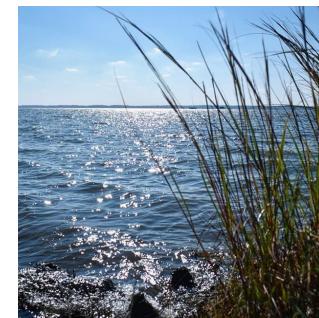


Park Ranger



Certificate of Completion

Belle Isle State Park Jr Ranger



'S

Activity Book

The Adventure's About to Begin

Drawings

You're on your way to becoming a Jr Ranger at
Belle Isle State Park

Start by choosing your level below

Kit | Ages 5-7 | Complete **4** activities

Pup | Ages 8-10 | Complete **7** activities

Fox | Ages 11 and up | Complete **10** activities



Kit



Pup



Fox

Once you have completed all of your tasks take your pledge and fill
in your official Jr Rangers certificate on the back of this booklet.

As a Jr Ranger I pledge to:

- ✓ Preserve and protect our parks;
- ✓ Care for my natural and historical resources;
- ✓ Share what I have learned about the parks with others;
- ✓ Obey all safety rules;
- ✓ Continue to explore and discover.

Notes and Observations

Be Aware

Activity: Read through this page with an adult. Check the box when done.

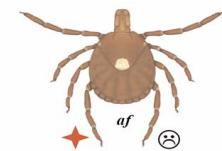


Poison Ivy is a plant that can grow as both a bush and a fuzzy vine. The leaves of the Poison Ivy plant grow in a cluster of three, and can be uneven or smooth. Poison Ivy contains **urushiol**, an oil that causes a serious allergic reaction or rash.

All parts of the Poison Ivy plant are poisonous and can cause allergic reactions, avoid it at all costs.



Lone Star Tick (*Amblyomma americanum*)



American Dog Tick (*Dermacentor variabilis*)



Ticks are small cousins of spiders and wait in tall grass and shrubs; attach to animals or people that walk by, and suck their blood. Check your entire body for ticks after being outside. If you find a tick, remove it by using a pair of tweezers as close to the skin as possible and pulling slowly away from the skin. **Do NOT burn attached ticks or use oils to remove them.**

Ticks can sometimes carry diseases such as Lyme Disease. If you feel sick, tired, or have a rash after a tick bite, tell an adult.

Snakes: There are many snake species that can be found at Belle Isle, but the only venomous snake found at the park is the Copperhead. If you come across a snake, give it plenty of space and watch where you step. Many bites occur because a snake was accidentally stepped on. **Most bites to humans and pets occur because the snake feels threatened and scared.**



Venomous
Eastern Copperhead



NON-Venomous
Northern Water Snake

Did you know?

Venomous animals must bite something to unload their toxin.

Poisonous animals must be eaten to unload their toxin.



Be Prepared

Before you go:

- **Find a Buddy:** Bring along a friend or family member. If you get hurt, they can help.
- **Check the Weather:** A sunny day can quickly turn into a thunderstorm. Knowing ahead of time allows you to pack accordingly.
- **Tell a Friend:** Before you go make sure that you tell someone where you are going and when you expect to get back.

Activity: Use this checklist to pack your bag.

- Water:** Hydration is number one on your hike. Pack 1-2 extra bottles.
- Comfortable shoes:** Closed-toe, high-top shoes, or boots are best.
- Rain gear:** Even a quick rain storm can leave you wet and cold.
- Hat:** Keep the sun out of your eyes, and protect the sensitive skin on your head, face and neck.
- Cold Weather Gear:** Having extra layers to warm up are essential when it gets cold.
- Sunscreen:** Be sure to apply before you hike, and reapply every hour.
- First Aid kit:** Bandages and antibiotic ointment are essential for cuts or blisters.
- Snacks:** Trail mix is a great way to gain energy, and replenish nutrients lost while hiking.
- Flashlight:** Hikes don't always go to plan. A flashlight will help guide you in the dark, or get a ranger's attention.
- Whistle:** A whistle can help you get the attention of a ranger or another park visitor in an emergency.
- Cell Phone:** Save park emergency numbers in your phone. If there's a medical emergency call 911!
- Park Map:** Each park has its own map available in several locations. Be sure to grab one and check it regularly along the way.

