

UCLA UNICAMP WOODSEY EXPLORER



Welcome Woodsey Explorer Recruit!

This book is filled with activities to help you explore your city, get to know yourself better, learn about nature, and have fun while doing it. We encourage you to complete as many activities as your age (*i.e.*, if you are seven, complete seven activities). The faster you complete your goal, the quicker you become an official Woodsey Explorer.

Age Recommendations

Use the icons below to find activities suited for your age.



Ages 5 - 7



Ages 8 - 11



Ages 12 +

Receive a free Woodsey Explorer badge in sticker or button form by sending us proof you've completed your goal number of activities or the entire book: (*While supplies last*).

- Take a picture of each completed page/activity and:
 - 1) email them to: woodseyexplorer@unicamp.org or
 - 2) text them to: 310-208-8252

- Mail this booklet back to us at:

UCLA UniCamp
c/o Woodsey Explorer
2131 John Wooden Center
Los Angeles, CA 90095-1612



Include the following information with your submission:

- Name
- Address
- Email
- Your choice of sticker or button

Complete if mailing in book:

Name: _____

Return address: _____

Email: _____

Sticker or Button?

Illustrations by Joy Lin

A handwritten signature of the name "Joy Lin".

ACTIVITY

Los Angeles Word Search



There are many things to do in Los Angeles! Find the bolded words in the puzzle:

1. **Hollywood** is where all the movie stars are.
2. We sing songs, play games, and change lives up at **UCLA UniCamp**.
3. Admire cool art displayed at **LACMA** (*LA County Museum of Art*).
4. Let's meet at **Koreatown** for some premium barbecue!
5. Visit **Chinatown** for the Firecracker Run.
6. Ride movie-themed attractions at **Universal Studios**.
7. Enjoy some sunshine and refreshments at **Santa Monica Pier**.
8. **LA Zoo** is where we can see hippos in the city.
9. Taste Mexican dishes on **Olvera Street**, one of the oldest sections of Downtown LA.
10. Take a stroll in **Tongva Park**, named after the indigenous people of Los Angeles.
11. Take the train at **Union Station**.
12. Ride the waves at **Venice Beach**.
13. Take a hike and enjoy a work out at **Runyon Canyon**.
14. Head to the **Staples Center** to watch the LA Lakers/Sparks/Clippers/Kings.
15. Enjoy viewing art, architecture, and gardens for free at **The Getty**.

H	O	L	L	Y	W	O	O	D	J	S	X	T	I	X	M	V	H	
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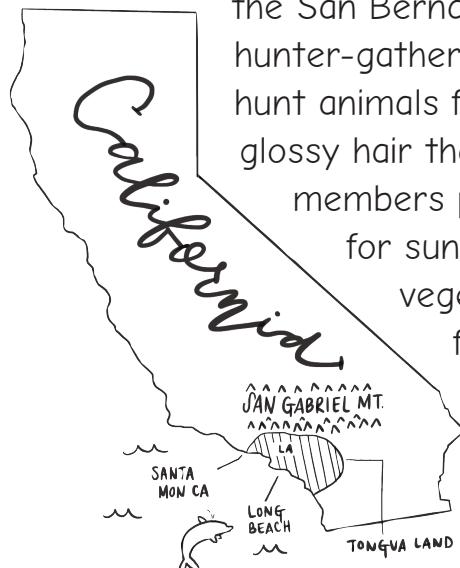
Motherland: The Tongva



Have you ever wondered who lived where you live long ago?

Before there were any streets, skyscrapers, supermarkets, or banks.

The Tongva (*Gabrielino*) tribe is the Native American tribe that arrived in the Los Angeles Basin around 5000 B.C. and inhabited the area for 7,000 years! Their villages extended all the way north in Malibu, stretched south to Laguna Beach, and inland to the San Bernardino Mountains — which is where UniCamp is located! As hunter-gatherers, the Tongva people moved around to gather food and hunt animals for their families. The Tongva people traditionally kept long, glossy hair that they highly valued and protected using clay. Their older members practiced skincare by wearing red ocher on their faces for sun protection. They also commonly tattooed their skin using vegetable charcoal as ink. They held coming-of-age ceremonies for adolescent girls, much like modern Hispanic quinceanera or Filipino debut parties. Today, Tongva descendants work hard to keep the traditions and culture alive.



Here are some words from the Tongva language:

Tongva/Gabrielino Word	English Translation
Puluu' (poo-loo)	One
Wehee' (weh-hay)	Two
Shuiit (shoo-eat)	Rabbit
Shukaat (shoo-kaat)	Deer
Yayaayt (ya-yite)	Bird
Kworooyt (quor-oot)	Man
Tokoor (ta-core)	Woman
Taamet (taa-met)	Sun
Paaxayt (pa-hite)	River
Chaavot (cha-vote)	Fire
Muuhut (mooo-hoot)	Owl
Pa'aash (paa-osh)	Mouse
Woshii' (wuh-shee)	Dog
Chiruuko' (cha-roo-ko)	Lizard
Huunar (who-nar)	Bear

ACTIVITY

- 1. Find and circle images of the words listed on the previous page, in the picture below.**
- 2. Color in and add your own versions to the drawing!**



感恩

This is the Chinese character (*gan3*) for gratitude. Within are symbols for speech and heart. We speak gratitude from within our heart.

Gratitude Journal



Gratitude means being thankful and ready to show appreciation. We show gratitude everyday by saying “thank you” when someone does something that makes our lives better or easier.

We also achieve gratitude when we sit down and reflect on the things that we are grateful for, such as a roof over our heads and food on the table. Researchers from Harvard have said that giving thanks makes us happier, improves our health, and strengthens our relationships.

ACTIVITY

This page will be one full of gratitude! Think about what you're thankful for and answer the questions below:

- Name 2 things in the room that you are grateful for.
- What/who made you smile today?
- What is something you treasure?
- What is a memory that makes you smile?
- How often do you stop and think about what you're grateful for? Do you want to do it more often?
- When was the last time you thanked someone for making you happy or smile?



BONUS ACTIVITY

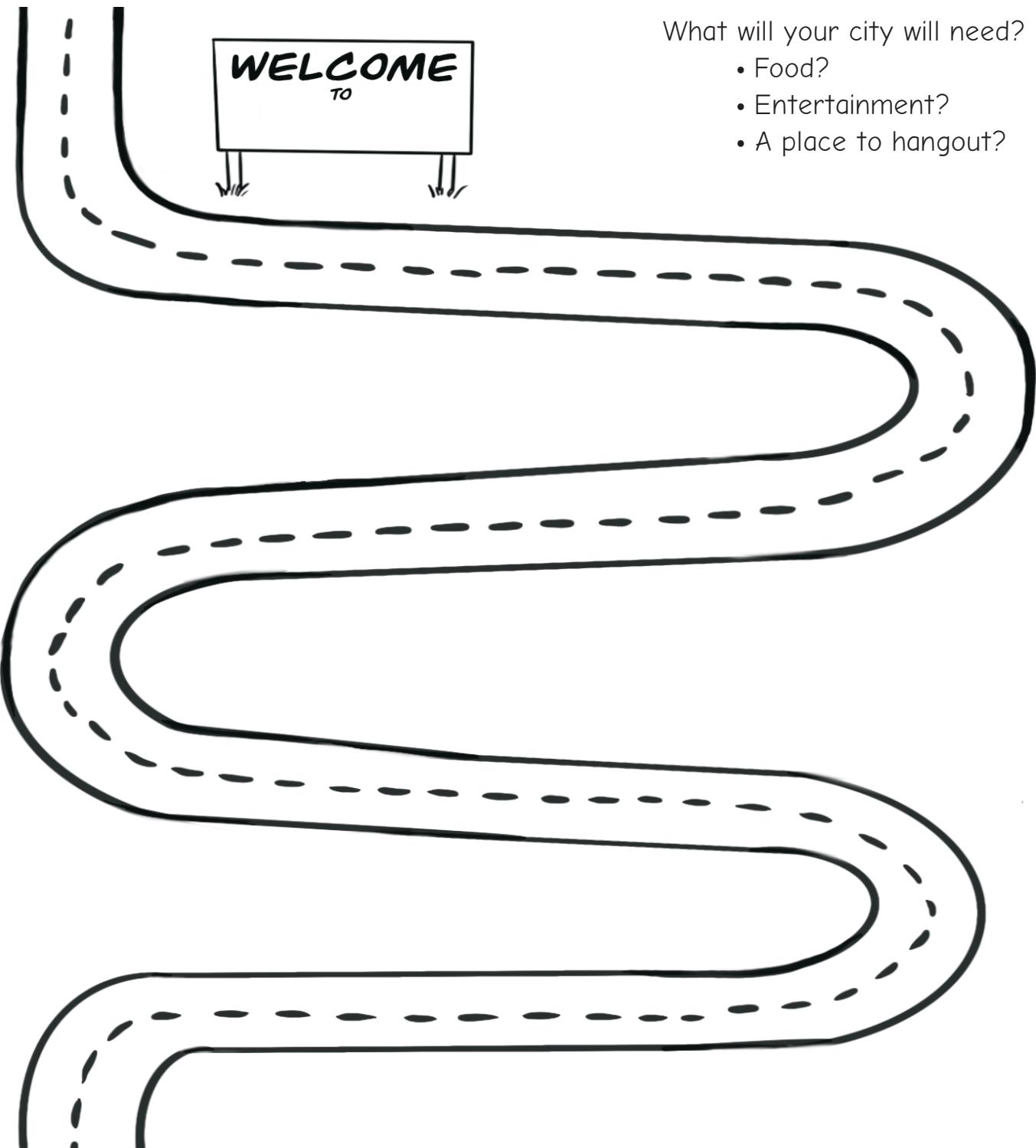
Tell someone the last time they made you smile.

