

ADDITIONAL PARK ACTIVITIES

Earn **1** badge for each activity you complete.

In addition to completing the activities in this book, we'd like for you to try one activity from each category below and tell us your adventures!

RANGER-LED ACTIVITIES

- Attend a program and write it in the space below!

Title: _____ Date: _____

Earn **5** badges for each program you attend!

HISTORY

- Visit the CCC Field/ Hall/ Memorial
- Visit the gravesite along Forest Exploration Trail
- Visit the Front Field

RECREATION

- Hike a new trail
- Explore Swift Creek Lake
- Go on a geocache

WILDLIFE

- Observe the many different birds in the park
- Find tracks along the lake
- Sit in one spot for awhile and observe what you see



= 1 badge for each activity

VIRGINIA STATE PARKS

JUNIOR RANGER ACTIVITY GUIDE



POCAHONTAS STATE PARK

DEAR PARENTS:

Welcome to Pocahontas State Park's Junior Ranger Program!

Thank you for your interest in assisting your child to become a Pocahontas State Park Junior Ranger. We are pleased that you and your family are interested in participating in our program. Discovering Virginia's natural, cultural and historical resources together can create unforgettable memories for you and your family. We are delighted to share our park with you.

Deep in the heart of a thick forest in Chesterfield County, Pocahontas State Park is 7,919 acres—the largest Virginia State Park. The park is one of Virginia's more popular state parks, and offers a variety of outdoor activities, including biking, hiking, picnicking, swimming, camping and family-friendly nature programs. Swift Creek Lake and Beaver Lake give visitors a chance for excellent wildlife viewing and fishing.

Pocahontas State Park's Junior Ranger activities are designed to assist you and your child to become more familiar with the plants and animals of Pocahontas State Park and the local Piedmont region of Virginia. There is so much to discover! While the activities in this book are self-guided, there are many programs and camps offered to enhance your Junior Ranger experience. Please check out the Pocahontas State Park events on the Virginia State Park events website. Our hope is this program will foster a life long interest in your natural surroundings. The mission of Virginia State Parks is "to conserve natural, scenic, historic, and cultural resources of the commonwealth and to provide recreational and educational opportunities consistent with good stewardship of these lands, waters, and facilities that leaves them unimpaired for future generations."

We would love to hear any comments about your Junior Ranger experiences. Have fun!

Sincerely,

The Staff at Pocahontas State Park

Pocahontas State Park
10301 State Park Road
Chesterfield, VA 23832
804-796-4255



CERTIFICATE OF COMPLETION

Your Name

Has successfully completed the core activities of the Junior Ranger Program and is hereby proclaimed an official

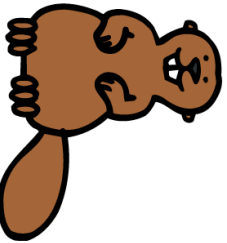
Pocahontas State Park

Junior Ranger



Park Ranger

Date



HOW TO BECOME A JUNIOR RANGER

EARN YOUR BADGES

To become a **Junior Ranger**: earn **20** badges

Earn badges by completing the activities in this guide. Record your badges in the space provided at the end of each activity.

You can also earn badges for each mile you hike in the park and record your mileage as you go. Earn **3** badges for every mile you hike and record it on page 6.



1 = 1 badge for this activity



2 = 2 badges for this activity



3 = 3 badges for this activity

Earn **5** badges for attending any park event or program.

CIVILIAN CONSERVATION CORPS

From 1935-1946 the Civilian Conservation Corps (CCC) built the Swift Creek Recreational Demonstration Area, which in 1946 became Pocahontas State Park. The CCC built cabin camps, dams, lakes, and bridges in the park, many of which are still in use today!

Application For Enrollment in the Civilian Conservation Corps

Date: _____

Local Agency: **Swift Creek RDA** _____

City or Town: _____

What is your name? _____

Do you live on a farm? _____

How tall are you? _____

How much do you weigh? _____

How old are you? _____

Are you married? _____

Are you a US citizen? _____

Are you male or female? _____

Are you employed? _____

How much do you earn/week? _____

How many years of schooling do you have? _____

How many brothers and sisters do you have? _____

What do your father and mother do? _____

How many rooms are in your home? _____

Do you have running water? _____

Do you have an ice box? _____

Do you have a telephone? _____



1 = 1 badge for this activity

PLANTS

Sometimes the names we give plants have to do with how they look. Scientists sometimes name plants after their interesting characteristics. These are called the plant's common name.

