



June is Great Outdoors Month! This month, we celebrate outdoor activities and the parks, forests, and

wildlife spaces that help people connect with nature.

Whether you're walking, biking, hiking, or simply enjoying the fresh air, spending time outside can help your body and mind feel healthy and strong.

In this packet, you'll explore fun activities that encourage you to get outside and interact with the world around you!



### This packet includes...

- Biomusic Creative Activity
- Mia's Badge Board Activity
- Preparing To Explore National Parks Activity
- Great Outdoors Word Search Activity



### Explore More

Can't make it outside right now? You can still celebrate Great Outdoors Month from indoors with these activities!



**Watch a nature documentary** about something in nature that interests you! With a grown-up's help, find a documentary about animals, plants, or places that bring the outdoors to you!



**Go camping indoors** by pitching a tent inside or building one with blankets, pillows, and furniture. Spend time in your tent with books, music, or friends and family!



**Take a virtual field trip** to a national park. With a grown-up's help, use the internet to search for virtual tours of national parks or other outdoor places you want to explore!



**Directions:** Have you ever wanted to create your own musical instrument? Choose an instrument to create, get outside, and make some music!

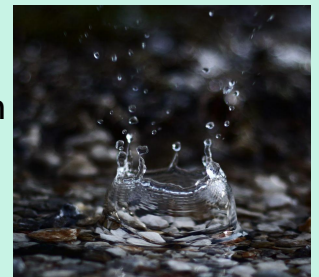
Biomusic is music created or performed using animals or plants. In its simplest form, the animal makes the music all on its own! Click or scan the QR code to hear an example.



Another way to make biomusic is to make instruments out of things found in nature. Some instruments are easier to find and play than others. Each instrument below is rated out of five music notes, with one note meaning easy to make or play and five notes meaning difficult.

**“Rock” Music** ♪ - - - -  **Adult supervision recommended**

To make “rock” music, head to a lake or river. Make sure you have an adult with you! Find small pebbles or rocks around the water and drop them into the water. Does the size of the rock change the sound? What about the height you drop it from?



**Pine Cone Scrapers** ♪ ♪ - - -

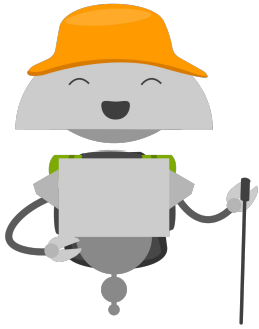
To make a pine cone scraper, all you need is a pine cone and a stick. The tricky part is finding a good pine cone. Look for one that’s still closed and hard rather than one where the seeds have started to get loose. Carefully hold the pine cone in one hand and scrape the pine cone with a stick. If you can’t find a pine cone, a craggy rock or a rough branch can also work.



**Acorn Whistle** ♪ ♪ ♪ - -

If you live near an oak tree, this instrument is the easiest to find but the hardest to play. Find an acorn and carefully take the cap off the acorn so that the cap stays in one piece. Hold the cap upside down between your thumbs and pointer fingers. The knuckles of your thumbs should be touching, and the tips of your thumbs should point out, making a “V” shape. All you should see of the acorn is a small triangle. Touch your lips to your thumbs so that your top lip is touching your knuckles and blow **hard** into the triangle. With an adult’s permission, use the internet to search “acorn whistle” to find videos on how to do this if you’re having trouble getting the acorn to make a sound.





**Directions:** Complete the activities below to collect Mia's Badges! When you finish an activity, find the matching badge on the next page. Cut it out and attach it here or to another paper as a keepsake. Can you collect them all?

**Color Walker**

Pick a color before starting and see how many objects of that color you can spot.

**Water Painter**

Paint with water on wood and rocks outside to create designs.

**Sunrise Seeker**

Get up early to watch the sun rise.

**Star Spotter**

Look up at the stars and see if you can spot any constellations.

**Picnic Partier**

Have a snack or meal outside with friends or family.

**Park Visitor**

Head to a local, state, or national park to enjoy the great outdoors.

**Outdoor Reader**

Bring your book outside and read in the fresh air.

**Obstacle Maker**

Use objects from home, in nature, or at the park to make an obstacle course.

**Night Music Listener**

Stand outside at night and listen to the music of the natural world.

**Heart Finder**

Find something outside that is naturally shaped like a heart.

**Community Cleaner**

With an adult, pick up litter in your area. Properly get rid of what you find.

**Bird Watcher**

Spot or hear at least three different birds in your area.







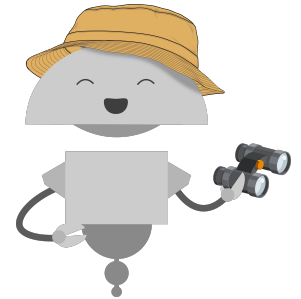
**Directions:** Read about national parks and the different environments you might encounter! Then, help Mia get ready to explore three very different national parks on the following pages!






"USPS National Park Service 1934" from Wikimedia Commons, Public Domain, [https://commons.wikimedia.org/wiki/File:USPS\\_National\\_Park\\_Service\\_1934.jpg](https://commons.wikimedia.org/wiki/File:USPS_National_Park_Service_1934.jpg)

**A national park** is a large area of land that the U.S. government protects. These special places are full of amazing nature, wildlife, and history. There are over 400 national parks across all 50 states. There might even be one near you!

I'm getting ready to visit three amazing national parks, and I need your help! Each park has a different climate and ecosystem, so I'll need to pack differently for each one. Read the guide below, then help me get ready for each adventure!