ACTIVITY

Design Your Own City



Fill these streets with buildings & write the name of your city on the welcome sign.



What will your city will need?

- Food?
- Entertainment?
- A place to hangout?

What would be your favorite place to go to in your city?

What is the weather like in your city?

Where would you live in your city? **Circle it.** Who would you live with?

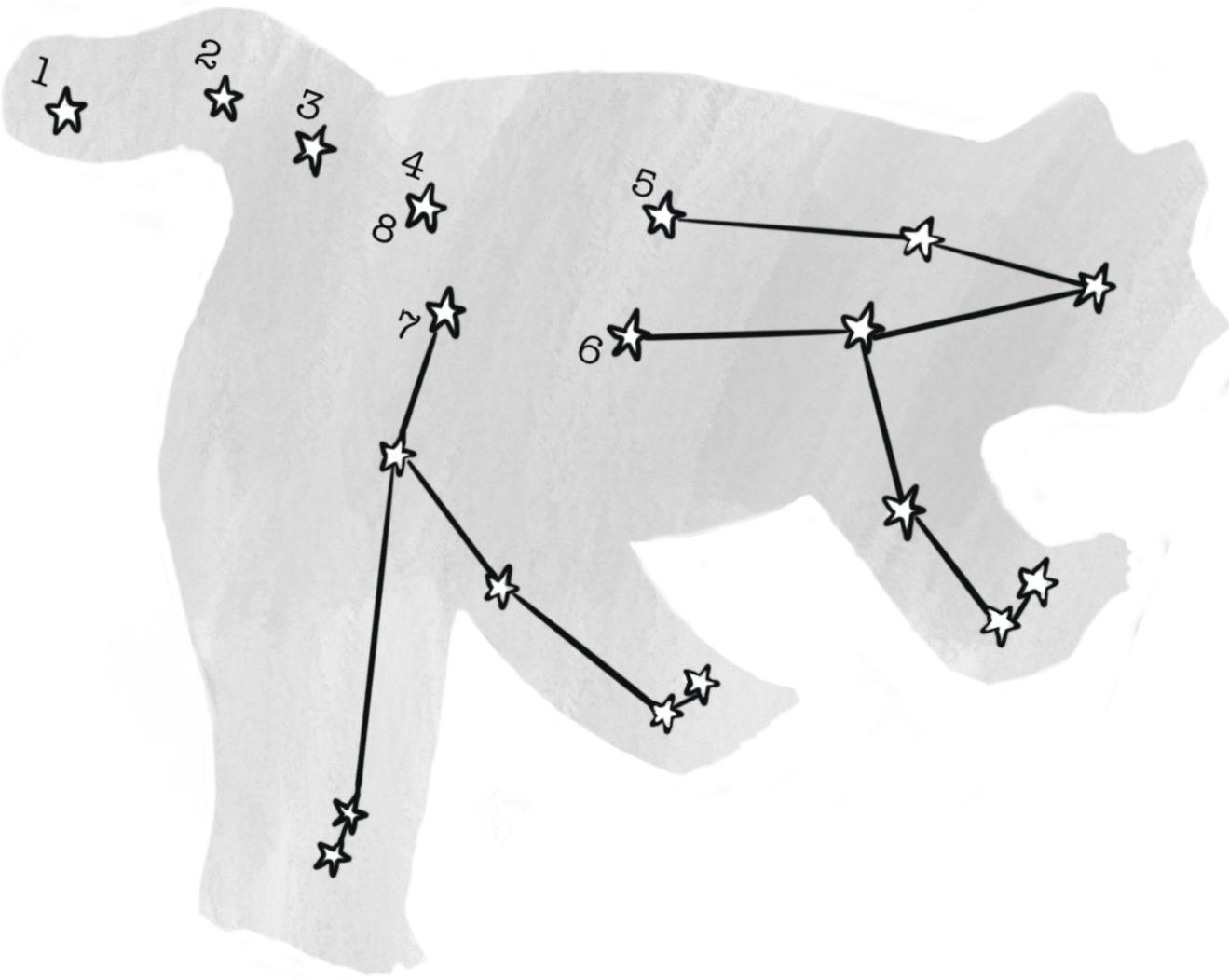
Starry Skies



A constellation is an arrangement of stars that can be viewed as a pattern. These patterns usually look like mythical creatures, animals, or objects. Throughout time people have stared up at the night sky and given these constellations names and created stories about them.

ACTIVITY

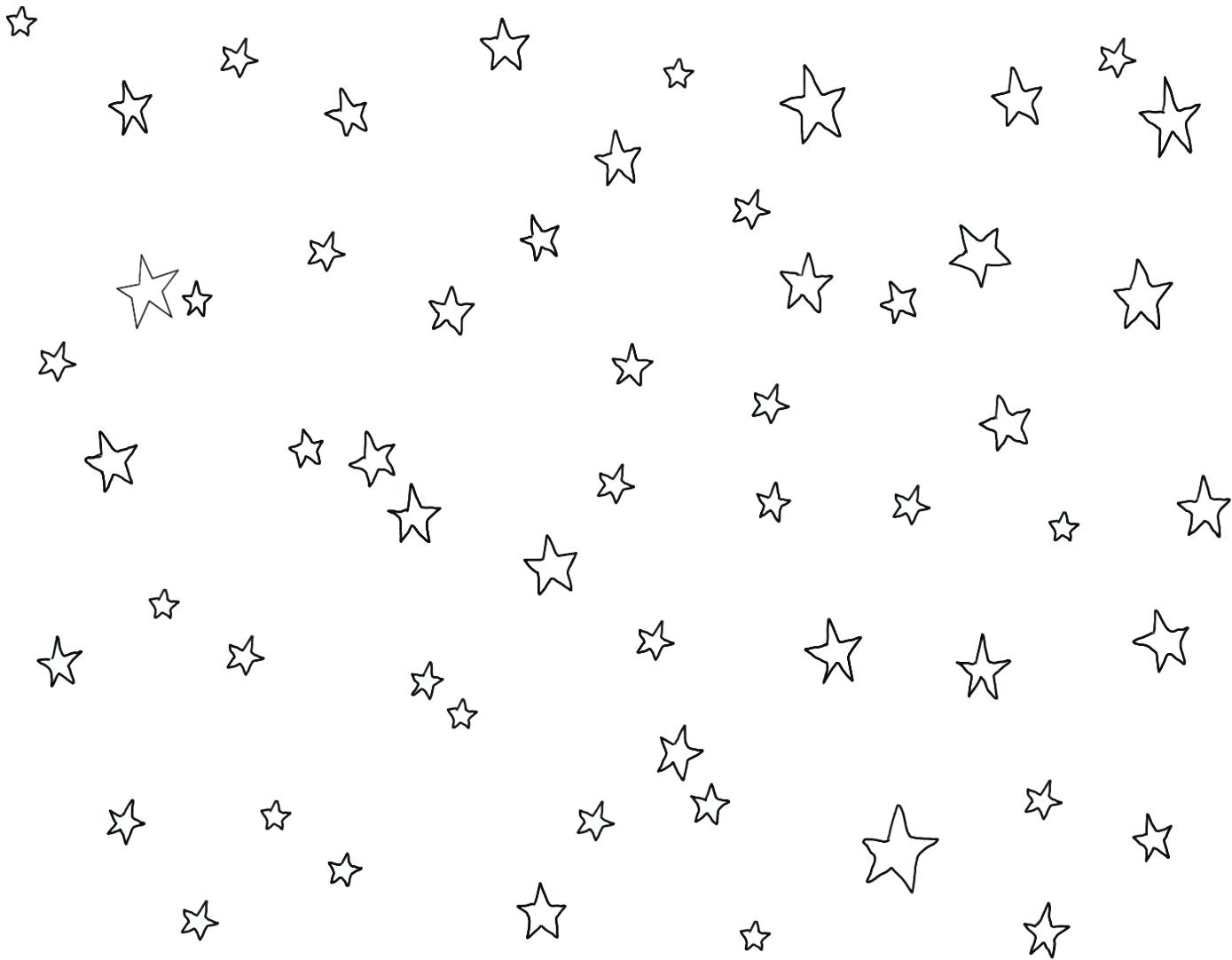
Connect the dots to reveal a constellation.



