

There are many ways to get your child active and celebrate nature right outside your door! Here are some ideas for exploring your backyard, a local park, a National Park, or any other natural areas near where you live.

# GET ACTIVE

## Pack the Backpack

Here's some helpful gear to bring when you visit a National Park:

- binoculars
- magnifying glass
- notebook and pencils
- sunscreen and bug repellent
- hand sanitizer
- whistle
- sunglasses
- flashlight
- first-aid kit
- camera
- healthy snacks and water



## Swimming, Skiing, and Surfing!



National Parks offer lots of amazing things to see, but there are also loads of thrilling things to do! Check out the National Parks near you to see what activities are available for your family

this weekend. For even more outdoor ideas and tips, visit [www.skippyadventurezone.com](http://www.skippyadventurezone.com)!

### What fun activities can you do at a National Park?

- hiking
- mountain biking
- rock climbing
- skiing
- fishing
- bird-watching
- swimming
- camping
- rafting, canoeing, or sailing
- horseback riding
- surfing

## Go Out and Explore!

Send your child on a scavenger hunt to see if she or he can photograph or draw natural objects from different locations, such as:

- something under a rock or log
- something on the ground
- something about waist-high
- something at about eye level
- something that's several feet off the ground

Remind your child that one should not take or remove any natural objects from a National Park. Once your child has located the objects, work together to create a Nature Scrapbook. Be sure to label images as you put them in the scrapbook.