Take Only Memories!

Activity: If you were going to send a postcard to a friend about all the adventures you had at the park, what would you share with them? Write it on the postcard below!

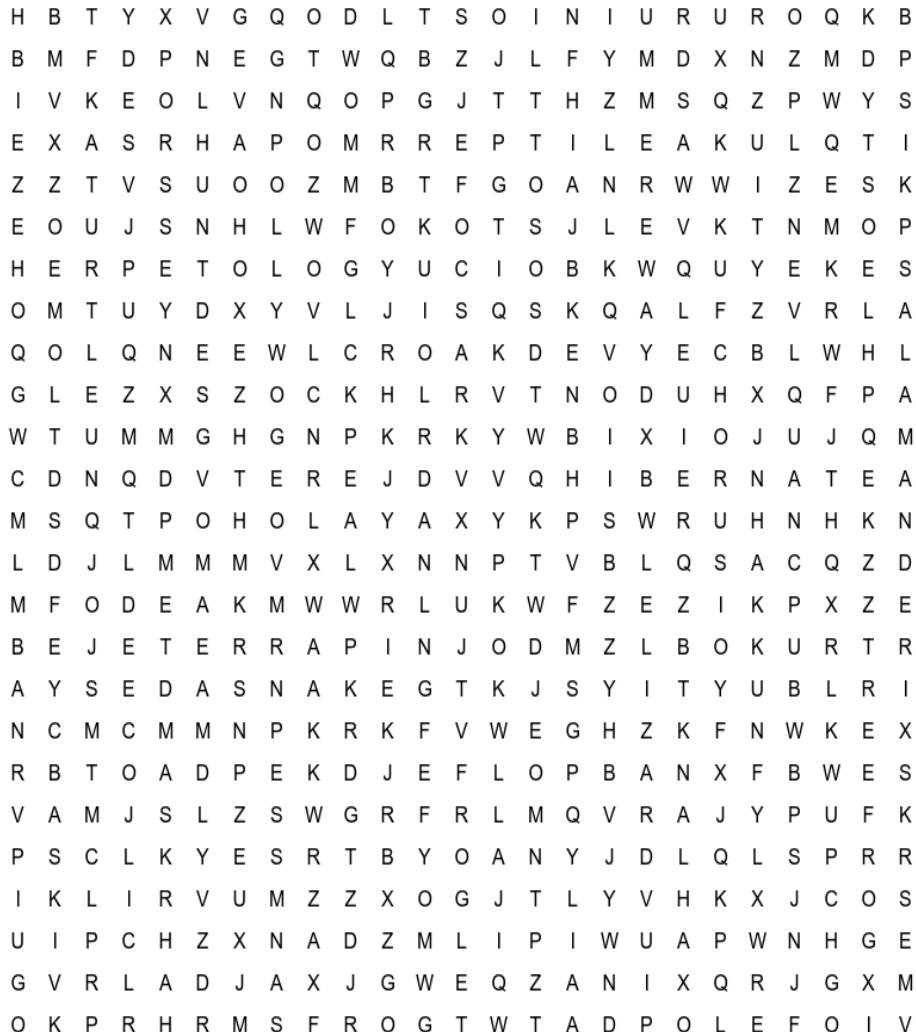


TO:

Each Virginia State Park has its own story with unique histories, cultures, and landscapes. With parks all across the Commonwealth, from the mountains to the ocean, there are endless opportunities for adventure and fun just steps away from your front door.

Hidden Herpetology

Activity: Find the hidden words about herpetology, or the study of reptiles and amphibians.



