

# Junior Ranger Pledge

*I will*

*love and care for  
the Nature and History  
of Tennessee,*

*Its plants, animals  
and people*

*that make it*

*Special to me.*



[www.tnjuniorranger.com](http://www.tnjuniorranger.com)

This project is funded under an agreement with the State of Tennessee

Auth.  
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# Junior Ranger



## Get Outdoors!

This Junior Ranger Adventure  
Guide Belongs to

NAME

DATE

PARK NAME

# Junior Ranger



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# Congratulations


Duties of a  
Tennessee State Parks

## Junior Ranger:

- ◆ Be prepared for all park adventures.
- ◆ Learn the park rules & follow them.
- ◆ Teach others to protect & conserve natural and cultural resources.
- ◆ Spend time outdoors learning about the world in which you live.
- ◆ Protect our state parks by staying on trails.
- ◆ Inspire others to visit state parks & become involved in the outdoors.
- ◆ Tell others about the Junior Ranger program.
- ◆ Take only pictures, kill only time, leave only footprints.

**Remember: a healthier you = a healthier planet!**

Kids- Read this part to your parents!



Dear Parents,


We are delighted your child has decided to become a Tennessee State Parks Junior Ranger!

We are certain you and your family will enjoy your time exploring the parks, touring visitor centers, attending park programs, hiking the trails, and experiencing all the fun and exciting adventures Tennessee State Parks offer.

We know that when people develop a love for nature and the outdoors, it leads to a healthier lifestyle and a lifetime of fun adventures.

Thank you for making Tennessee State Parks part of your family history.

Let's Get Outdoors!



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# WHAT DOES A PARK RANGER DO?

Tennessee State Park Rangers work to protect the parks & help to keep visitors safe. Each day at work brings the possibility of a new adventure. Rangers must be prepared for any job each day.

## Fill in the Job for the Ranger

- ~~1- First Aid~~ 2- Law Enforcement 3- Firefighter  
4- Education 5- Search & Rescue 6- Wildlife Rescue



A visitor slipped, hurt an ankle & can't walk.



Careless campers left their fire unattended & started a wildfire.



A group wants to learn more about park history.



A group is breaking the rules & making the park unsafe.



A visitor finds a hurt animal in the park & tells the Ranger.



Someone is lost in the park, & it is getting dark outside.

4 Can you think of other jobs? \_\_\_\_\_

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## STEP 4

37



Now you are ready to bring your adventure guide to the park ranger or park office.

- \* Take your pledge
- \* Receive your badge
- \* Become an official

**Tennessee State Parks  
Junior Ranger!**

Draw a picture of your Stewardship Project!



## STEP 4

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**Tennessee State Parks  
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# Checklist

## STEP 1



All ages: Complete **Safety**

Date completed \_\_\_\_\_

Adult Initials \_\_\_\_\_

## STEP 2

Ages 6-8: Complete 2 topics    Ages 9-12: Complete 3 topics

Ages 13-14: Complete 5 topics



Date completed \_\_\_\_\_

Date completed \_\_\_\_\_

Date completed \_\_\_\_\_

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## STEP 3



### My Stewardship Project

Ask a Park Ranger to help you plan your service project. Use this space to write about what you did & why the project was important.

Project \_\_\_\_\_

Date completed \_\_\_\_\_

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# Ranger Rambles

*Get to know a park ranger by asking questions and learning more about why it's great to be a Tennessee State Parks Ranger!*

What's your name? \_\_\_\_\_

What do you like best about being a park ranger?  
\_\_\_\_\_  
\_\_\_\_\_

What is the hardest thing about being a park ranger?  
\_\_\_\_\_  
\_\_\_\_\_

What is something strange or something funny that you have seen at the park?  
\_\_\_\_\_  
\_\_\_\_\_

What did you have to do to become a park ranger?  
\_\_\_\_\_  
\_\_\_\_\_

Ask a question of your own.  
\_\_\_\_\_  
\_\_\_\_\_

Write the answer here.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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Write the answer here.  
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\_\_\_\_\_  
\_\_\_\_\_



# 6 Tennessee State Parks



## Memories

### Mission – Scramble

Complete the Mission Statement by unscrambling the words and filling in the blanks below.

- |             |            |
|-------------|------------|
| 1. VPERESER | 4. ESFA    |
| 2. TTCPEOR  | 5. RODOTOU |
| 3. ATLUNAR  | 6. KARPS   |

To 1. RE ERV & 2. PRO EC ,  
in perpetuity, unique examples of  
3. AT RA , cultural, and scenic areas  
& provide a variety of 4.     E, quality,  
5. UT OO experiences through a well-  
planned and professionally managed system of  
state 6. AR    .