In addition to the common name, all living things also have a universal name called the "scientific name," and no matter what language you speak, it's the same. These names are often based off of Latin and the first part of the name refers to the species' genus which is similar to your last name. The second part is the specific species' name, like your first name.

Find two interesting plants or mushrooms and examine them closely. Take a photo or sketch them below. Write a description of it and come up with your own creative name for it.

1 _____
Your creative name

2 _____
Your creative name



= 2 badges for this activity

PARK SAFETY TIPS



Always have an adult with you.



Bring water and snacks.



Stay on trails.



Dress in layers. Wear a hat and closed-toed shoes.



Apply bug spray and sunscreen.



Check for ticks when you get home.



Don't feed wildlife. Report sick or injured animals to park staff.



Watch your step for snakes!



Learn what poison ivy looks like. "Leaves of three, let it be!"

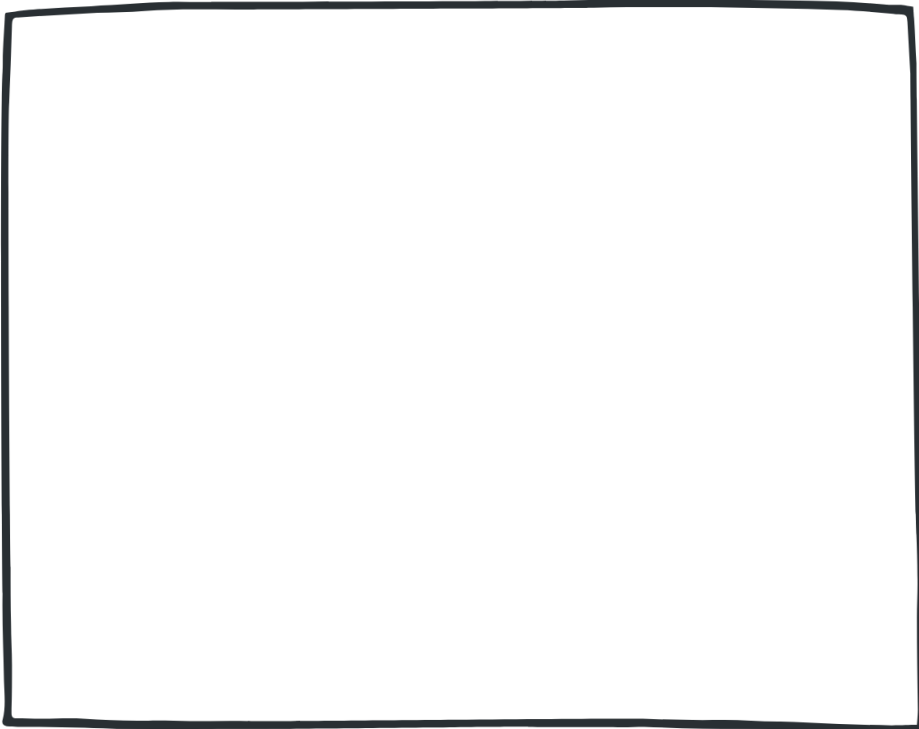
EXPLORE THE PARK

Get a copy of the park's map. Use the map's legend to help you locate the hiking trails, water, picnic areas, bathrooms and roads.

HIKE A TRAIL - EARN 3 BADGES FOR EACH MILE YOU COMPLETE!

_____ MILES X  = _____

As you explore, find one special spot and draw it below.



BIRDS

Bird watching is a wonderful way to get outdoors and be active. Like a scavenger hunt that you can do anywhere, bird watching challenges you to use your senses to find and identify your feathered friends. Virginia is home to over 400 different species of birds. Some live here year-round, some for just a season, and a few only stop for a rest on their migratory journeys. All you need to do is find a friend, a pair of binoculars, an identification field guide, and your sense of adventure.

