

PGE PARKS AND RECREATION



JUNIOR RANGER

OUTDOOR

ADVENTURE BOOK

- BOOK 2 -



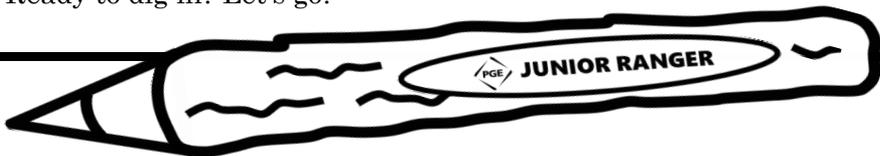
Welcome Back { Jr. Ranger!

Have you ever wondered,
“Who lives under that log?”

Or, “How old is the log compared to that tree?” And, “What I could use it for?” If these questions make your Junior Ranger badge itch, then this activity book is for you.

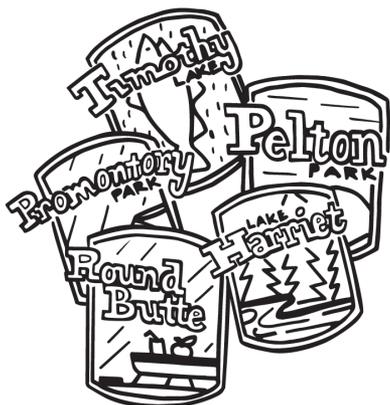
By now, you know about Portland General Electric’s parks. It is time to roll up your sleeves, get out your hiking shoes, put on your adventure hat and really soak up the outdoors.

Ready to dig in? Let’s go!



Earn your Junior Ranger adventure pen!

Kids 5 years old and older can earn a Junior Ranger adventure pen while discovering the natural world. Use this activity book as your ticket to adventure!



Complete at least six of the eight activities, then take your book to one of our campgrounds or email photos of your completed book to receive your prize:

PGEParks@pgn.com

Campgrounds close seasonally.
Visit [PortlandGeneral.com/](http://PortlandGeneral.com/Parks)
Parks for dates and reservations.

Let's Talk

CAMPING!

There is way more to camping than just pitching a tent or parking an RV. How is camping different than staying home? What makes it special?

When I think of camping I think of . . .

Draw what you think is the best part about camping.



To go camping, you need to pack these things:

Here are some activities to do while camping:

Nature Rulers

How tall are you compared to a butterfly? How many worms long is your hand? Find something in nature that is 1 inch long and write it on the blank below. Do the same for 2 to 6 inches. Use your new nature ruler to measure!

6 inches	_____	↑
5 inches	_____	↑
4 inches	_____	↑
3 inches	_____	↑
2 inches	_____	↑
1 inch	_____	↑



My Nature Measurements

My hand is
2 (#)
worm s
 long.

My book is
 _____ (#)
 _____ s
 wide.

My leg is
 _____ (#)
 _____ s
 long.

I am
 _____ (#)
 _____ s
 tall.

Let's Make an

Adventure Map

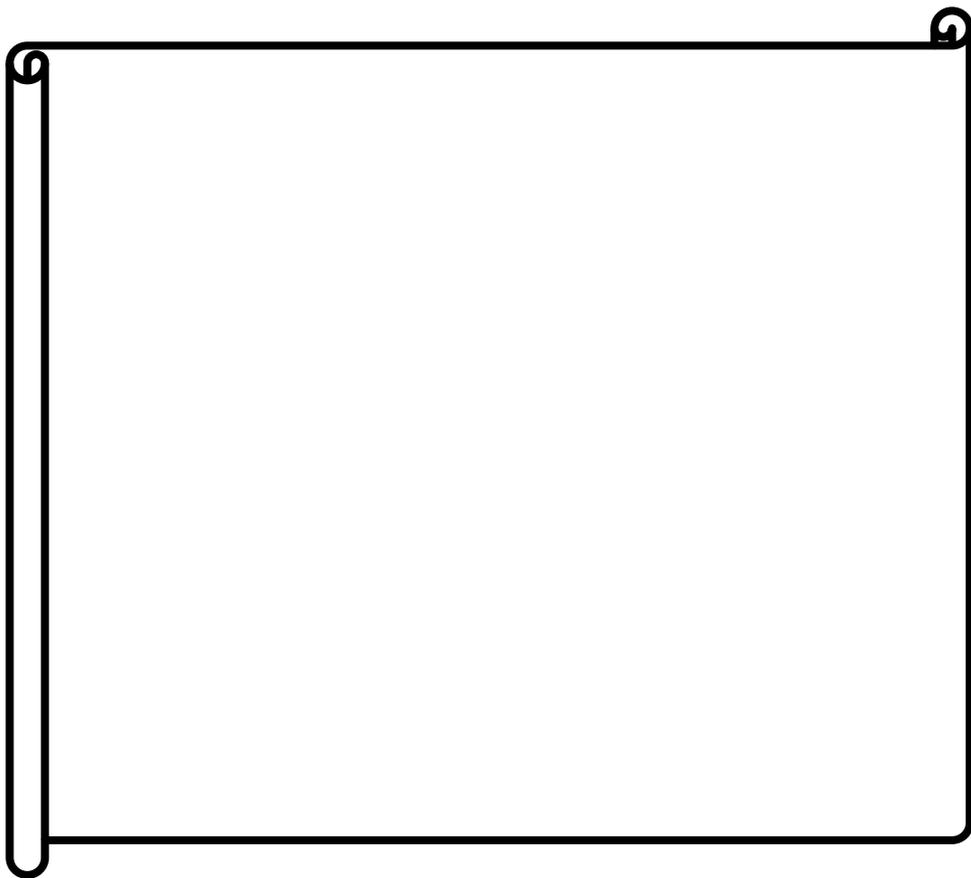
Think about a trip you have taken or would like to take. What are some special things to see and do? Where are they located?

