



June is Great Outdoors Month! This month, we celebrate outdoor activities and the parks, forests, and trails that give us the opportunity to stay

active, explore, and enjoy nature.

Whether you're hiking, biking, visiting a park, or simply spending time outdoors, being outside can help you feel healthy, refreshed, and connected to the world around you.

In this packet, you'll explore activities that encourage creativity, observation, and outdoor exploration.



This packet includes...

- Biomusic Creative Activity
- Outdoor 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 wildlife, ecosystems, or outdoor adventures with friends or family. Reflect on what it would be like to actually experience the locations in the documentary.



Plan an outdoor trip of your choice! Think about where you want to go, how you'll get there, and what you'll do along the way. With permission, use the internet to explore possible routes to take and outdoor activities you could take part in.



Take a virtual field trip to a national park. With an adult's permission, use the internet to search for virtual tours of national parks or other outdoor places you want to explore!



Directions: Read the background information about biomusic. Then, choose an instrument to create, get outside, and make some music!

Biomusic is a form of music created or performed using animals or plants. Click or scan the QR code to hear an example of music in nature!



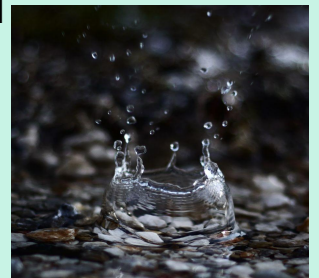
In this activity, we will explore another form of biomusic. Have you ever wanted to create your own musical instrument? The instruments described below can all be made using items found in nature, so let's get outside and make some music!

Some instruments are easier to find and play than others. Each instrument below is rated out of five music notes, with one being easy to make or play and five being difficult to make or play.

“Rock” Music ♪ - - - -

 **Adult supervision recommended**

To make “rock” music, head to a local body of water, such as a lake, pond, or river. Be sure to have adult permission and supervision, especially at larger bodies of water. To make music, find small pebbles or rocks around the water's edge and drop them into the water. Experiment with the sounds they make. Does the size of the rock change the sound? What about the height from which it's dropped?



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 loosen. Carefully hold the pine cone in one hand and scrape the pine cone with a stick. Notice how the sound changes depending on which direction you scrape the pine cone! If you can't find a pine cone, a craggy rock or 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 master. Find an acorn and carefully separate the cap from the acorn so that it stays in one piece. Hold the cap upside down between your thumbs and index 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 explore nature! 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's permission, pick up litter in your area to recycle or throw away.

Bird Watcher

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





Activity Outdoor Badge Board

Great Outdoors Month
6-8 Activities





Directions: Read about national parks, the different environments you might encounter, and how to be prepared! Then, explore the national parks on the following pages and plan your visit!

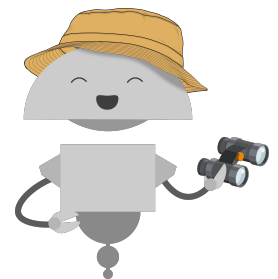





USPS National Park Service 1934 from Wikimedia Commons, Public Domain, https://commons.wikimedia.org/wiki/File:USPS_National_Park_Service_1934.jpg

A national park is a large area of land that the U.S. government has set aside to protect. These areas are special because of their natural beauty, unique wildlife, or historical importance. The U.S. has over 400 national parks spread across all 50 states, and there's likely one not too far from where you live!

No matter which national park you visit, always let someone know where you're going, stay on marked trails, and carry water. Different environments come with different challenges!

Read below to find out what to know before you go. Use these descriptions to decide what to wear, what to pack, and how to be a responsible explorer at each park!



 Hot and Dry	 Cool and Wet	 Hot and Humid
<ul style="list-style-type: none"> • Bring more water than you think you need — heat and dry air dehydrate you faster than you expect. • Wear lightweight, light-colored, and long-sleeved clothing to protect from sun and heat. • Hike in the morning or late afternoon to avoid peak heat. • Watch your footing on rocky, uneven terrain. 	<ul style="list-style-type: none"> • Wear waterproof layers. It can go from sunny to rainy very quickly. • Use insect repellent and check for ticks after hiking. • Wear sturdy, waterproof boots with good grip for muddy or slippery trails. • Wildlife like bears and elk are common. Make noise on trails and store food properly. 	<ul style="list-style-type: none"> • Wear light, breathable clothing and always apply sunscreen and bug spray. • Stay on designated boardwalks and trails. • Bring plenty of water — humidity makes it feel hotter than it is. • Wetlands are home to alligators and other wildlife. Keep a safe distance and never feed animals.



