

Rockfish Ranger Activity Book

Becoming a Rockfish Ranger

As a Rockfish Ranger I _____ pledge to:
(print your name)

Preserve and protect Parks and Trails;

Care for my natural and historical surroundings;

Share what I have learned about the natural world with others;

Obey all safety rules;

Continue to explore and discover.

Rockfish Rangers are an important part of the Rockfish Valley Foundation (RVF). Some of the duties of Rockfish Rangers are to protect the plants and animals, preserve the history of the Rockfish Valley, share their knowledge in a meaningful way, ensure the safety of each visitor, and to instill a sense of discovery in everyone they meet.

Name of adult sponsor: _____
(Sponsors are responsible for the safety of their Ranger candidates.)

Signature of adult sponsor: _____

There are three parts to becoming a Rockfish Ranger. This book, (and other resources) whether in paper or digital form will lead you through these three steps. The steps are

(1) Learning some of the history of Rockfish Valley Foundation and the

components of it,

- (2) Engaging in a certain number of activities at RVF, and
- (3) Performing some work as a steward of our natural resources.

We're glad you are going to become a Rockfish Ranger.

Here are the resources to lead you through the story of RVF

1 Written, spoken, or recorded key points of RVF history and what we have to offer the public. (See supplemental items - **where are these?**)

2 You may choose the appropriate number of activities from the following list. RVF will work to accommodate any disabilities and develop alternate.

Ages 3 - 8 complete 6 of the activities.

Ages 9 - 99 complete 9 of the activities.

Don't forget to have your sponsor Review your book!
Submit or have your sponsor submit your book digitally or in-person to the Rockfish Valley Foundation to receive your official credentials.

Activities

- 1 Visit Spruce Creek Park (SCP) with your family and/or friends**
- 2 Prepare and complete a hike of at least 15 minutes on any trail of the RVF Trail system. Use a different hike for number 13 and 14)**
- 3. Watch a video about the Natural History Center.**
- 4. Attend any virtual or in-person event of the RVF**

5. Write or tell what you learned from any bulletin board at the SPC or any educational exhibit that you find.

6. Repeat number 5 at another board or exhibit

7. Repeat number 5 at another board or exhibit.

8. Draw a picture of a plant you found at RVF

9. Write or tell 3 things about an animal that might live at RVF

10. Ask your family or sponsor about where the water goes from the creek.

12. Write or tell why the rocks are at the bottom of the creek.

13. Do a ‘Senses’ hike

Lead your family or sponsor on a "Senses Hike". Grab a Trail Guide, choose one of the trails, and become a trail guide for your family. Along the journey be sure to make several stops. Ask your family to close their eyes. Ask them, "What do you smell?" "What do you hear?" "What direction is it coming from?" etc. Soak in as many sights, sounds, smells & things to touch (ONLY if your sponsor says it's safe), and record them in the spaces provided.

Remember - Safety First. Be sure to take plenty of water and a first aid kit.

14. Do a Hike of Discovery

My Hike of Discovery

While on _____ trail

I observed -

I smelled -

I heard -

I felt _____

(As you complete the choice of activities, either circle it or if using a computer, place an X after it.)

As a Jr. Ranger, there are a lot of ways *you* can protect the natural spaces we all share.

Welcome to the Rockfish River Foundation!

Choose at least one Stewardship Project from the list below to make a difference in the world and have an adult sign once you complete it.

- 1. Pick up & properly dispose of 5 pieces of trash from the trails or Spruce Creek Park**
- 2. Under the guidance of a trained person, remove some invasive plants for the trails or Spruce Creek Park.**
- 3. Draw and submit a poster about conservation**
- 4. While on a hike or walk in the trails or Spruce Creek Park, observe anything needing repairs or removal and write a report and turn in.**

Adult's signature: _____

