



June is Great Outdoors Month! This month, we celebrate outdoor activities and the parks, forests, and protected lands that give us amazing

opportunities to stay active, explore, and enjoy 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 refreshed.

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
- Outdoor Badge Board Activity
- Preparing To Explore National Parks Activity
- Make Your Own 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 or state park or wildlife preserve to learn more about different environments and ecosystems. With an adult's permission, you can search online for a variety of places 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. In its most basic form, biomusic is that which is created solely by the animal. Click or scan the QR code to the right to hear an example of biomusic!



Other forms of biomusic include music which is based on animal noises but is modified by a human composer. Over the past few decades, artists have experimented with using birdsong, whale song, and other animal sounds as part of their music.

In this activity, we will explore another form of biomusic. Have you ever wanted to create your own musical instrument? A hollowed out log makes a good drum, and punching a few holes out of a bamboo stalk or reed makes an excellent flute. 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.

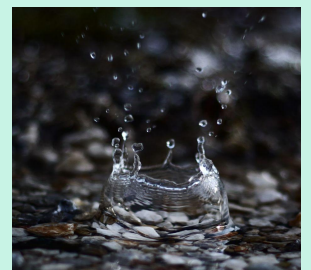
### Percussion Instruments

A percussion instrument is any musical instrument that creates sound by being struck, shaken, rubbed, or scraped. These instruments are abundant in nature if you know where to look!

#### “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?

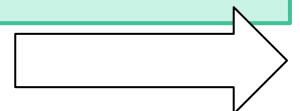


#### Pine Cone Scrapers ♪ ♪ - - -

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.



Turn the page to check out wind instruments!





## Wind Instruments

A wind instrument is a musical instrument that produces sound by sending air inside a resonator, which turns it into a vibration. Acorns, grass, and bamboo all make great resonators!

### 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.



### Grass Whistle 🎵 🎵 🎵 - -

Another way to make a whistle is with a blade of grass. Like the acorn whistle, grass whistles are easy to find and difficult to master. To make a grass whistle, find a nice wide blade of grass and hold it between your thumbs. You should be able to see the blade of grass in the gap between the knuckles of your thumb. Place your lips against your thumbs and blow. With an adult’s permission, use the internet to search “how to whistle with grass” to find videos on how to do this if you’re having trouble getting the grass to make a sound.



## Composing Your Own Biomusic

Are you a musician? Do you write songs in your spare time? Get outside and get inspired!

Go for a nature walk and take a moment to stop and just listen. Start with any birds you hear: melodious birdsong, the rhythmic tapping of a woodpecker, or the deep croak of a raven or crow. Listen for insect sounds: crickets, cicadas, and other loud critters make beautiful sounds! Now turn your attention to the plants: Does the way the wind moves through the trees or the rustling of grass as animals move through it sound musical?

Use these sounds as inspiration to create your own music or record what you hear to remix into something new and different.

If comfortable, share your finished song with friends, family, or the Miaprep community!





**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**

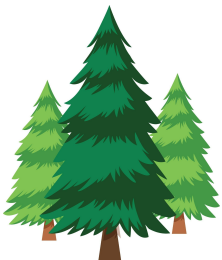
Find something outside that is naturally shaped like a heart.

**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  
9-12 Activities



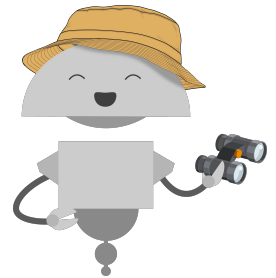





**Directions:** Read about national parks, the different environments you might encounter, and how to be prepared! Then, explore the national parks on the following pages and plan your visit!

**National parks** are federally protected lands managed by the U.S. National Park Service, established to preserve areas of outstanding natural, ecological, and historical significance. Held in public trust, these spaces belong to all Americans and are maintained for both present and future generations. With over 400 parks spanning all 50 states, there is 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!**



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



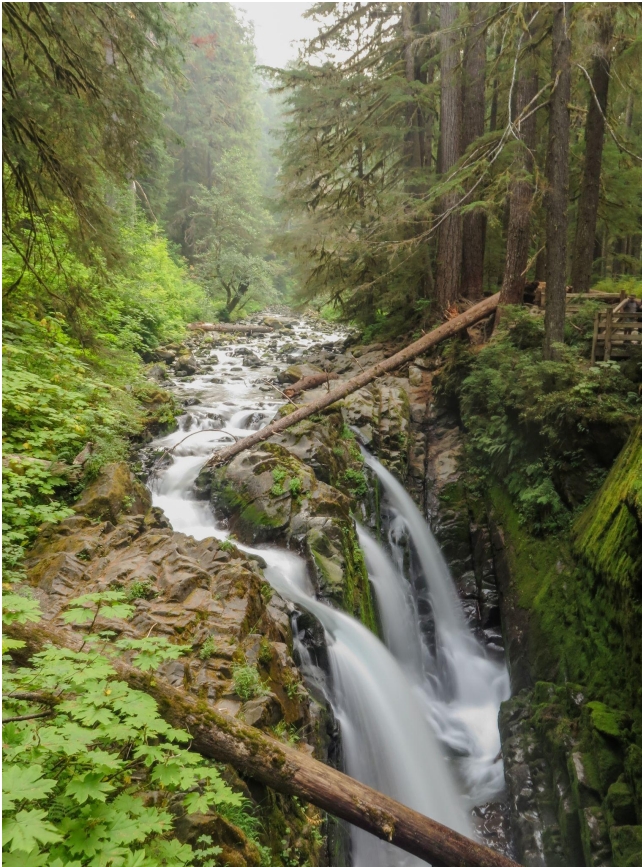
### Grand Canyon National Park, Arizona

**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!

<p>The Grand Canyon is home to rattlesnakes. <b>What do you think you should do if you encounter one on a trail?</b> Write your prediction, then look it up to see whether you’re right!</p>	
<p><b>Using the environment guide,</b> what do you think would be the most important thing to pack for a summer hike at the Grand Canyon and why?</p>	



### 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>Black bears are common throughout Olympic National Park. <b>What do you think hikers should do to stay safe around bears on the trail?</b> Write your prediction, then look it up to see whether you're right!</p>	
<p><b>Using the environment guide,</b> how do you think packing for Olympic National Park would be different from packing for the Grand Canyon?</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!

The Everglades is home to both alligators and crocodiles. **What do you think you should do if you encounter one during your visit?** Write your prediction, then look it up to see whether you’re right!

The Everglades is one of the most endangered ecosystems in the country. **Using what you learned from the reading and environment guide, what do you think is the most important thing visitors can do to protect it?**




**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

<b>Ecosystem and Climate</b>	
<b>Common Wildlife</b>	
<b>Clothing and Supplies To Pack</b>	

