

Know Before You Go

- Programs typically run between 9 a.m. and 3 p.m., with individual activities lasting 45 minutes to 2 hours.
- The park has no indoor facilities, but a covered picnic shelter is available. In case of rain, field trips may need to be rescheduled.
- Vault toilets are available; however, there is no running water on site.
- Seasonal fishing may be available based on group size and age; additional fees apply.



Please note: The materials and activities described herein are not sponsored or endorsed by the Shenandoah County School Board.

Let's Plan Your Visit!

COST

- \$3 per student or \$30 per class (25 students) – whichever is more cost-effective
- Free for Title 1 schools
- Payment options: cash or check (made out to Treasurer of Virginia)

● **Can't Come to Us?**
We'll Come to You! ●

Not finding the perfect fit?
Contact us to create a program
just for you! ●

Email:

megan.dellinger@dcr.virginia.gov
to get on the calendar.



Seven Bends State Park
2111 S. Hollingsworth Road
Woodstock, VA 22664
Phone (800) 933-7275

Seven Bends State Park

Educational Opportunities



VIRGINIA STATE PARKS

www.virginiastateparks.gov

Discover Outdoor Learning at Seven Bends State Park

Looking for hands-on, memorable outdoor learning? Seven Bends State Park offers **flexible field trips** designed to meet curriculum goals while sparking students' curiosity and love for nature. All programs are ranger-led, age-appropriate and highly customizable.

Can't make it to the park? No problem! We can even bring the experience to your school or learning site.

Explore some of our program options...

ANIMAL DETECTIVES (E)

Discover clues that animals leave behind (tracks, feathers, fur and more) as we explore the secret lives of wildlife in our woods.

SOLs: 1.5b, 2.4a, 2.5bc, 3.4b

HAPPY HIKER (E,M,H)

Take a guided hike tailored to your group's age and skill. Choose a theme (trees, history, scavenger hunt) or let us surprise you!

SOLs: K.1ag, 1.1ag, 2.1ag, 3.1ag, VS.1ag, US1.1ag, US11.1ag

WHAT'S BUGGIN' YOU? (E,M)

Explore the river's edge to find macroinvertebrates and investigate what they tell us about water quality.

SOLs: K.7b, 2.4a, 3.8a, 4.2b, 4.3c, 4.8a, 6.9a, 6.8d, LS.5b

OKAY OR NO WAY? (E,M)

Explore park safety and learn to recognize plants and critters to avoid (and their tricky look-alikes!).

SOLs: 1.5b, 2.4a, 2.5bc, 3.4b

ANIMAL LUNCH BOX (E)

Who's eating who? Build a real food web and explore how energy moves through our park's ecosystems.

SOLs: 4.2b, 4.3b, LS.6a

LEAVE NO TRACE (M)

Hike like a hero! Discover 7 simple ways to protect nature and be a trail pro.

SOLs: 6.8d, 6.9ae

MEET A TREE (E)

Get up close with a tree, use tools like a dichotomous key to explore habitats, ID species and uncover forest connections.

SOLs: 2.8b, 4.3cd

ALL LIVING THINGS (M,H)

Why does biodiversity matter? Build a food web and see how different species depend on each other to survive and thrive.

SOLs: 4.2b, 4.3b, LS.5b

FABULOUS FROG LIFE (E,M)

Hop into metamorphosis! Explore the incredible life cycle of frogs (best experienced in spring with live samples.)

SOLs: K.7b, 2.4a

RABBIT RABBIT! (E,M)

Cottontails may look cute, but they've got survival superpowers. Dress up, discover who else likes to see bunnies running around.

SOLs: 1.5b, 3.4b, LS.7b

Flexible Fillers

Nature Games

Get moving and learning with interactive games that bring wildlife concepts to life! Let us know a topic or pick a favorite:

- Animal Charades
- Oh, Deer!
- Critter Chaos
- Birds and Worms

Nature Breaks

Great for transitions or downtime these activity sheets keep minds engaged while bodies rest:

- Coloring pages
- Seek & Find
- Critter Crossword
- Nature Word Search