- You just drew the Big Dipper which is part of a larger constellation called Ursa Major.
- Ursa Major is Latin for the Great Bear which is what Native American tribes called the constellation.
- Other cultures identify it as a wagon or a bull's thigh.
- There are 88 constellations in the night sky.
- Ursa Major is the third largest constellation.
- Ursa Major is one of 42 constellations that represents an animal.

ACTIVITY

1. Now draw your own constellation from this starry sky.
2. Give it a name and a story!



BONUS ACTIVITY

1. Download the Sky View Lite app and identify 2 more constellations.
2. Draw and label them below.



Scan to download the
free Sky View Lite app
(Android and iOS)

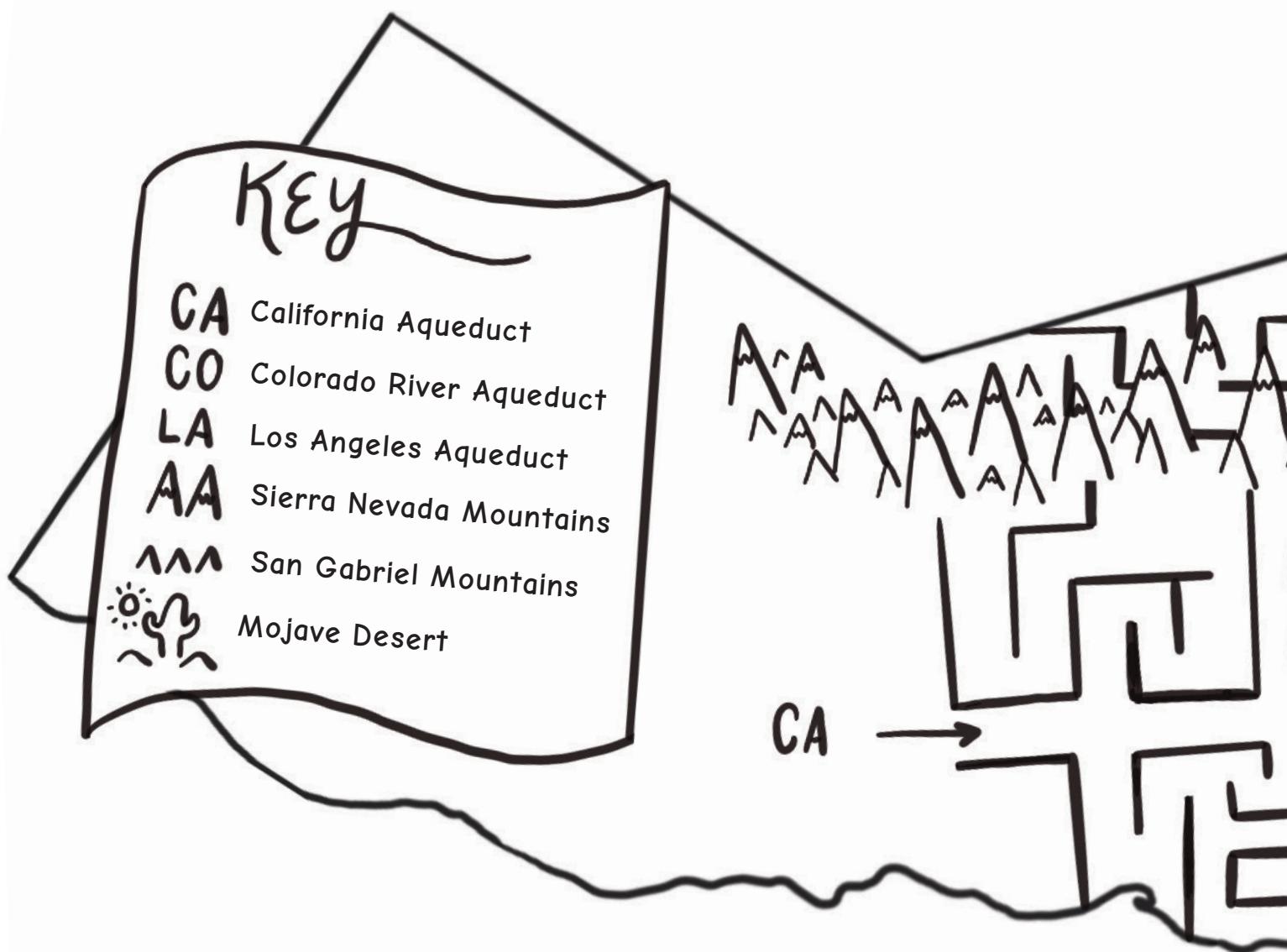
Aqueducts A'maze



Have you ever wondered where the water you drink, bathe in, and fill your water balloons with during the summer comes from? In Los Angeles, there are three **aqueducts** that bring water to your home. An aqueduct is an artificial (*human-made*) channel that brings water from sources, such as a lake, or reservoir to a destination. The three major aqueducts here are the **California Aqueduct**, **Los Angeles Aqueduct**, and **Colorado River Aqueduct**. From afar, they look like never ending water slides!

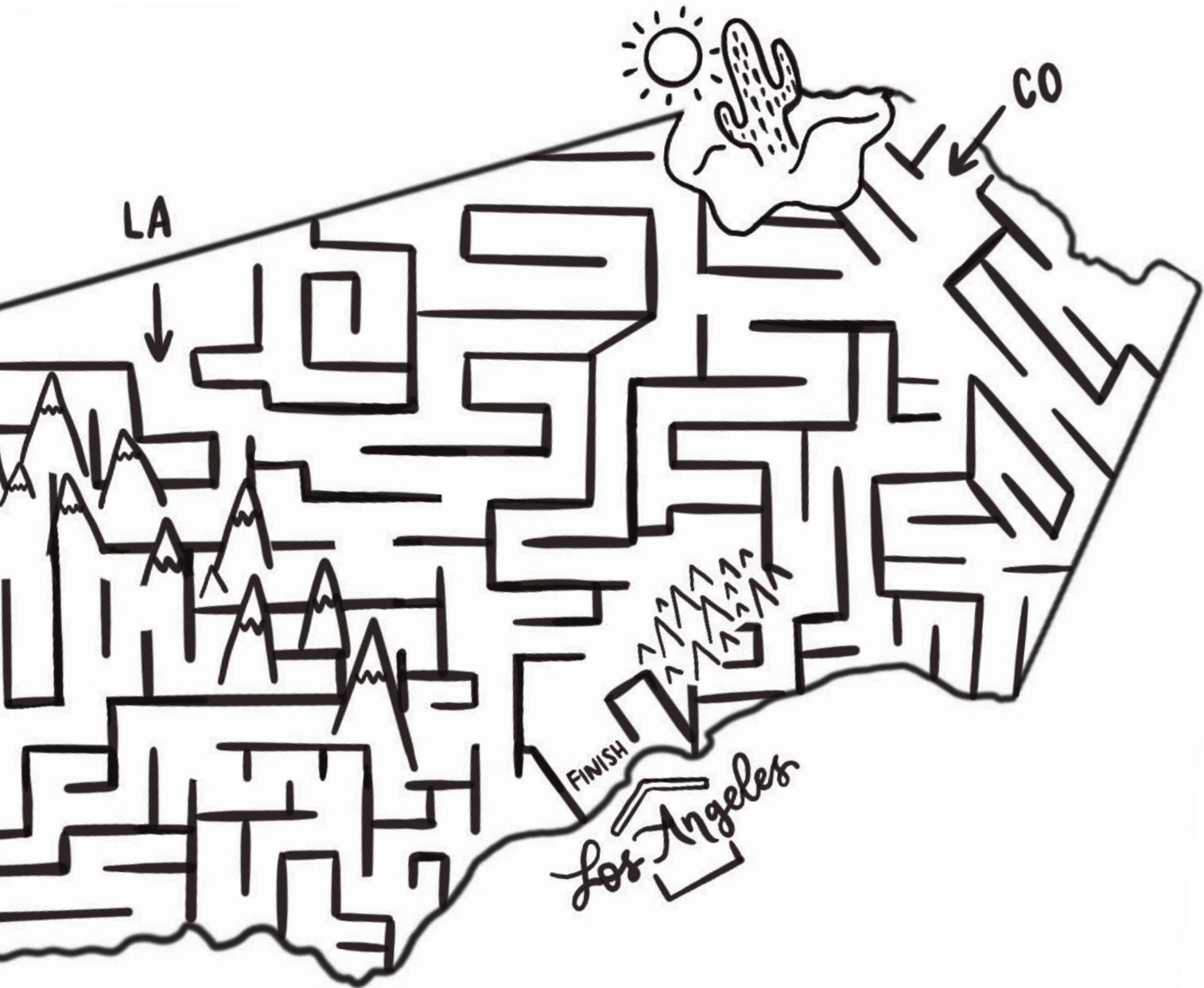
ACTIVITY

Solve this maze by navigating the barriers that the California, Los Angeles, and Colorado River Aqueducts must get around in order to deliver water to our community!



