

Project LNT



Additional Activities for Younger Students

Suggested Age Group: 6-11

1. Activities for Minimum Impact
2. Stargazing By Candlelight
3. Silent Hike
4. Singing For Wilderness
5. Personal Wilderness
6. Hidden Word Puzzle
7. A Day With A Wilderness Ranger
8. Imagine A Wilderness

Activities for Minimum Impact

Use some of these ideas for activities to help youth understand LNT concepts and some of the values of wilderness.

1. Create an “outdoor good manners” coloring book.
2. Do minimum impact problem solving.
3. Visit a sand box or a bare dirt slope. Create a hill with a trail and switchbacks. Water with a sprinkle can or hose. Repeat after cuts have been made in the switchbacks. Discuss the results.
4. Participate in a wetlands or meadow restoration project.
5. Visit a construction site to see what is done to prevent erosion.
6. Using a map that has contours, scale, vegetation, waters sources, and trails to design your own campsite. Compare and discuss with others.
7. Adopt a trail.
8. Practice pitching and striking tents, discuss the impact the tent would have on grass if the tent stayed in one place for a long time.
9. Take a field trip to an outdoor equipment store to look at equipment and dehydrated food choices.
10. Have a dehydrated foods tasting party. Compare prices and tastes between supermarket and dried food choices.
11. Learn How to use a portable stove safely.
12. Create a book of games and activities that will have minimum-impact.
13. Learn how to dehydrate foods.
14. Make a minimum-impact board game.
15. Make a video.

Stargazing By Candlelight

Conduct a stargazing session to illustrate how unimportant a campfire is to the enjoyment of the evening. Light a candle or use a flashlight to view your star chart. Star charts are available at many book and outdoor stores.

ACTIVITIES

- Make a game out of finding the constellations.
- Make up your own names for the constellations or form your own from the patterns in the stars.
- Notice how much brighter the stars are out in the wilderness without the competition of city lights. Notice reflected city lights on the horizon invading the wilderness nights.
- Point out that a campfire is similar to city lights and the view would be diminished if a fire were to be lit. When people have campfires they often miss out on the magic of the stars because all their attention is focused on the bright, hypnotic fire.
- Hold a discussion about all the potential impacts a campfire can have on the wilderness environment. The discussion can include: the visual impact of cut, scarred trees, charred rocks; what would the wood

be used for if it were not burned (nutrients, nests, returned to food chain); pollution created by smoke; and that fire pits attract garbage.

- Are there any low impact ways of having a campfire?

Silent Hike

Have your troop hike for half an hour to an hour without talking or making noise.

Have them identify all the animal or bird sounds they hear. At the end of the allotted time, sit down with them and discuss the sounds they heard. Discuss anything else they noticed while they were being quiet. Who heard the most sounds?

Discussion Ideas:

What city sounds blanket out sounds of nature?

Why do people visit wilderness?

How can being quiet make your visit to the wilderness even more special?

How can it enhance the experience of others?

Singing For Wilderness

Many songs have an environmental theme. Music can get across environmental messages and can inform and influence attitudes about issues.

The No Trace Song (see next page) was written by a group of backcountry rangers. Written to a well-known and simple tune, its message about minimum impact hiking and camping is clear and direct. Sing the song and make up your own verses and messages.

Invent your own wilderness or environmental songs. Songs could be about a specific area, an issue, a favorite animal, or your general feelings about wilderness. Use an existing tune and put new words to it or make up a new tune. Share the song with family, friends, and other students.

Look for songs with environmental messages. Look for harmful environmental messages, as well as upbeat, hopeful messages. Look for those that seem to be calling for action.

Describe the ways, if any, in which you believe music and other art forms influence people's attitudes. In what specific ways do such art forms affect people's attitudes toward the environment?

The No Trace Song

(to the tune of Row, Row, Row Your Boat)

Sack, sack, sack your trash
Put it in a bag
Pack it out upon your back
'Cause leaving it's a drag
Sniff, sniff, sniff the flowers
Leave them where they grow
Endangered plants you pick today
Your kids may never know
Camp, camp, far away
From the fragile shore
And when you do you'll save the lake
It's clean water we're working for
Cook, cook, cook your food
On a back pack stove
Save the snags and save the trees
'Cause wilderness is gold
Dig, dig, dig a hole
About six inches down
When nature calls, bury your waste
And leave it underground
Leave, leave, leave no trace
With your camping gear
'Cause no one, no one in the woods
Wants to see that you've been here
Think, plan, and be aware
In nature's fragile place
In wilderness we're visitors
Protect this unspoiled space

Personal Wilderness

Objectives

1. To increase personal self-awareness of wildlands.
2. To provide participants an opportunity to investigate their own feelings about wildlands.

Time Required

Forty-five minutes

Materials

1. Blank sheet of paper for each participant.
2. Colored pencils, felt-tipped markers, or crayons.

Process

1. The facilitator introduces the activity and distributes materials.
2. Participants are instructed to find a comfortable position and remain quiet for about a minute.
3. The facilitator instructs participants to spend a few moments thinking of a real or imagined area of wildland where they would feel comfortable.
3. Participants are next instructed to name that area and draw a picture depicting the essence of that area using crayons, colored pencils, etc.
4. Each participant explains their picture to the group using the first person: "I am such and such wilderness, wildland, etc." Members of the group may ask questions for clarification.

Discussion Questions

1. What would you include in your personal definition of wilderness?
2. What does wilderness provide for people?
3. What does wilderness provide for nature?
4. How would you treat and manage a wilderness?