Kit List:

Croak Shell
Frog Skink
Gills Snake
Newt Song
Scale Toad

Pup List:

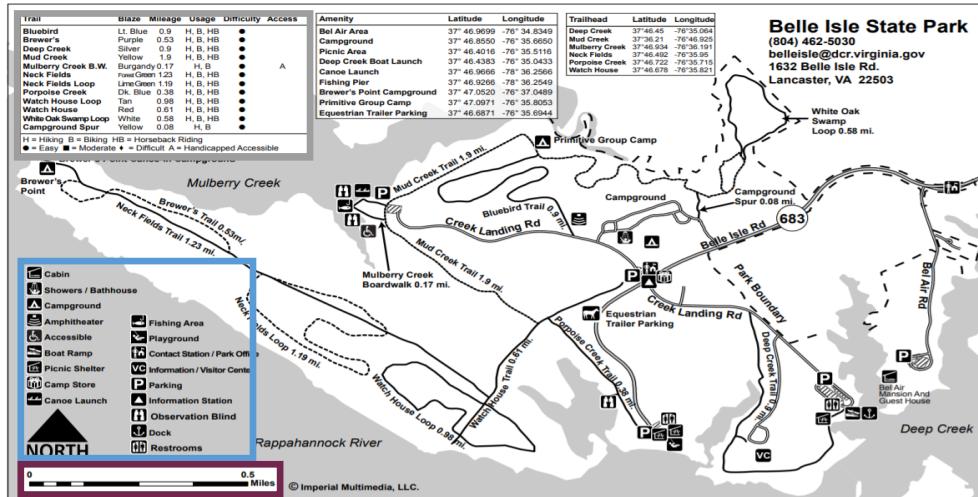
Bask Molt
Chorus Reptile
Froglet Tadpole
Keratin Tree frog
Lizard Turtle

Fox List:

Amphibian	Salamander
Herpetology	Terrapin
Hibernate	Tortoise
Metamorphosis	Venomous
Pollywog	Zoology

Map Skills Challenge

Ready to discover all the treasures Belle Isle has to offer? All you need is a map, and know how to use it.



Match each word to its corresponding box on the map.

Scale: This helps you measure distances on the map. Each map will have its own scale.

Legend: Lists what each **symbol** on the map means.

Trails List: Includes all the trail names, distance, difficulty, what activities are allowed, and if its accessible to all guests.

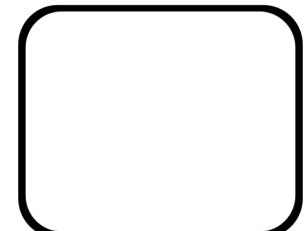
Activity: use the map to answer the following questions.

What is the longest trail at the park? _____

How long is it? _____

What does the symbol for Camping look like? Draw it here:

Park maps are available in many locations across the park. Check the Camp Store, Visitor Center, or Contact Station. If you prefer to come prepared download one for free using the Avenza phone app.



