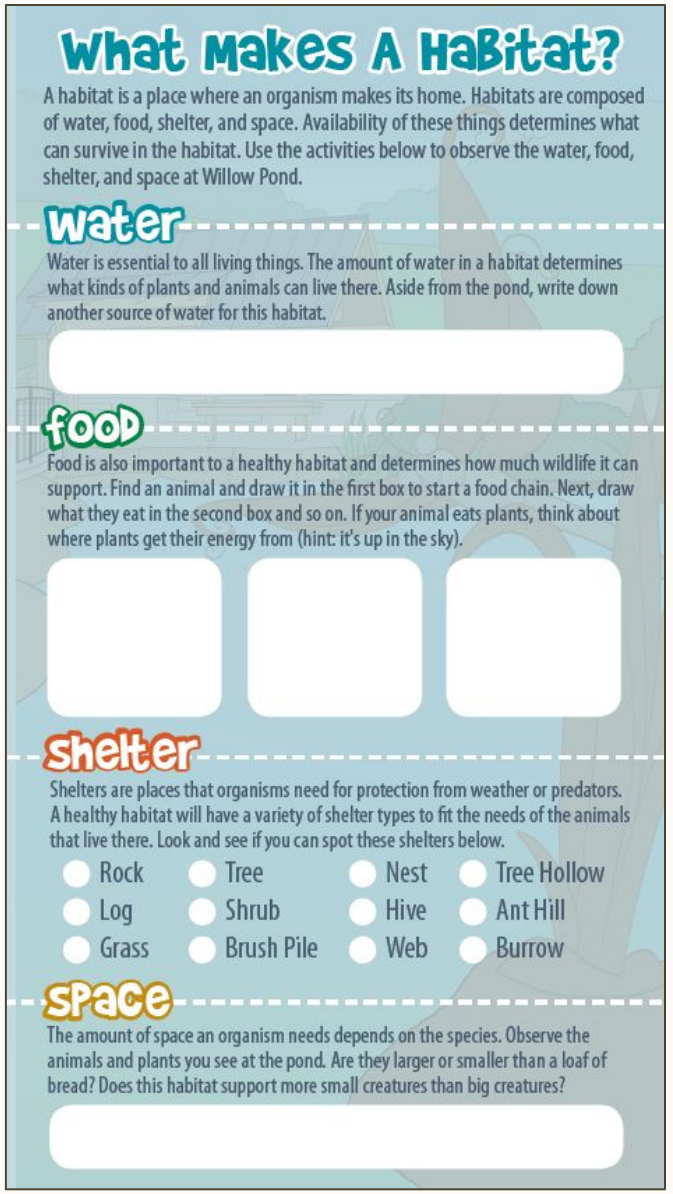
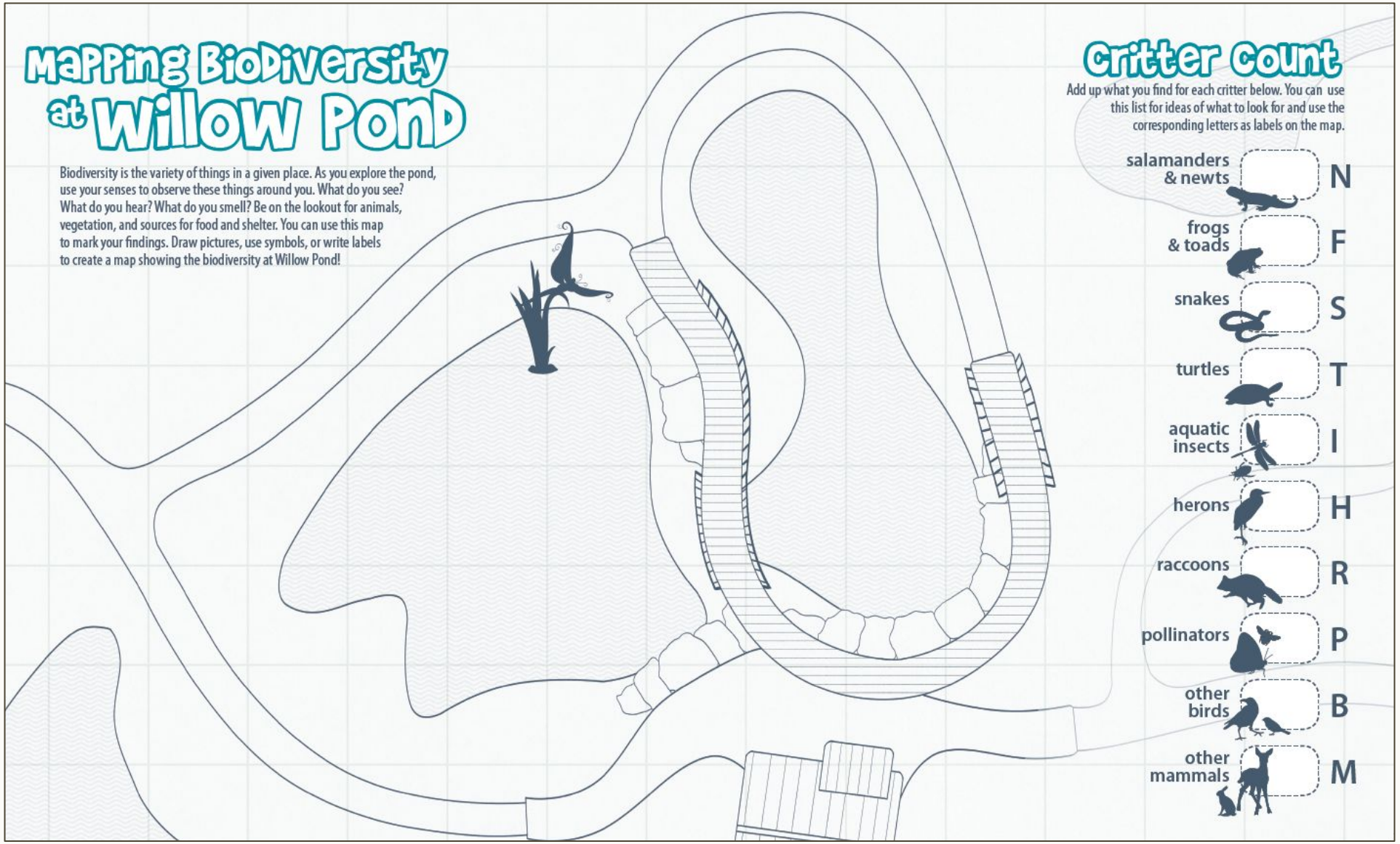