Hidden Word Puzzle

Circle the wilderness words and phrases that you find and check them off on the following page.

P R E S E R V A T I O N M R E T A W Z
R G F O A M P A D S U Y A S E F L E I
I N Y L O N E A E N T D E L O K F U M
M I N I N G R U M P F U R A E Z A R G
I H H T E R I F G N I N T H G I L L N
T S I U A M F O T O T C S F N H F N I
I I G D N Z L R K N T R D I I B A D P
V F H E W T A C E C E S W K K J C E M
E O L E I I R E O E R T I L C C U L A
R R I T L N U S X G S N L G A O B E C
E E N I D S T O K A G E D N P N E M T
C S E S L E A F C S B L E I E G S M C
R T T P I C N N A S P I R T S R I A A
E B N M F T G A P T I G N A R E N R P
A S U A E S K T K O L A E O O S B T M
T E K C I P S U C V A R S L H S V N I
I L R E G N A R A E Y F S F F O S U W
O B F H O R S E B A C K R I D I N G O
N P A C K I T I N P A C K I T O U T L

WILDERNESS

HUNT

UNTRAMMELED

GAS STOVES

SOLITUDE

AIRSTRIPS

PRESERVATION

FLOATING

LOW IMPACT CAMPING

OUTFITTERS

TRAIL

FREE CAMPSITE

CONGRESS

FORCES OF NATURE

MAP

PRIMITIVE RECREATION

FOREST

BACKPACKING

LAKE

HIKING

STREAM

HORSEBACK RIDING

GRAZE

NATURAL FIRE

TENT

LIGHTNING

NYLON

WILDLIFE

FRAGILE

MINING

WATER

FISHING

RANGER

HORSE PACKING

INSECTS PACK IT IN PACK IT
OUT

ALFALFA CUBES

PICKET

FOAM PADS

HIGHLINE

HUMAN WASTE

A Day With A Wilderness Ranger

At the crack of dawn, Carol wakes up without an alarm clock. Although working without stock on this trip, she is still running on mule time. A cup of coffee and the cold mountain air complement the beauty of sunrise. Carol is a Wilderness Ranger in the Bob Marshall Wilderness.

After a quick breakfast cooked over a backpack stove, Carol breaks camp, packs up and heads for the trail. The day's work begins with hope for a radio check in. Often the hand held radio does not work in the mountains because of the terrain or severe weather.

Today, however, the radio works fine. Carol calls in to report that she hopes to be at camp ten miles down the trail by evening. Between her and that evening camp are many logs to saw, water bars across the trail to clean, and litter to pick up.

Carol has hardly walked a quarter mile when she reaches down to pick up a gum wrapper. Carol's trained eyes rarely miss even the smallest piece of trash. She pockets the wrapper that she will later add to her ever-growing trash bag. Her backpack never seems to get lighter regardless of how much food she eats.

About two miles, four sawed logs, and six water bars down the trail, Carol comes across the first people she has seen since yesterday morning. A small group of backpackers is just finishing breakfast. They seem to have a clean camp although it is a little close to the trail for her liking. After a quick greeting and answering questions about trail conditions and fishing, Carol is on her way again.

While crossing a small stream, Carol slips on a wet rock and finds herself sitting waist deep in some very cold water. She is happy not to be hurt and even happier no one was around to see her clumsy splashing. She quickly changes into a dry uniform.

Her next stop is to rest and eat lunch. Carol planned on stopping to eat near a campsite which needs cleaning. Her boss had also asked Carol to fill out an inventory form for the campsite. She finds the campsite without any problem. At the campsite are an outfitter, his guests and horses, who have stopped for lunch. A few of the guests are obviously on their first wilderness trip.

They are surprised to see a woman walking alone in the middle of the Bob Marshall Wilderness.

Carol weathers with a smile some good good-natured kidding about a single woman running around in the woods. She explains the campsite inventory she is working on. The outfitter and his guests are impressed by the inventory process and job of a wilderness ranger. They are also impressed with her outdoor skills. Carol leaves after lunch feeling that these people appreciate the work she does and respect her, because it's not an easy job.

At the top of the pass, Carol is greeted by the sight of a nasty thunderstorm coming her way. She had hoped to take a short break after climbing up twenty-six switchbacks, but now it looks like a race with the thunderstorm to her evening camp. She loses the race.

Carol puts up her tent ten hours after starting her day. Her rain gear has kept her reasonably dry. The thunder and lightning are nothing new, and the prospect of a cozy tent and sleeping bag makes the weather a little less severe. The last obstacle between Carol and her camp is a fresh, steaming pile of bear scat. Although grizzlies have never bothered Carol, the fresh tracks and scat cause her to stop and think. She likes the fact that grizzly bears still roam wild in the Bob Marshall.

Bears are just another part of the wild country, which Carol is very fond of. For a special few, being a wilderness ranger is the best job in the world. The pay isn't great. The hours are long. The working conditions often uncomfortable and dangerous. But for Carol all of the drawbacks are easily outweighed by the benefits. For now Carol looks forward to a hearty supper, a few pages of writing in her daily journal and a comfortable night's sleep. The trail continues on from camp and tomorrow promises to be

another fine day.

Adapted with permission of the Wildland Institute, from the
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Imagine A Wilderness

Spend a few moments and think of a real or imagined wilderness area where you would feel comfortable.

1. Describe your area using words or phrases. What do you see, hear, smell, and feel?
2. How would you use this wilderness -- what could you do or experience there?
3. How could you make sure that your wilderness would be preserved for the kinds of things you want to do or see there?