Draw an adventure map of your trip—you can use a real map to help!



Here are some ideas for your map:

- | | | |
|---|---|---|
| <input type="checkbox"/> Your Route | <input type="checkbox"/> Places to Stop | <input type="checkbox"/> Cool Rock Formations |
| <input type="checkbox"/> Roads | <input type="checkbox"/> Towns | <input type="checkbox"/> Animals |
| <input type="checkbox"/> Rivers, Lakes, Beaches | <input type="checkbox"/> Trails | <input type="checkbox"/> Mountains |
| <input type="checkbox"/> Parks | <input type="checkbox"/> Buildings | <input type="checkbox"/> Trees |



Let's Build

A Time Line

Whoa,
so very
old...







Look at the world around you—how long has it all been here? That flower is pretty young. And that tree is definitely older. How old are those rocks? Everything in the sky? When was that building built? Where do you fit in?

Make your own timeline by listing the things you see in nature from oldest to youngest. Be sure to include yourself!

Yowza!
So young!

Let's Compare

Night and Day

Something magical happens every day when the sun goes down and blue skies fade to gold and pink, then to black.

Find a safe spot outside that you can visit any time of the day. Go sit there quietly for a few minutes during the day—make notes on what you observe. Then, go back after sun goes down, and do it again. What changes? What stays the same?



*Notice your skin.
What do you feel?*

How does the air feel? Is it moving? Is the ground dry?



*Close your eyes, and listen
for 3 minutes.*

How many sounds do you hear? What are they?



*Close your eyes, and listen
for 3 minutes.*

**How many sounds do you hear?
What are they?**



*Notice your skin.
What do you feel?*

**How does the air feel? Is it
moving? Is the ground dry?**

**How far can you see? How
close? What stands out?**

*Look up and
down, near and far.*



Compare daytime to nighttime.

What sounds were different?

How did the air and ground change?

How does your vision change as it gets darker?

Why are animals out during the day? At night?

Let's Play

Tracking B I N G O

Animals live all around us. You might not see them, but each one leaves some sort of sign behind—a footprint, a feather, scat (poop), a hole in a tree . . .

Be an animal detective and find enough signs to complete a **BINGO** line! Please do not touch any animals, and leave everything where you found it.



a feather	a spider	hole in a tree	sound from a bug	an animal trail
sound from a mammal	an animal track (footprint)	a piece of fur	a wild animal	something a carnivore would eat
a bird's nest	a fish		a bone	a seed
scat (animal poop)	an animal bed	plant that's been chewed on	a domestic animal	an insect (6 legs)
camouflaged animal or bug	a bird call	something a fish would eat	hole in the ground	scratch marks on a tree

Let's Plan for

Essentials

You have probably heard of the 10 Essentials for wilderness survival. But what if you forget something? What could you use from nature if you lived in a time or place without a store?

Find an object from the natural world. How could it be useful? What in nature could you use for each of the **10 Essentials**?



Warmth



Sun Protection



Signal



Water



Navigation



Fire



Food



First Aid



Knife & Tools



Shelter

A Postcard

Beautiful views are all around outside. And these days, it is easy to take a photo. But you can take a mental postcard of your favorite nature scene anytime with this cool trick:

Hold out your hands, then flip one hand so that one palm is facing you and one back is facing you. Now turn your hands so that each pointer finger touches the thumb of the other hand. This makes a frame!

Be a photographer and try framing different views with your hands. Frame something far away; try something up close. Which “photo” is your favorite? What do you like about it? Who can you share it with?



Sketch your favorite “photo” below.

