

GSLKSP - Express Yourself

On a separate piece of paper draw a picture, write a story, or poem about something you saw or did today.



Girl Scouts of Kentucky's Wilderness Road
And Girl Scouts of Kentuckiana

Name

State Park Visited

Date



Contact Us:

If you have any questions or want more information about our programs, please contact us at:

GS of Kentuckiana
For the western part of KY
Web: www.gskentuckiana.org
For Outdoor/Camp Programs
gskentuckiana.org/residentcamp

GS of Kentucky's Wilderness Road
For the eastern part of KY
Web: www.gskentucky.org
For Outdoor/Camp Programs
Email: camp@gswrc.org

**Girl Scouts Love
Kentucky State Parks
September 11-12, 2021**



Discover – Connect – Take Action

In this booklet, there are activities, games, and information to help you **Discover** more about yourself in the outdoors at a Kentucky State Park, **Connect** with the outdoors and collaborate with others who love the outdoors, and **Take Action** to help improve the outdoors or to help others learn about it.

Discover – Leave No Trace (LNT) – Stewardship

The Girl Scouts Love State Parks theme this year is stewardship. What is stewardship? What can you do to be a good steward?



1. Plan & prepare - know before you go.
2. Travel and camp on durable surfaces – Stay on the path and walk on surfaces like rock or sand if possible.
3. Dispose of waste properly – pack your trash out (including toilet paper if you use it).
4. Leave what you find – take only memories and leave only footprints.
5. Minimize campfire impacts, use a backpacker stove if possible. If you need a fire, keep it small.
6. Respect wildlife – they need their space, don't get too close and don't feed them.

7. Be considerate of other visitors.

Make a plan when you go on a hike. Where do you want to go? When? With who? What will you take? Why go – what will you do?

Take Action

What can you do to make a difference?

- Pick up trash whenever you are hiking – leave a place better than you found it.
- See if you can do anything to help at a state park near you.
- Find a park you really like, think about ways it could be improved. Is there a way you can make this into a Bronze, Silver, or Gold award project? Talk to a ranger or park employee about it.
- See if there is a trail maintenance group at a park you like and ask if there are any restrictions such as age. See if they have scheduled trail maintenance days for the public.
- If you would like to do something farther from home, are 15-18, and would like to spend two to four weeks in the woods, check into The Student Conservation Association.
- Careers – Fields include botany, zoology, or parks & recreation
- Do a Take Action Project.
 1. Identify a problem or something that could be improved.
 2. Do some research. Talk to someone who works at the park.
 3. Brainstorm ideas for action. Pick the one that seems best.
 4. Research the project – Is it realistic? Will it cost money? Is it within safety and funding guidelines? Are there community resources you can use?
 5. Focus on action: set timelines & a budget, get help if needed.
 6. Do it!
 7. Evaluate the project and share what you have done.

To do more earn the Eco Badge for your age level














Here is a step you can do before or after your visit to a State Park.

- Daisies Eco Learner: #3 Keep living things safe when you walk in nature
- Brownies Eco Friend: #1 Think of ways to help the outdoors
- Juniors Eco Camper: #1 LNT and #5 Take a conservation hike
- Cadettes Eco Trekker: #3 Practice an eco skill while at the park
- Seniors Eco Explorer: #2 Before you go explore biodiversity
- Ambassador Eco Advocate: #1 Before you go, learn about Eco Advocates

Connect – Activities to connect to the outdoors

Girl Scouts Love Kentucky State Parks Bingo

Go for a walk at a Kentucky State Park for this game. Mark the blocks as you find the item in them or perform the action. For the shapes, find something in nature that is that shape. Practice good stewardship and Leave No Trace principles on your walk. Leave natural things where they are for others to enjoy.

 Flower	Find something red. What is it?	 Nut	Pick up some trash and throw it away.	 Leaf
Look at your reflection in a puddle or lake.	 Star	Give the biggest tree you see a hug.	 Square	Make a grass whistle and blow it.
 Squirrel	Be really quiet for a minute did you hear anything?	 Rock	Find a tree stump and stand on it.	 Clover
Find something smaller than a penny.	 Triangle	See if you can find a rainbow.	 Circle	Look for an animal home. Who lives there?
 Butterfly	Find something soft. What is it?	 Bug	Listen to the birds.	 Bird

Kentucky State Parks Trivia Quiz

To help you plan and prepare to go to a state park it is good to learn a little bit about our state parks.

1. How many State Resort & Recreation Parks are there?
2. How many State Historical Sites are there in Kentucky?
3. How many Parks have the word "Lake" in their names?
4. What park has the name of a character in a book by Mark Twain?
5. What park name is shared by a Lake and a Falls?
6. What park has the name of something you drive over in it?
7. What park is named after a Pioneer woman?
8. What park is named after the county it is and a geological feature there?
9. Which two parks have Fort in their names?
10. What park has a rock held by a chain on top of a mountain to keep it from rolling down onto the town below?
11. What park is named for the famous person who studied and painted birds here?
12. What historic site is named for the President of the Confederacy?
13. What park has the same name as one of the Kentuckiana camps?
14. Which park is the archaeological site of prehistoric Native American village of Mississippian mound builders?
15. What park is at the home that was the inspiration for a song by Stephen Foster.

Pick a State Park to go to. Distance will be a big factor in deciding which park to go to.

Which park(s) are close to you?

Which park(s) have you been to before?

Which park(s) would you like to go to sometime?

Girl Scouts Love Kentucky State Parks Scavenger Hunt

On your visit to a state park, take a scavenger hunt to discover more about the park and the outdoors.

1. What park you are visiting? _____
2. Why does it have this name? _____
3. What is special about this park? _____
4. Look for animal tracks. Did you find any? Where are they? What kind of animal do they belong to? _____
5. Do you see any other signs of wildlife? List them below.

6. What is the oldest thing you found? _____
7. Do you see anything a bird would eat? What is it? _____
8. See if you can find mushrooms or fungus.
9. Look for evidence of a woodpecker. Where was it? _____
10. Is there a nature walk here? If so take it and see where it goes.
11. See if you can find an animal's home.
12. Find something in nature that serves no purpose.
13. Look for signs of erosion. What caused them (man or nature)?
14. Find something that is always changing. (Hint look up to the sky as well as down on the ground.)
16. Find a living tree that is shorter than you.
17. See how many different leaves you can find. (Please don't pick any.)
18. Do you see any flowers? What color(s) are they?

You and the Outdoors

Think of yourself and the outdoors. A lot of people call it being in nature. What is nature? _____

What are some things you like about the outdoors?

What are some things you don't like about the outdoors?

What is something you can do outdoors that you can't do inside?

Is there anything that doesn't belong outdoors or in nature?

Are there some special things you should do to get ready to go outdoors or that you should take with you outdoors?

Take a selfie or have someone take a picture of you while you are at your park doing something you enjoy in the outdoors.

Girl Scouts Love the Outdoors Challenge

To take the Outdoor Challenge go to the link below and complete the number of activities for your age level. You can earn the patch and purchase it at GSUSA.

[Girl Scouts Love the Outdoors Challenge](#)