- **The California Aqueduct** is a system of tunnels, pipelines, and canals that collect and deliver water from Northern and Central California as well as the Sierra Nevada Mountains.
- **The Los Angeles Aqueduct** was built over 100 years ago and transports water from Owens River and Haiwee Reservoir in Central California to the Los Angeles Reservoir. (A reservoir is a large lake that stores and supplies water for use in communities, farming, and more.)
- **The Colorado River Aqueduct** takes water from, you guessed it, the Colorado River at Lake Havasu on the California-Arizona border.

All of these aqueducts run into obstacles such as valleys, hills, and mountains on their way to our homes.



The Grounding Tree

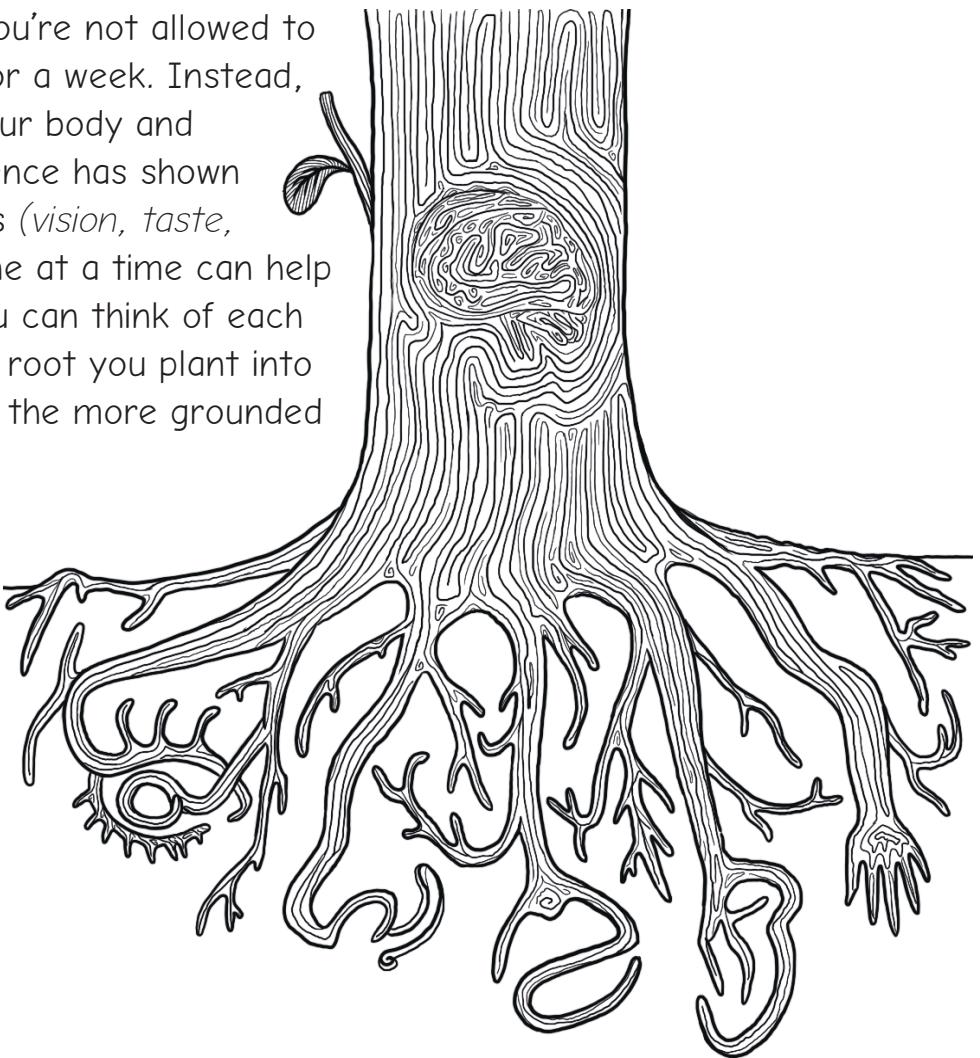


“Grounded” doesn’t mean you’re not allowed to hang out with your friends for a week. Instead, it means being present in your body and connected to the earth. Science has shown that focusing on your senses (*vision, taste, smell, touch, and hearing*) one at a time can help you feel more grounded. You can think of each sensation you tune into as a root you plant into the ground; the more roots, the more grounded you become.

ACTIVITY

Draw or write down:

5 things you see:



4 things you hear:

3 things you touch:

2 things you smell:

1 thing you taste:

- Do you feel any different after doing this activity? How?
- What situations do you think this activity could be helpful in?
- Try tuning into your senses when you feel overwhelmed or out of control.

ACTIVITY

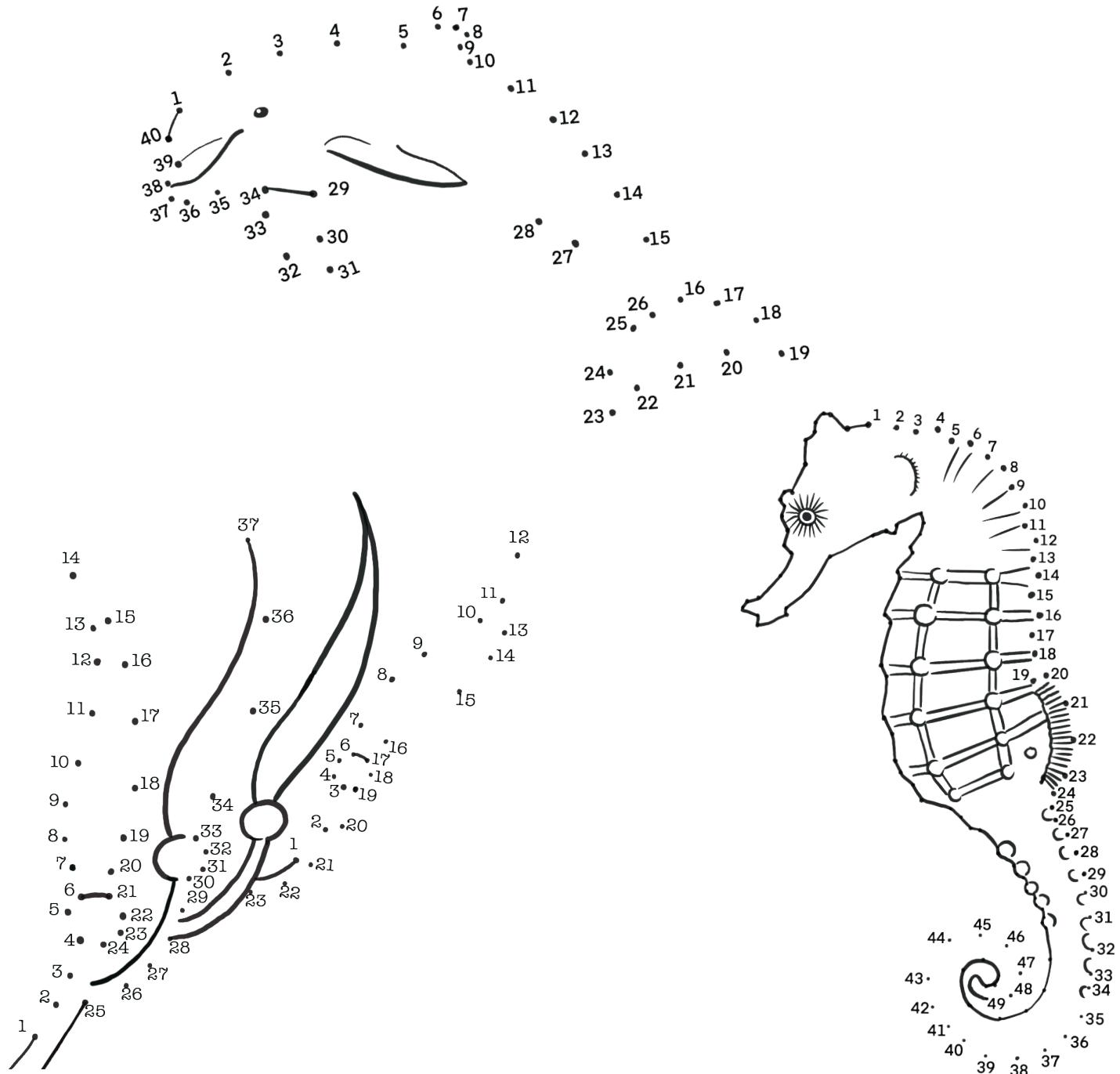
Admiring Marine Life



1. Connect the dots in order to reveal what is under the oceans in California.

2. Label your findings from the names below:

- **Bottlenose Dolphin:** like to surf the waves.
- **Giant Kelp:** can grow up to 2 feet a day!
- **Pacific Seahorse:** is the largest seahorse. Some can grow up to 12 inches!



Inspector Introspector



Help! Inspector Introspector was coming to town to solve a mystery:

A young girl named Lucy who has been followed by **Grief**, **Anger**, and **Anxiety** ever since her dog ran away last year. Wherever the girl went, on the bus ride to school or in her bed at home, these perpetrators kept following her, and they seemed to get stronger and scarier when it is dark at night. Unfortunately, the Inspector's airplane flight was canceled due to an ongoing series of typhoons.