OUTER PANEL

Who's at Willow Pond?

INNER PANELS



e-Adventures

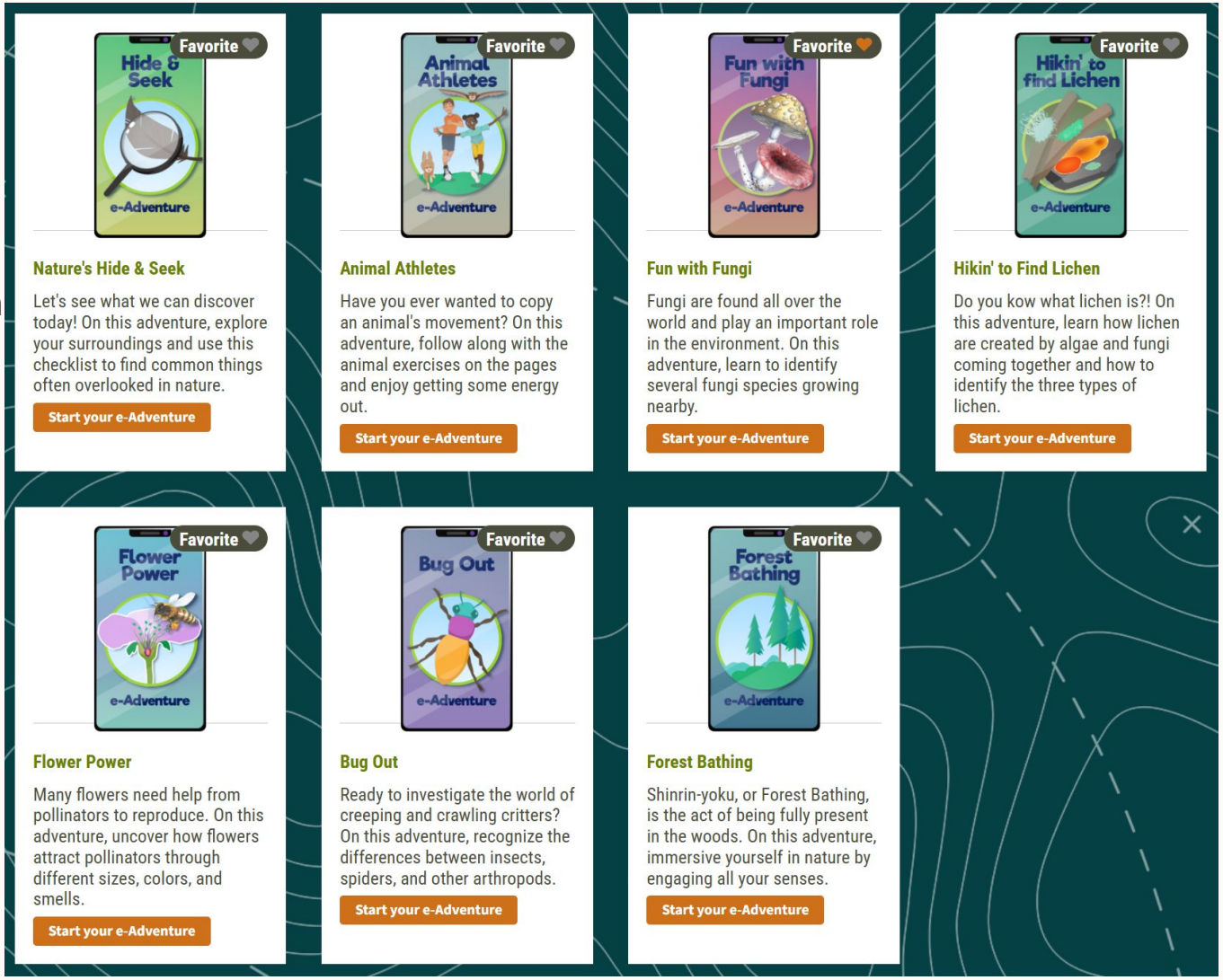
In addition to physical materials for TRACK Trails, Kids in Parks also converts popular brochures into [e-Adventures] that kids can enjoy on a smartphone or tablet. Families have the option to complete an e-Adventure in their backyard, a nearby park, an official TRACK Trail, or anywhere in between!