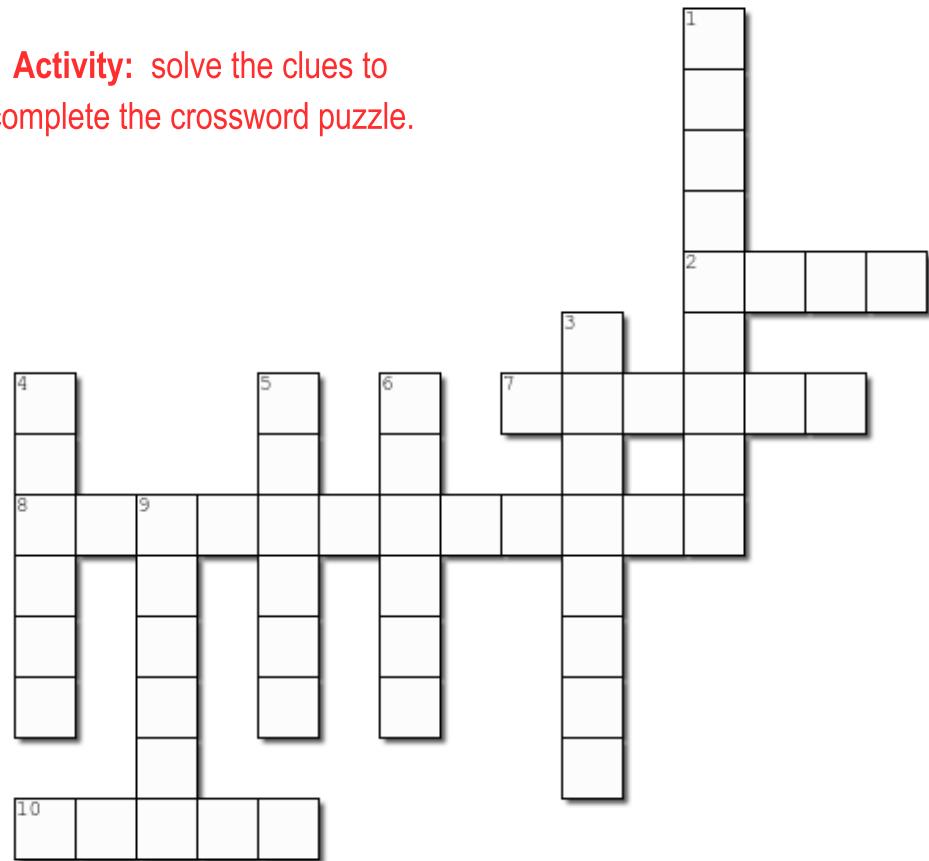
Parker's Scavenger Hunt

Activity: As you explore the park keep a sharp eye out for items on Parker's scavenger hunt list. Ask a ranger if you need help.

#	✓	Item	#	✓	Item
1		Hike a trail	8		Take a picture of something cool!
		Trail name:			Show the ranger.
2		Find an animal's nest	9		Find an animal track
		Describe:			Describe:
3		Hug a tree	10		Find a spider web
		Tree species:			What was in it?
4		Run your fingers through sand	11		Find something green (not a leaf)
		Where?			Describe:
5		Sit and listen quietly for 5 minutes	12		Find a flower
		What did you hear?			Describe:
6		Find something red	13		Find moss or lichen
		Describe:			Describe:
7		Find a leaf	14		Find a campsite
		Draw it:			What number?

Belle Isle Crossword

Activity: solve the clues to complete the crossword puzzle.



Across

2. Watch out for these pinching critters when you fish along Mulberry Creek
7. This can help you determine what a symbol means on a map
8. This salt water river can take you all the way to the Chesapeake Bay
10. These great birds aren't actually blue, but a light gray color



Down

1. This is the longest trail in the park
3. Copperheads are the only _____ snakes at Belle Isle
4. Bald eagles live in the _____ habitat
5. These can help give you energy on a long hike
6. _____ are a good indicator that an animal has been around
9. This friendly fox loves Virginia State Parks, and helping new rangers out

Most of these clues can be found in your activity book.
For the tricky ones ask a Ranger, or an adult.

Protect Your Park

Belle Isle State Park is home to plants and animals that are important to the health of the Chesapeake Bay. As a Jr Ranger you can help protect the park and all of its treasures.

Activity: List what you can do to protect the park. Then design a poster to hang in the park that tells others how they can help.

Three things I can do to protect Belle Isle State Park are...

1. _____
2. _____
3. _____

My Poster:

Habitat Hunt

Activity: Match the animal with the correct habitat and description.



Hint: Two of these animals share a habitat. Perhaps predator and prey?



Groundhog



A Edge habitat:
Where the forest
meets an open field.



Red Fox



B Estuary:
Mix of fresh and
salt water. Tidal.



Bald Eagle



C Swamp:
Forested fresh
water. Non-tidal.



Blue Crab



D Forest:
A mix of trees,
bush, and grass.