She heard from the local townspeople that **you** will soon be an expert in introspection (*observing one's mental state and emotions*) and wants you to help Lucy fight off her monsters.



Emotion Definitions:

Admiration: Looking up to someone with respect

Anger: Mad

Annoyance: Bothered

Anticipation: Feeling like something is about to happen

Anxiety: Feeling worried or nervous

Apprehension: Worry about the future

Awe: Feeling of respect mixed with wonder and fear

Boredom: Lack of interest

Disapproval: Lack of acceptance or approval

Disgust: Yuck!

Grief: Deep sadness from losing something or someone

Loathing: Strong dislike for

Optimism: Feeling hopeful or positive

Pensiveness: Deep and serious thoughtfulness, often stemming from sadness

Rage: Extremely mad

Remorse: Feeling regret or guilty

Sadness: Feeling down, symptom: crying

Serenity: Calm and peace

Vigilance: Careful and alert in case of danger

ACTIVITY

Help Lucy understand her feelings by going through these steps pretending to be her:

1. Color in the emotion(s) you feel right now using a color that you feel best represents the emotion(s):

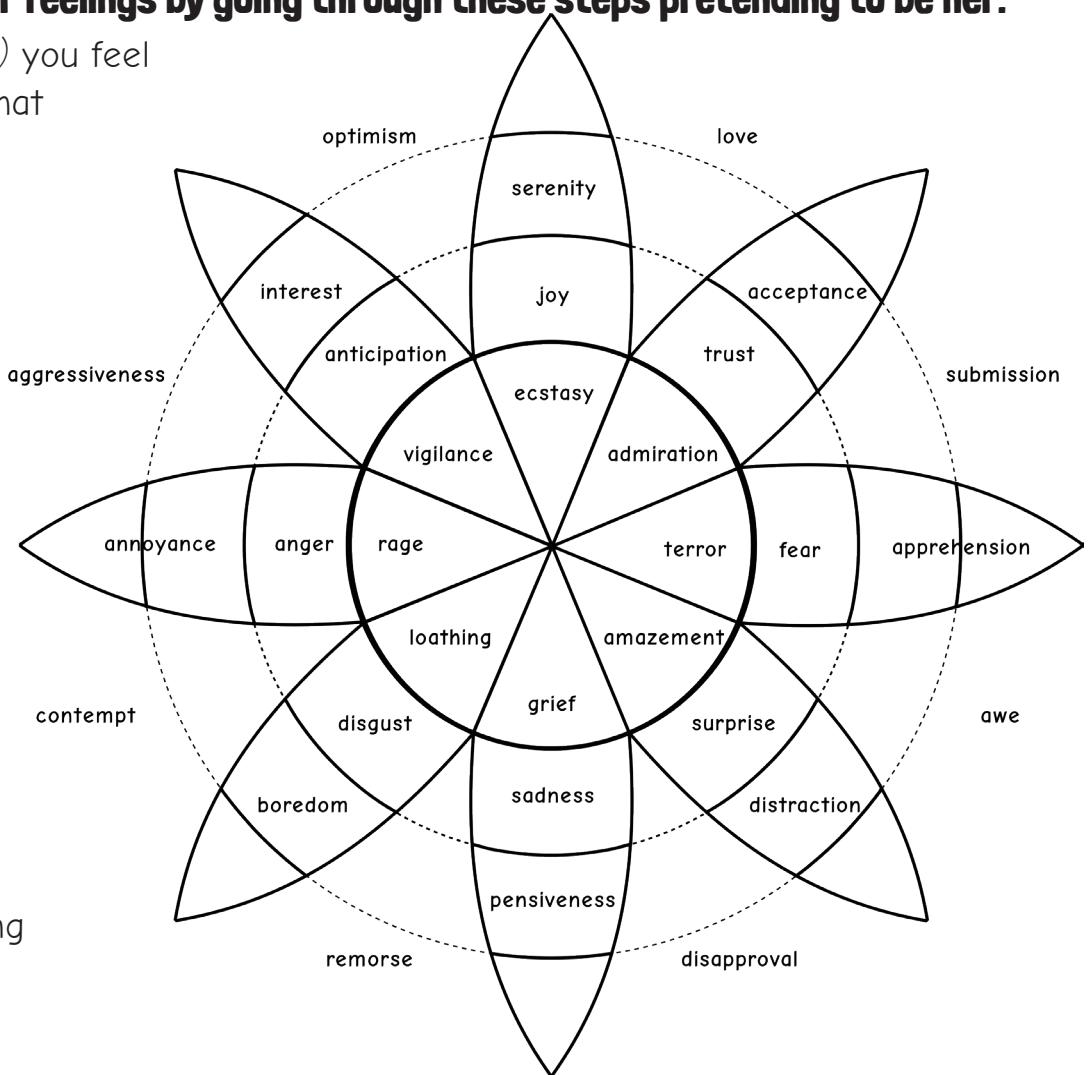
2. Why do you think you're feeling these emotions?

Help Lucy understand her emotions:

1. Anger might be following Lucy because:

2. She is also experiencing Anxiety because:

3. Finally, Lucy realizes that she is in Grief because:



What are some ways you can cope, or feel better, when you're feeling sad, angry, or afraid? (Refer to page 23 for helpful tips).

You recommend Lucy to use: _____

to combat the negative emotions and it is super effective. GREAT JOB!

Nature Hunt



There is nature all around us, even when we're in the city. We just have to take a moment to look and appreciate it!

ACTIVITY

- 1. Look around you and try to find each of these:**
- 2. Draw or describe each below. If you have a camera, take a photo too!**

Plant

Insect

Cloud

Tree

Bird

Rock

Scientists call Los Angeles a biodiversity hot spot!

That means there are a lot of plants and animals here, many of which only live in Southern California. Next time you're outside, look for plants and animals you haven't noticed before!

Quick! Snap a picture before it leaves!



BONUS ACTIVITY

1. Download the iNaturalist app.



Scan to download the
free iNaturalist app
(Android and iOS)

2. Take a clear photo of a plant or animal around you that's part of nature.

3. Submit it to iNaturalist and try to identify it.

Were you able to learn its name?

DOUBLE BONUS!

- 1. Find a cool plant or animal someone else found in your neighborhood.**
- 2. Draw or describe it below.**

Did you know that plant/animal was in your neighborhood?

Virus: Relative Sizes



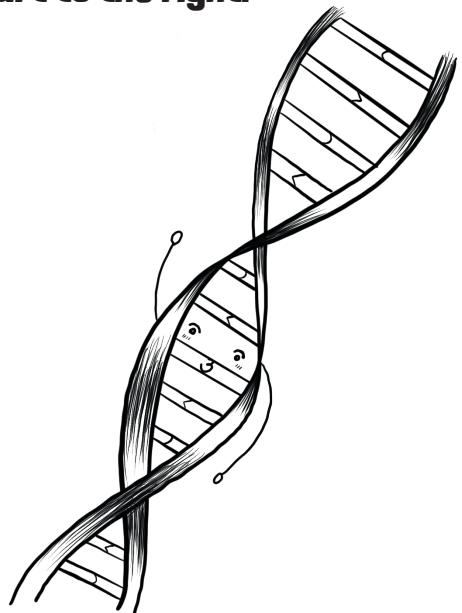
Microorganisms such as viruses and bacteria are all around us, even when we cannot see them with our naked eye. In fact, trillions of microorganisms, from 500 distinct species, inhabit the human body and we need them to survive! The microbes (*microorganisms*) include good bacteria that help fight off bad bacteria. Bacteria also helps our digestive system break down and process food. However, bad bacteria and viruses can get us seriously ill.

In this activity, you will be exploring just how small microorganisms are relative — or compared — to other microscopic building blocks of life as well as things you can see. Fill in the flowchart by ordering the items from the word bank from smallest to largest.