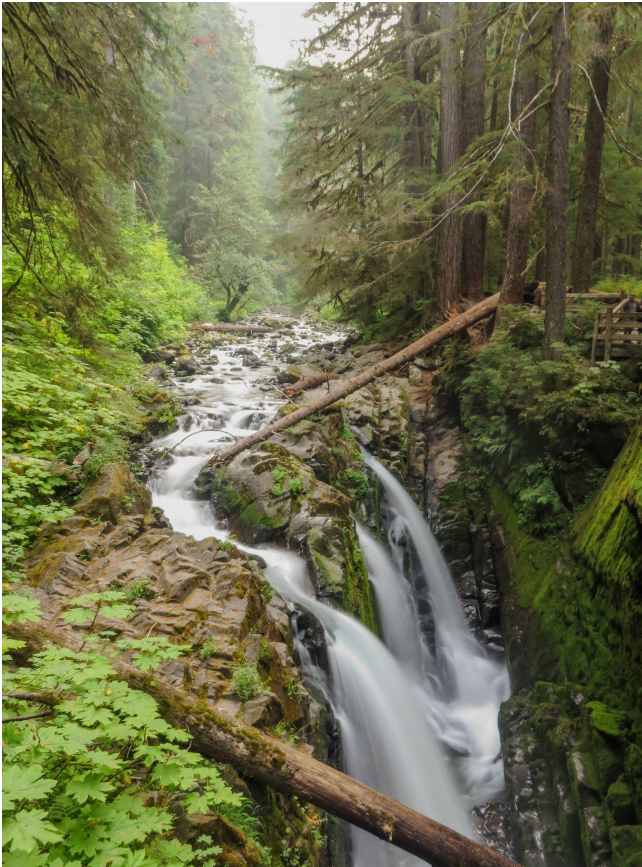
Grand Canyon National Park, Arizona

The Grand Canyon is located in northern Arizona and is one of the most recognizable landscapes in the world. The environment is hot and dry, with very little rainfall, extreme temperatures, and rocky, uneven terrain. Wildlife like California condors, bighorn sheep, and rattlesnakes are commonly spotted, especially in the early morning and evening when temperatures are cooler. The canyon stretches 277 miles long and over a mile deep, and its rock walls tell the story of nearly two billion years of Earth’s history! Because the trails and rock formations are so fragile, staying on designated paths is one of the most important things visitors can do. When hikers step off marked trails, they can cause erosion that takes centuries to recover.



Directions: Use the environment guide on the first page of this activity to help you complete the table below!

What are three important reminders about what to wear?	What are the top five supplies you’d need to pack?	What is one way you could be a responsible explorer and help protect this park?



Olympic National Park, Washington

Olympic National Park sits in the northwestern corner of Washington State and contains three completely different ecosystems in one park: a temperate rainforest, a rugged Pacific coastline, and snow-capped mountain peaks. The environment is cool and wet, receiving up to 14 feet of rainfall per year, so trails can be muddy and slippery, and weather can change quickly. Roosevelt elk, black bears, and mountain goats roam the forest, while tide pools along the coast are full of sea stars and crabs. The moss, fungi, and plants on the rainforest floor play an important role in keeping the whole ecosystem healthy, so stepping off trails or picking plants can disrupt the balance. Storing food properly in a bear canister also keeps both visitors and wildlife safe.



Directions: Use the environment guide on the first page of this activity to help you complete the table below!

<p>What are three important reminders about what to wear?</p>	<p>What are the top five supplies you'd need to pack?</p>	<p>Which ecosystem in this park would be most interesting for you to explore?</p>



Everglades National Park, Florida

Everglades National Park stretches across the southern tip of Florida and is unlike any other place in the United States. Often called a “river of grass,” the Everglades is actually a shallow, slow-moving river covered in sawgrass. The environment is hot and humid year-round, with a rainy season that brings heavy afternoon storms. American alligators, crocodiles, Florida panthers, and over 360 species of birds all call this place home. The Everglades is one of the most endangered ecosystems in the country; much of the wetland has already been lost to development and pollution. Staying on boardwalks and never feeding wildlife helps protect this irreplaceable place for future generations.



Directions: Use the environment guide on the first page of this activity to help you complete the table below!

What are three important reminders about what to wear?	What are the top five supplies you’d need to pack?	What animal would you be most excited to see at this park? Use words or drawings to explain.



Explore more national parks! The national parks below are some of the most visited in the United States, organized by region. Find one near you or one that catches your eye!

Directions: Look up your chosen park and find out what kind of ecosystem and climate it has, what wildlife you might encounter, and what you'd need to wear and pack to explore it safely and responsibly. Then, record your findings in the table below!

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

Ecosystem and Climate	
Common Wildlife	
Clothing and Supplies To Pack	



Activity
Great Outdoors Word Search

Great Outdoors Month
6-8 Activities

Directions: Find all the words listed below within the word search grid. They might go across, backward, up, down, or diagonally.



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



BUTTERFLY
MOSS
FERN
PINECONE
BICYCLE

DANDELION
FRISBEE
PICNIC
PUDDLE
ACORN

BACKYARD
FIREFLY
HOPSCOTCH
GARDEN
PARK