 <b>Hot and Dry</b>	 <b>Cool and Wet</b>	 <b>Hot and Humid</b>
<ul style="list-style-type: none"> <li>• Drink more water than you think you need — heat dehydrates you fast!</li> <li>• Wear lightweight, light-colored clothing and a hat.</li> <li>• Hike in the morning or evening to avoid the hottest part of the day.</li> </ul>	<ul style="list-style-type: none"> <li>• Wear a waterproof jacket and sturdy boots with good grip.</li> <li>• Use bug spray and check for ticks after hiking.</li> <li>• Make noise on trails so you don't surprise bears or elk!</li> </ul>	<ul style="list-style-type: none"> <li>• Wear light clothing and apply sunscreen and bug spray.</li> <li>• Bring plenty of water — humidity makes it feel hotter than it is.</li> <li>• Stay on trails, and never feed or approach wildlife!</li> </ul>



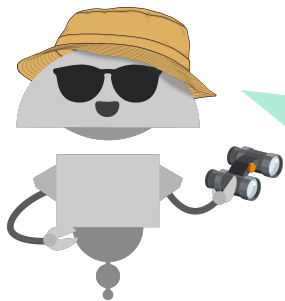
## Grand Canyon National Park, Arizona

**What makes it special:** The Grand Canyon is one of the most breathtaking places on Earth. It is a massive canyon carved by a river over millions of years with rocks that tell the story of nearly two billion years of history!

**Weather and landscape:** The Grand Canyon is hot and dry with rocky, uneven trails and stunning canyon views.

**Animals you might see:** You might spot California condors soaring overhead, bighorn sheep, mule deer, and rattlesnakes.

**How to take care of it:** The rocks and trails here are fragile. Staying on marked paths helps protect them for future explorers!



I am so excited to hike at Grand Canyon National Park! Complete my lists below by writing or drawing what clothing I'll need to wear and what supplies I'll need to pack. Use the guide on the first page of this activity to help you!

### What To Wear

### Supplies To Pack



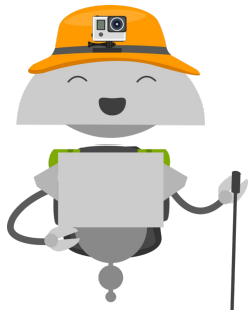
## Olympic National Park, Washington

**What makes it special:** Olympic has three completely different ecosystems in one park: a lush rainforest, a rugged coastline, and snowy mountain peaks!

**Weather and landscape:** Olympic is cool and rainy with mossy forest floors, muddy trails, and stunning ocean views.

**Animals you might see:** You might spot Roosevelt elk, black bears, mountain goats, and colorful sea stars in tide pools.

**How to take care of it:** The rainforest floor is incredibly delicate. Stick to the trails and store food properly to keep wildlife safe!



I can't wait to explore the ecosystems at Olympic National Park! Complete my lists below by writing or drawing what clothing I'll need to wear and what supplies I'll need to pack. Use the guide on the first page of this activity to help you!

### What To Wear

### Supplies To Pack



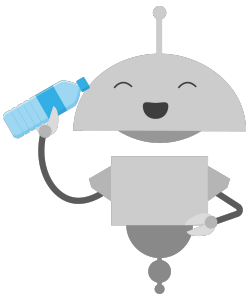
### Everglades National Park, Florida

**What makes it special:** The Everglades is a one-of-a-kind “river of grass.” It is a shallow, slow-moving river covered in sawgrass that is home to incredible wildlife!

**Weather and landscape:** The Everglades is hot and humid with vast open wetlands, mangrove trees, and winding waterways.

**Animals you might see:** You might spot alligators, crocodiles, manatees, Florida panthers, and hundreds of colorful bird species.

**How to take care of it:** This is one of the most endangered ecosystems in the country. Staying on boardwalks and never feeding animals helps protect it!



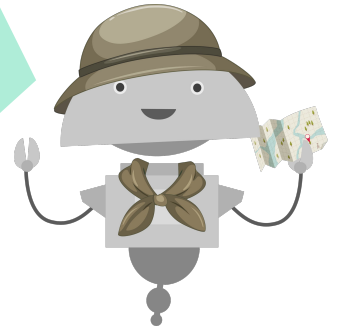
I’m ready to stroll the boardwalks at Everglades National Park! Complete my lists below by writing or drawing what clothing I’ll need to wear and what supplies I’ll need to pack. Use the guide on the first page of this activity to help you!

#### What To Wear

#### Supplies To Pack



**What an amazing adventure!** There are so many more national parks to explore. The national parks below are just a few of the more than 400 national parks across the United States! **Can you find the one below that is closest to where you live?** With an adult's permission, use the internet or visit your local library to look it up and find out what the weather is like, what animals live there, and what you would need to bring to stay safe and have fun!



Region	Park	State(s)
Northeast	Acadia National Park	Maine
Southeast	Great Smoky Mountains National Park	North Carolina and Tennessee
Midwest	Cuyahoga Valley National Park	Ohio
Southwest	Zion National Park	Utah
Rocky Mountain	Yellowstone National Park	Wyoming, Montana, and Idaho
Pacific West	Yosemite National Park	California
Alaska	Denali National Park	Alaska
Hawaii	Haleakalā National Park	Hawaii



Activity  
Great Outdoors Word Search

Great Outdoors Month  
K-5 Activities

**Directions:** Find all the words listed below within the word search grid. The words might go across or down. Cross out each one as you find it!



M	B	Y	O	F	L	E	A	F
F	T	P	L	A	Y	N	L	X
L	U	K	Q	T	R	E	E	C
O	D	R	K	U	L	K	Z	X
W	K	Z	C	G	R	A	S	S
E	S	S	L	K	Y	L	X	J
R	K	P	O	H	V	P	Q	S
M	I	H	U	J	V	B	E	U
P	P	Y	D	S	A	L	Z	N



GRASS

FLOWER

SUN

TREE

SKIP

LEAF

PLAY

CLOUD