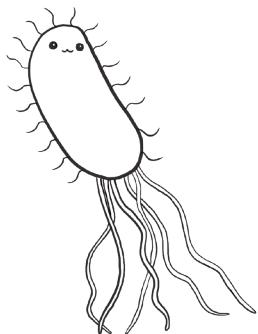
ACTIVITY

Order the following items from smallest to largest in the chart to the right:

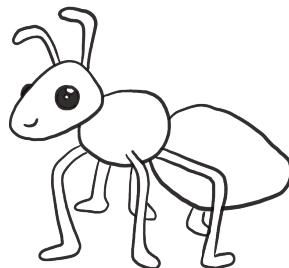
- Sneeze droplet
- Wavelength of light
- Ribosome
- Antibody
- Ant
- Human cell
- DNA
- Virus
- This dot → •
- N95 mask pore size
- Protein
- Bacteria



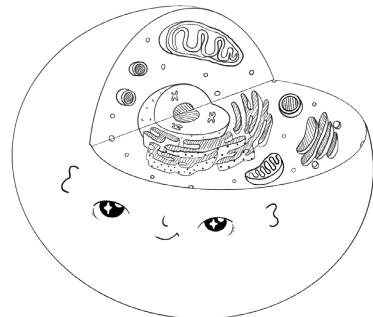
DNA (2 nanometers)



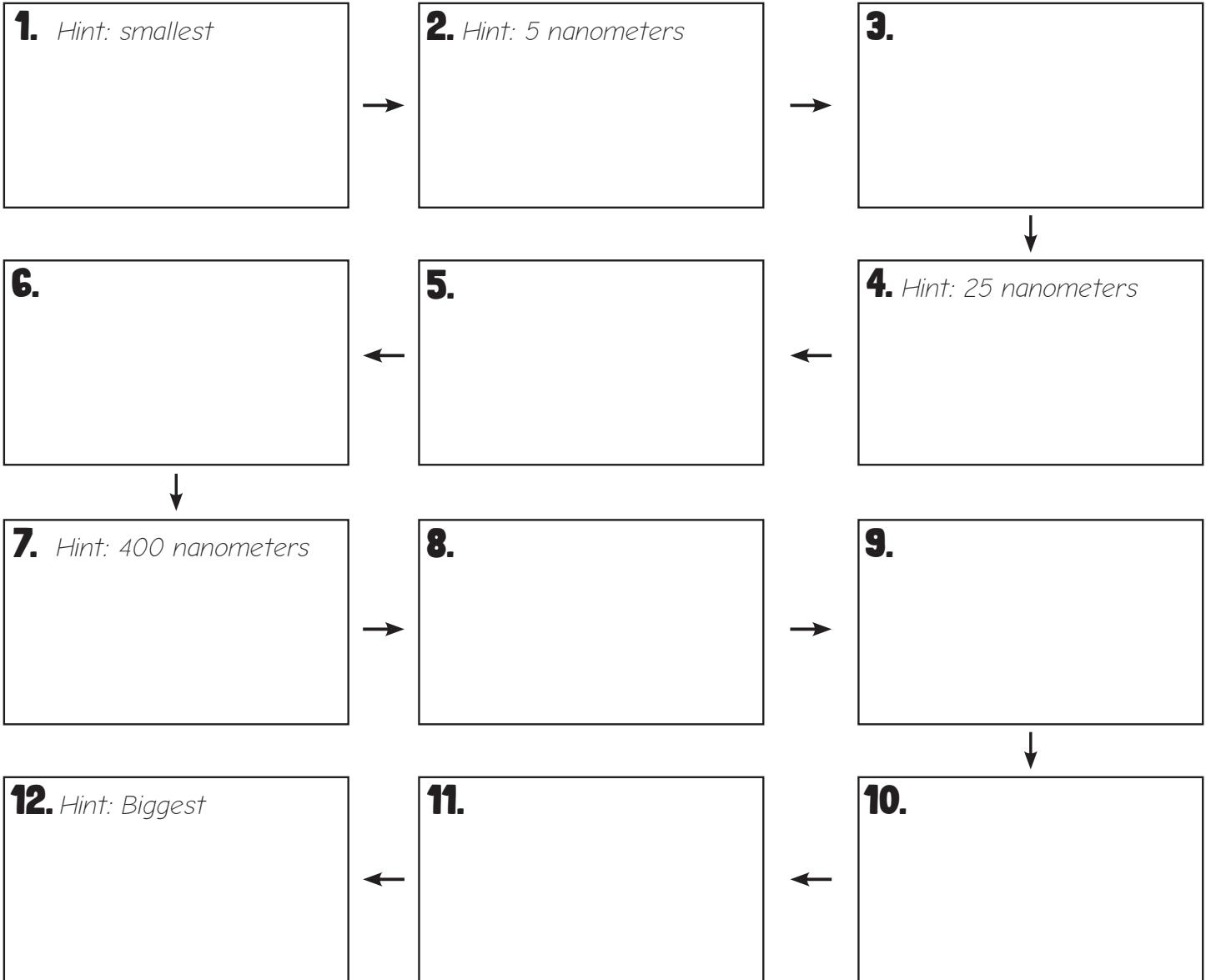
Bacteria (1 micrometer)



Ant (5 millimeters)



Human Cell (10 micrometers)



Think you've got the answers? Turn to page 25 for answers.



Coronavirus (30 nanometers)



N95 Mask (300 nanometers)

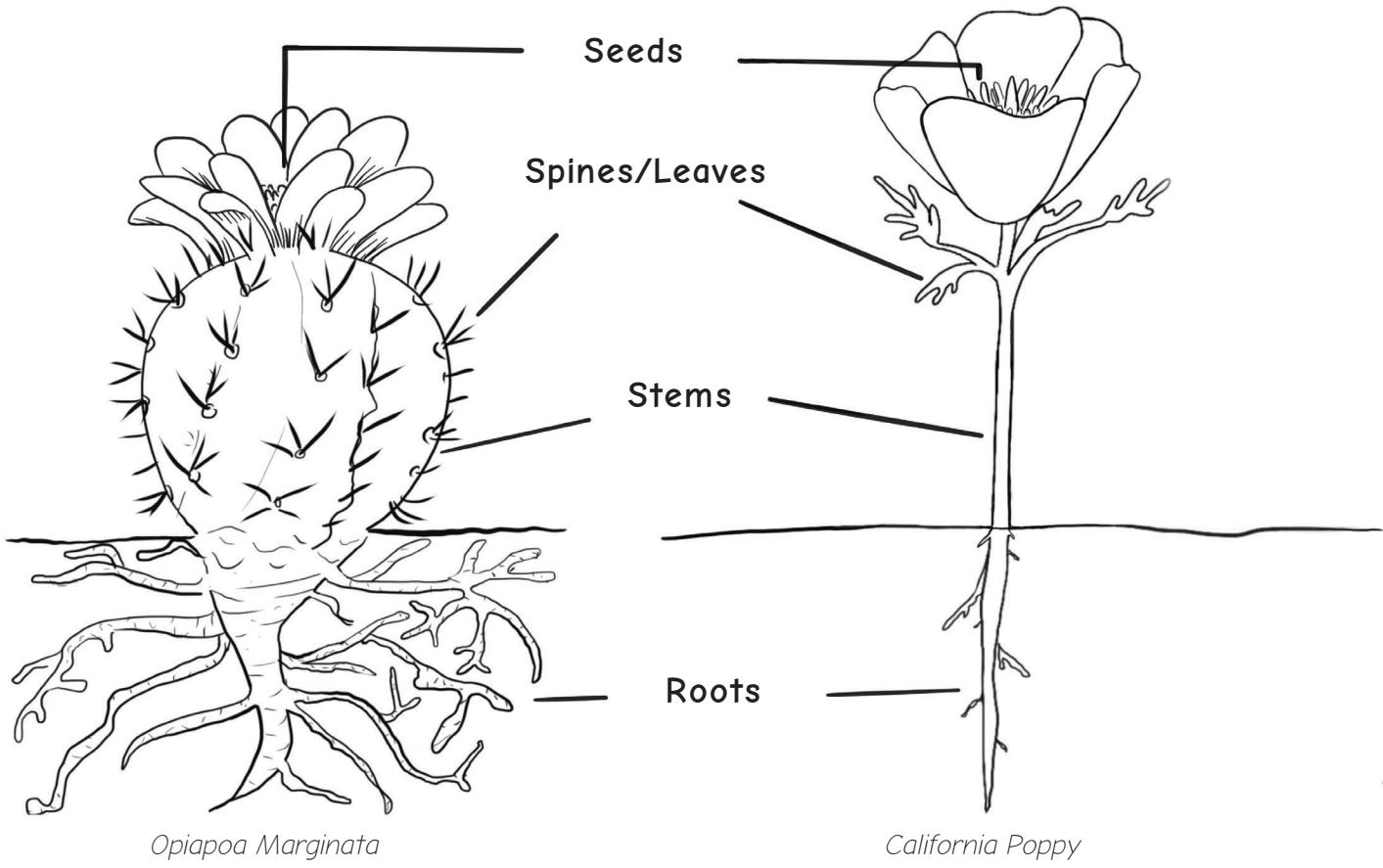
Design Your Own Plant



Plants have leaves, stems, roots, and can produce seeds.

- **Leaves** are often thin and flat to absorb sunlight, take in carbon dioxide, and release oxygen (*what animals and humans breathe!*).
 - **Stems** support the leaves by bringing the water minerals to the leaves.
 - **Roots** anchor the plant, providing stability while also absorbing water and nutrients.
 - **Seeds** exist in the flowers or fruits of a plant and are carried by the wind or animals to the ground in order to be planted again.

Each part of a plant is crucial in photosynthesis (*fo-toe-sin-the-sis*), which is the process of plants creating energy from water and light. The energy is then used by your body when you eat the plants! No wonder Popeye loves his spinach!