Some popular e-Adventures include:

- Nature's Hide & Seek
- Community Creature Count
- Forest Bathing

Find all e-Adventure on [kidsinparks.com], and let us know if you have any suggestions for other mobile adventures!

NOTE: *All Kids in Parks materials, including digital art, are designed in house by our staff*



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Appendix: Bird Art

All of our Kids in Parks materials are drawn digitally or by hand, including bird art. We are constantly adding to this list of available art, so let us know if you have a species in mind not listed below.

Acorn Woodpecker
American Avocet
American Cliff Swallow
American Coot
American Crow
American Goldfinch
American Kestrel
American Robin
American Tree Sparrow
American White Pelican
American Woodpecker
Anna's Hummingbird
Bald Eagle
Baltimore Oriole
Barn Swallow
Barred Owl
Belted Kingfisher
Black & White Warbler
Black Phoebe
Black Vulture
Black-billed Magpie
Black-capped Chickadee
Black-chinned Hummingbird
Black-crowned Night Heron
Black-headed Grosbeak
Blue Jay
Blue-winged Teal
Blue-gray Gnatcatcher
Brown Thrasher
Brown Pelican
Brown-headed Cowbird
Brown-headed Nuthatch
Brown-backed Chickadee
Bullock's Oriole
California Gnatcatcher
California Quail
Canada Goose
Canada Jay
Canyon Wren
Carolina Chickadee
Carolina Wren
Cattle Egret
Cedar Waxwing
Chipping Sparrow
Cliff Swallow
Common Gallinule
Common Loon
Cooper's Hawk
Dark-eyed Junco
Double-crested Cormorant
Downy Woodpecker
Eared Grebe
Eastern Bluebird
Eastern Kingbird
Eastern Meadowlark
Eastern Phoebe
Eastern Towhee
Fish Crow
Gadwall
Gray Catbird
Great Blue Heron
Great Egret
Great Horned Owl
Great-tailed Grackle
Green Heron
Hairy Woodpecker
House Finch
House Sparrow
Killdeer
Laughing Gull
Light-footed Clapper Rail
Little Blue Heron
Long-billed Curlew
Mallard
Marsh Wren
Mountain Bluebird
Mourning Dove
Nashville Warbler
Northern Cardinal
Northern Flicker
Northern Mockingbird
Northern Parula
Orchard Oriole
Osprey
Ovenbird
Painted Bunting
Pied-billed Grebe
Pileated Woodpecker
Pine Warbler
Prothonotary Warbler
Purple Martin
Red-bellied Woodpecker
Red-breasted Nuthatch
Red-cockaded Woodpecker
Red-headed Woodpecker
Red-naped Sapsucker
Red-shouldered Hawk
Red-tailed Hawk
Red-winged Blackbird
Ring-billed Gull
Ring-necked Pheasant
Roadrunner
Rock Dove
Rose-breasted Grosbeak
Ruby-throated Hummingbird
Rufous Hummingbird
Sandhill Crane
Scarlet Tanager
Sharp-shinned Hawk
Snowy Egret
Song Sparrow
Spotted Sandpiper
Spotted Towhee
Steller's Jay
Summer Tanager
Tree Swallow
Tricolored Heron
Tufted Titmouse
Turkey Vulture
Violet-green Sparrow
Western Bluebird
Western Kingbird
Western Meadowlark
Western Northern Flicker
Western Scrub Jay
Western Tanager
White-breasted Nuthatch
White Ibis
White-tailed Kite
Wild Turkey
Wood Duck
Wood Stork
Wood Thrush
Yellow Warbler
Yellow-headed Blackbird
Yellow-rumped Warbler