Leopard Frog

Answers: Groundhog (A), Red Fox (A), Bald Eagle (D), Blue Crab (B), Leopard Frog (C)

Animal Investigations

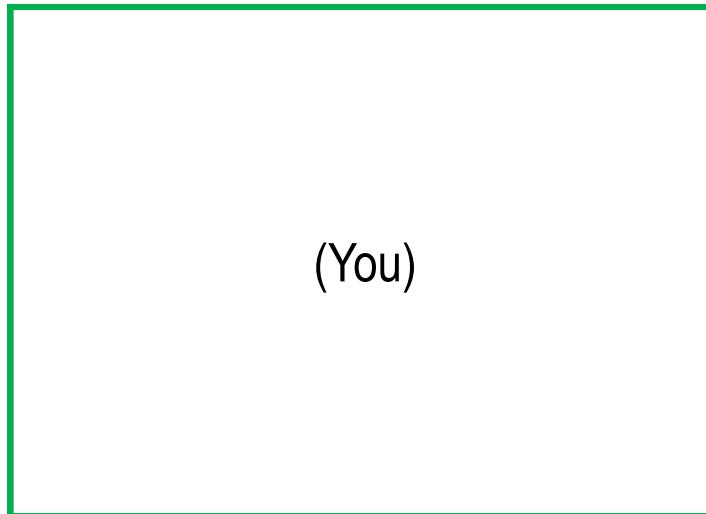
Even if we can't see them, there are always animals around us!

Activity: Sit, Look, Listen

Sometimes all we have to do to find animals is sit quietly for a few moments and let our senses do the work. Make a record of the sounds you hear by drawing a sound map.

Imagine you are in the center of the square. Mark X's around you on the map where you hear sounds.

How many different sounds can you identify?



Activity: Track Match: One of the best clues an animal leaves behind is foot prints! Try matching each of these animals with their tracks.



Raccoon



Great Blue Heron



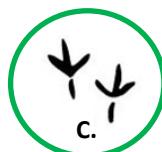
Bobcat



Coyote



Opossum



White-tailed Deer

Answer: Raccoon (D), Heron (C), Deer (A)
(B), Opossum (F), Bobcat (E)

Feathered Friends

Activity: Observe one location in the park; can you see or hear any birds. Describe the habitat and birds below.

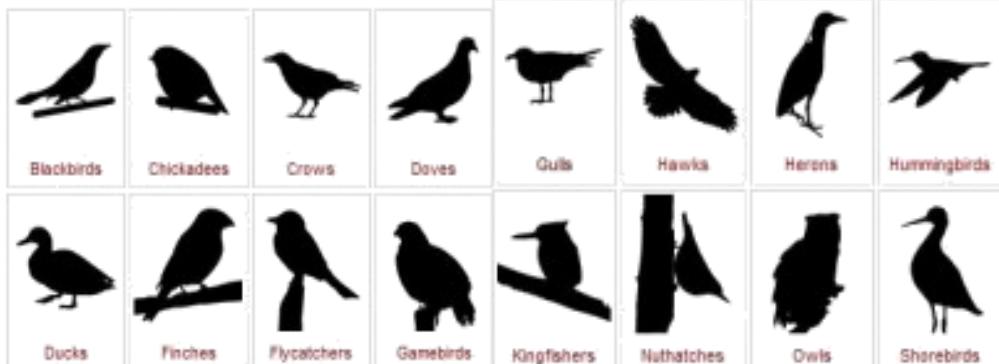
Habitat: What does the habitat look like around you? Check all descriptions that apply.

- Tall Trees
- Short trees/shrubs
- Tall Grass
- Wildflowers
- Bare ground
- Leaves on Ground
- Wetlands
- Freshwater
- Saltwater
- Beach

Osprey: Some birds, like Osprey can be seen hovering over the water, hunting fish.



Common bird shapes



What did you see?

Every bird species has a different shape, size, color, song, and behavior. Describe any birds you see or hear below.

Shape: _____

Colors: _____

Sounds: _____

What is it doing? _____

Can you identify this bird?