Plants are able to adapt to their environment. Plants in the deserts have features that allow them to survive in hot, dry daytimes and colder nighttimes. Cactus plants have widespread, shallow roots that allow it to quickly soak up rain. Its stems are thick and fleshy to hold in water. Instead of leaves, cacti have spines so that water will not evaporate as easily like they do on flat, thin leaves. The spines also protect the cacti from predators, animals that try to eat it.

ACTIVITY

1. Create and design a plant of your own!

2. Draw or describe it below:

Things to consider while designing your plant:

- Big roots vs. Small roots?
- What kind of leaves?
- What will its environment look like?
- How will it spread its seeds?

• What is the name of your plant?

• Where is it designed to live?

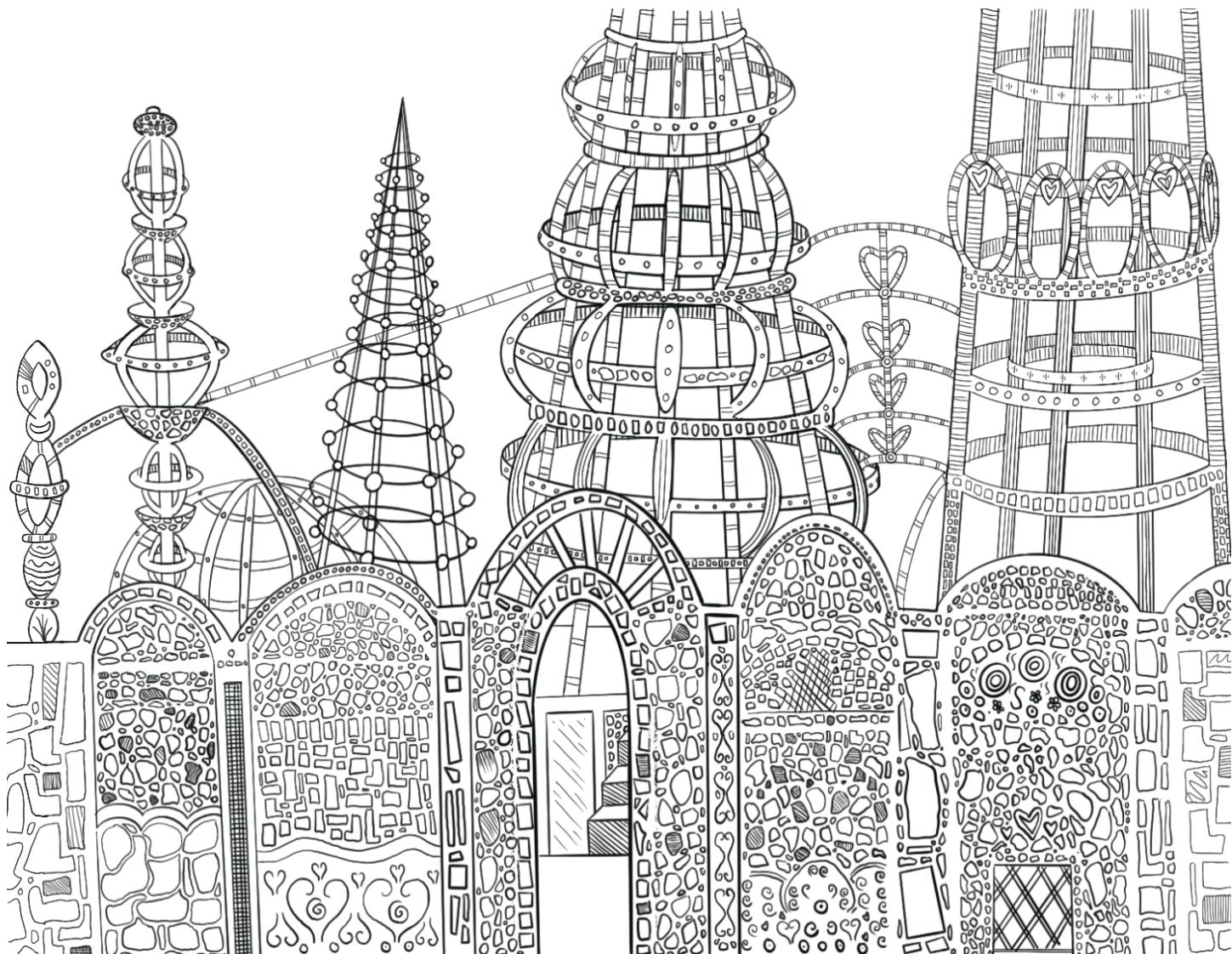
• What is unique about your plant?

• How will your plant survive in Los Angeles, where it is dry and hot during the day, and colder at night?

Up Cycling & the Watts Towers



If you ever visit East 107th Street in Watts, Los Angeles, you will see an incredible collection of 17 interconnected sculpted towers along with other artistic elements like a mosaic wall that welcomes visitors into the outdoor museum. This is the Watts Towers, also known as Nuestro Pueblo or “Our Town.”



The story began with Simon Rodia, an Italian immigrant born in the late 1800s, who followed his brother's footsteps and sailed for America at 15 years old. Upon arriving in the States, Rodia worked as a construction worker in rock quarries, railroads, and logging camps. In 1921, Rodia and his brother bought an oddly-shaped, triangular piece of land on 765 E. 107th Street, which would be known as Watts City. At 42 years old, Rodia filled up this lot of land by collecting and up cycling usable scraps people had tossed away to create individually unique structures that would be known as the Watts Towers. He was absolutely obsessed with this project, dedicating all of his time and energy to building this masterpiece for 34 years straight!

Rodia's story shows us how art is not limited to fancy, expensive materials and luxury. Anything can be made into art as long as you work hard and believe! We also learn about up cycling, which means to creatively reuse unwanted or waste materials and turn them into something valuable.

As Macklemore once rapped, "**One man's trash is another man's treasure.**"

ACTIVITY

- 1. Find 5 things in your house that can be up cycled.**
- 2. Build a structure/tower out of the items!**
- 3. Use this space to design or sketch your structure before you build it.**

- What is the name of your art piece?
- Is it complete? or do you want to add to it?

BONUS ACTIVITY

Post & introduce your art on Instagram and tag us @uclaunicamp with #WoodseyExplorer to be featured on our story!

Moon Phases



Have you ever noticed that the moon's shape is different every time you look at it? Sometimes it's round, other times it's a crescent, & every month it seems to disappear! Don't worry, the moon is always there circling Earth. It takes about 29 and a half days for the moon to make a full orbit around Earth. The reason why the moon looks different is because of where it is positioned between the sun and Earth.

A **new moon** occurs when the moon is between Earth and the sun. The sun shines onto the side of the moon facing away from Earth, we see the unlit side, which allows it to blend into the dark night sky.

A **half moon** happens when the moon is at a 90° angle from Earth and the sun.

A **full moon** appears when the moon is on the opposite side of Earth and the sun.

Waxing is when the moon is “maxing” or growing with light from new to full, while **waning** is when it goes from full to new. Waxing and **waning** creates **crescent & gibbous** moon shapes.

ACTIVITY

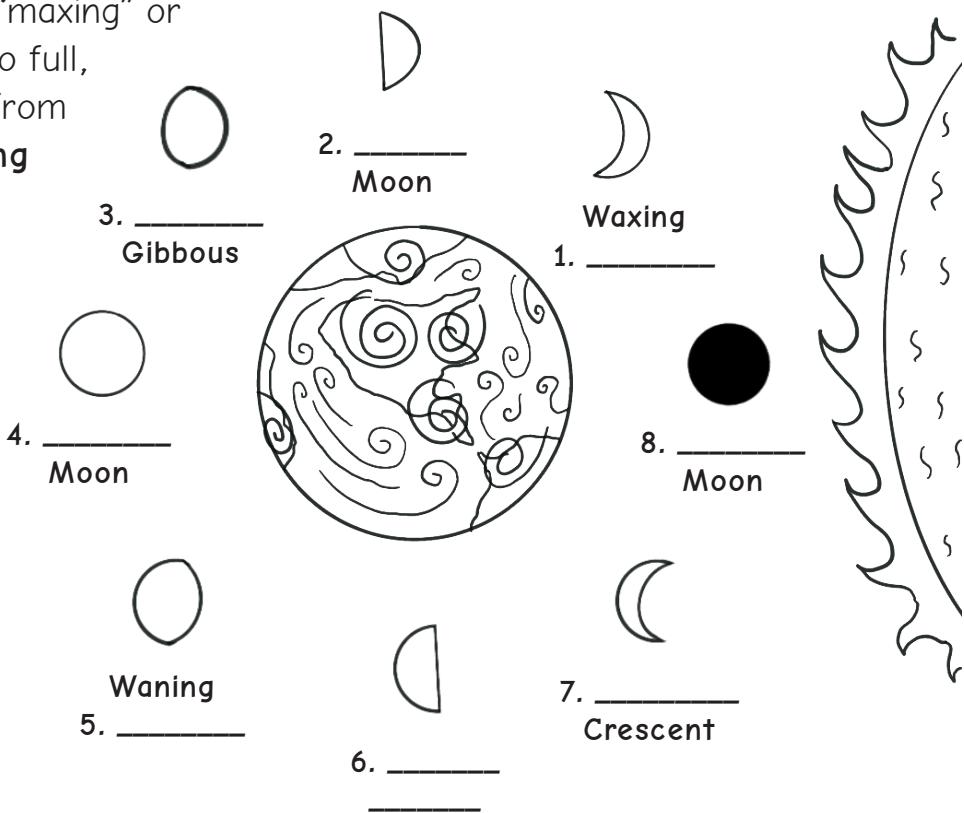
Fill in the remaining phases/ words to the right.