Use the chart below to take notes on two different bird species.

	Bird #1	Bird #2
Location		
Bill—shape and color?		
Color—head, back, chest?		
Behavior		
Other Notes		
Sketch		



= 2 badges for this activity

ROCKS

Virginia has a wide variety of rock types. **Igneous, metamorphic,** and **sedimentary** rocks can be found within the state.



Granite

Igneous rocks are formed when molten hot material cools and solidifies. Igneous rocks in Virginia are found mostly in the Piedmont and Blue Ridge.



Quartzite

Metamorphic rocks are rocks that have been changed from their original form by immense heat or pressure. Metamorphic rocks are found mostly in the Blue Ridge and Piedmont provinces of Virginia.



Coal

Sedimentary rocks are formed from pieces of other existing rock or organic material. Sedimentary rocks and sediments are found in four major areas in Virginia: the Coastal Plain, the Mesozoic Basins, the Valley and Ridge, and the Appalachian Plateaus.

Find a rock and draw it in the box provided. What kind of rock is it and how do you think it formed?

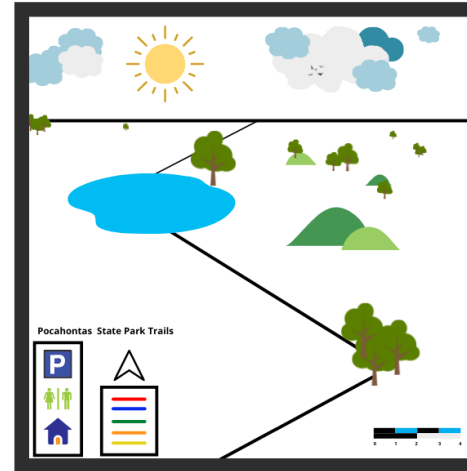
1

= 1 badge for this activity

SEARCHING FOR HIDDEN TREASURES

Whether you are visiting Pocahontas State Park for the first time or you are visiting your favorite park for the tenth time, one of the best ways to discover all of the park's treasures is to take a look at the park map!

First let's take a look at some important map features:



Trail List: This will give you important information about all of the park's trails, including how long the trail is and if whether the trail is easy or hard.

Title: This will tell you the location and contact information of the park.

Scale: This helps you measure distances on the map. Each map will have its own scale.

Legend: This helps you figure out what all those little pictures mean. Want to find where the playground is? This helps you figure out what symbol to look for on the map.

You can usually pick up a park map at the park office, visitor center, or self-pay station. You can also have an adult help you print a map from www.virginiastateparks.gov. Now pick up your park map and see if you can find the answers to these questions:

What is the longest trail at the park? _____

How many "Picnic Shelters" are there? ____ How many "Restrooms"? ____

Where is a good place to spot wildlife? _____

Does the park have a playground? Circle it on the map.

What does the symbol for "Parking" look like? Draw it here:

1

= 1 badge for this activity

TREES

Earn **1** badge for each tree you find in the park.

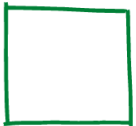
Trees are very important to us and the wildlife that use them for shelter and food. People use trees to build homes and furniture and make products like crayons, paper, pencils, newspapers, and more. We also use leaves and fruit for spices and food. Having trees in your yard can help reduce energy bills in the summer because of the shade they provide.

Knowing how to identify different kinds of trees by carefully investigating their leaves growth patterns, bark, fruit, and flowers is a very valuable skill. This Junior Ranger activity will help you develop investigation skills to identify trees at Pocahontas State Park and at home!

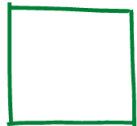
Check off each tree you find below:



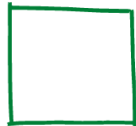
American Holly



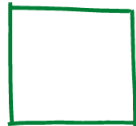
Beech



Loblolly Pine



Tulip Poplar



Badges earned in this activity: ____

ANIMAL TRACKS

Earn **1** badge for each track you find in the park.



White-tailed deer



Raccoon



Opossum



Coyote



Bobcat



Black bear



Squirrel



Turkey

Badges earned in this activity: ____