Turn to page 24 for answers.

BONUS ACTIVITY

Materials:

- 8 Oreos
- A spoon
- A place mat
- A cup of milk.



1. Set the place mat on a flat surface in front of you.

2. Place your Oreos onto the place mat in a circular pattern around the cup of milk, refer to the figure on this page. The Oreos represent the moon phases. The milk is the earth.

3. Twist open the Oreos to reveal the cream.

4. Use the spoon to scoop off the cream of the Oreos to copy the moon phases.

DOUBLE BONUS!

Dunk the Oreos in the milk and eat them!

Fortune Tell Me How To Cope



Coping skills are ways that we can calm ourselves down and re-center our focus in the face of conflict or hardship. While we may not be able to control how others behave or react towards us, coping skills are ways we can control our own behaviors and outcomes. In this activity, you will try some coping skills. Too many to choose from? We will be making a fortune teller to help you decide!

ACTIVITY

1. Fill in these coping skills in the blank spaces on the fortune teller:

- Slowly count to 10
- Box breathing (*inhale 5 seconds, hold 5 seconds, then exhale 5 seconds*)
- Read your favorite book for 5 minutes
- Write about your feelings in a journal
- Say 3 things you are grateful for aloud
- Engage in your 5 senses (*see page 10: Grounding Tree*)
- Get a hug from someone
- Watch the clouds

Scan for video folding instructions or
go to unicamp.org/we/fortune



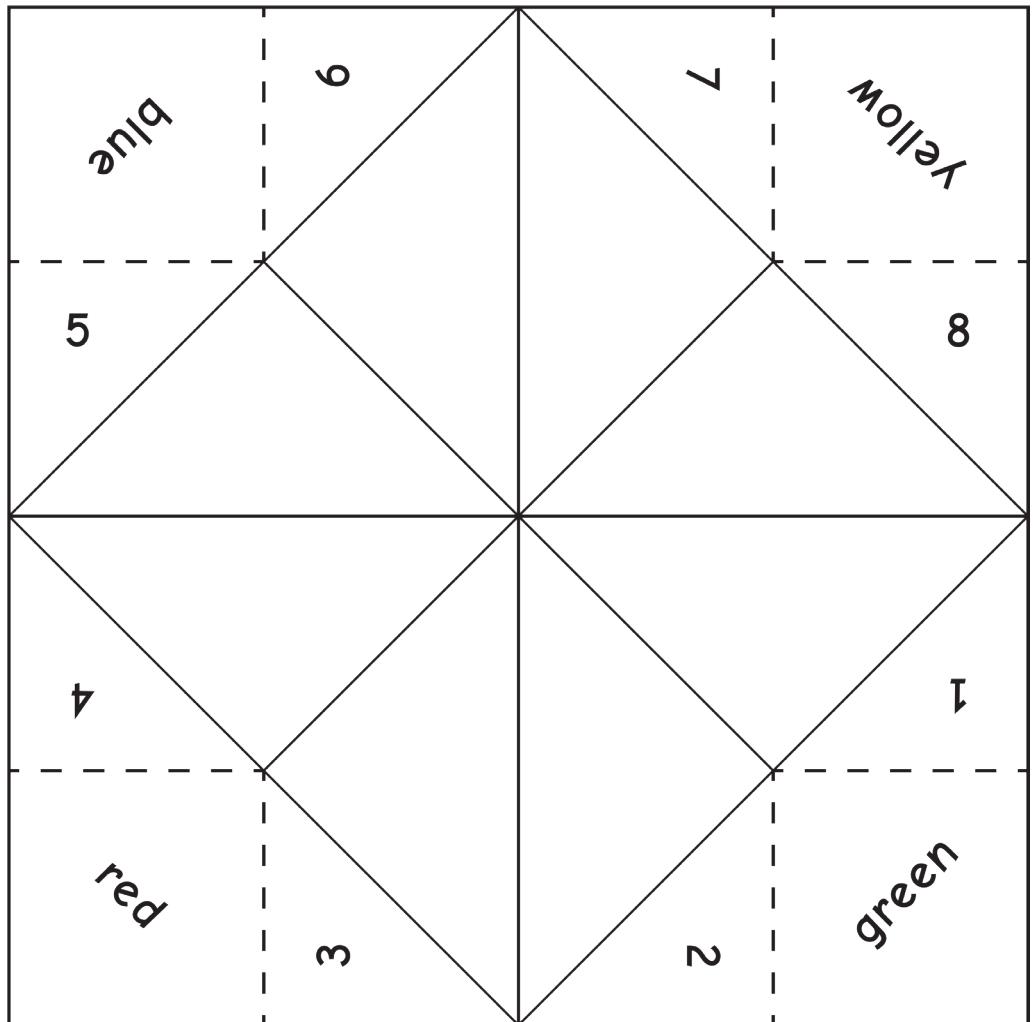
2. Decorate and cut out the fortune teller.

3. Folding Instructions:

1. Fold in half both ways
2. Fold in both diagonals
3. Reopen & lay flat
4. Text down — fold each corner to the middle
5. Flip over so coping skills are visible
6. Fold corners to middle
7. Fold in half
8. Open the pockets

Tips:

- Pinch corners
- Insert fingers into sockets and gently expand



4. Fortune Teller Use Instructions:

1. Stick fingers into pockets
 2. Choose a color — spell out the color — alternate fingers with each letter
 3. Choose a number — count to that number — alternate fingers while counting
 4. Select a number — open flap to reveal the coping skill to try
-
- Which two were your favorite activities? Why?
 - When would you use any of these coping strategies?

Moon Phases – Answer Key 1) Waxing Crescent 2) Half Moon 3) Waxing Gibbous 4) Full Moon
5) Waning Gibbous 6) Half Moon 7) Waning Crescent 8) New Moon

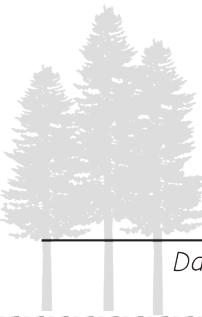
WOODSEY EXPLORER

Certificate of Completion

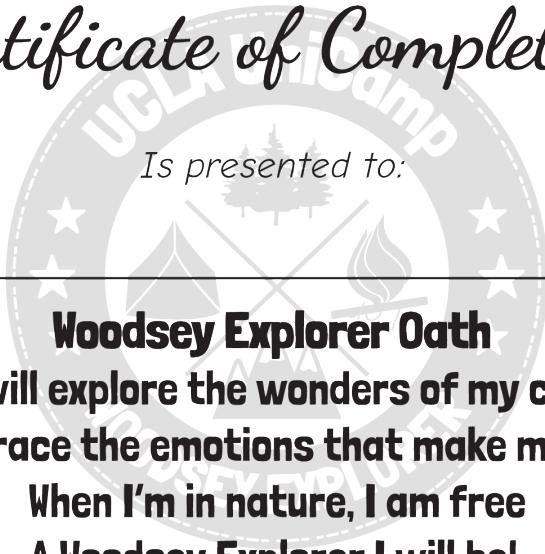
Is presented to:

Woodsey Explorer Oath

I will explore the wonders of my city
Embrace the emotions that make me, me
When I'm in nature, I am free
A Woodsey Explorer I will be!



Date of Completion



Woodsey Explorer Ranger Signature



UCLA UniCamp is the official charity of the students of UCLA. Every year we take campers from the Greater LA community and give them a residential summer camp experience they wouldn't normally get to have. We sing songs, play games, make friends, explore nature, and create lifelong memories in the span of one week. We'd love to have you join us at camp next summer. If you are interested in attending UCLA UniCamp please scan the QR Code below and sign up for our email list to be notified when camper registration opens.

**Scan to receive more info about UCLA
UniCamp or go to unicamp.org/updates**



Virus: **Relative Sizes - Answer Key 1)** DNA (diameter of a single strand): 2 nanometres **2)** Protein: 5 to 50 nanometres **3)** Antibody (large protein): 15 nanometres **4)** Ribosome: 25 nanometres **5)** Virus: 30 to 100 nanometres **6)** N95 (professional-grade) mask pore size: 300 nanometres **7)** Wavelength of blue light: 400 nanometres **8)** Sneezing droplet: 0.5 to 12 micrometres **9)** Bacteria: 1 to 5 micrometres **10)** Human cell: 10 to 100 micrometres **11)** Period in 24-point font: 1 millimeter **12)** Ant: 5 millimetres