# 6 Tennessee State Parks



## Memories

### Mission – Scramble

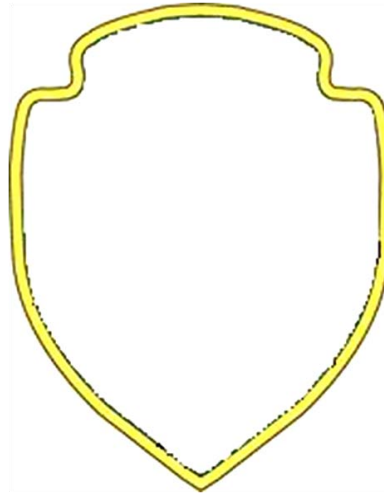
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# My Park

## The Arrowhead Patch



The arrowhead is the emblem that represents Tennessee State Parks. Each item represents a feature protected within all the State Parks.

Find an arrowhead in the park & complete the drawing. Match the items with what it symbolizes below.

**Remember all things in our parks are protected.**

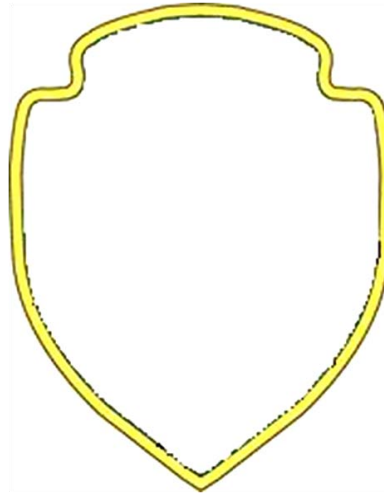
**What does it mean?  
Match the items to the meaning.**

TREES	Lakes, Rivers, Creeks & Streams
MOUNTAINS & HILLS	Plants
WATER	Land Formations
ARROWHEAD & STATE OF TENNESSEE	History

*Can you think of other things that need to be protected?*

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# Look Out!

The venomous snakes of Tennessee are members of the pit viper family. Look at the pictures below and decide:

**VENOMOUS? OR NON-VENOMOUS?**

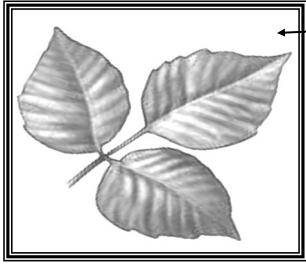
Shape of Head <i>Arrow Like or Round?</i>	Nostril or Pit?	Shape of Pupils <i>Round or Slanted?</i>
--	-----------------	---




VENOMOUS OR NON-VENOMOUS?



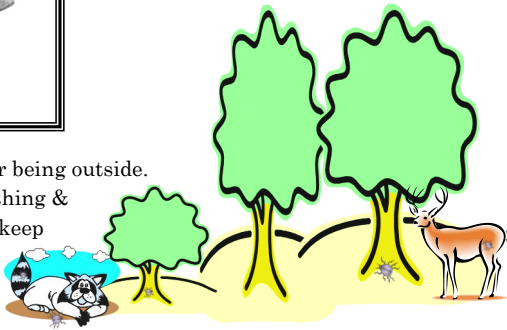

VENOMOUS OR NON-VENOMOUS?



Can you name this plant?

*Hint: Leaves of three, leave them be!*

Always look for ticks after being outside. Wearing light colored clothing & insect repellent will help keep ticks off your skin. Look carefully at the picture. Can you spot the ticks?



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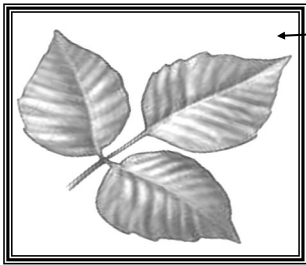
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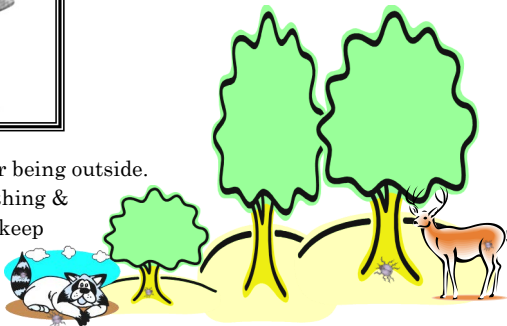

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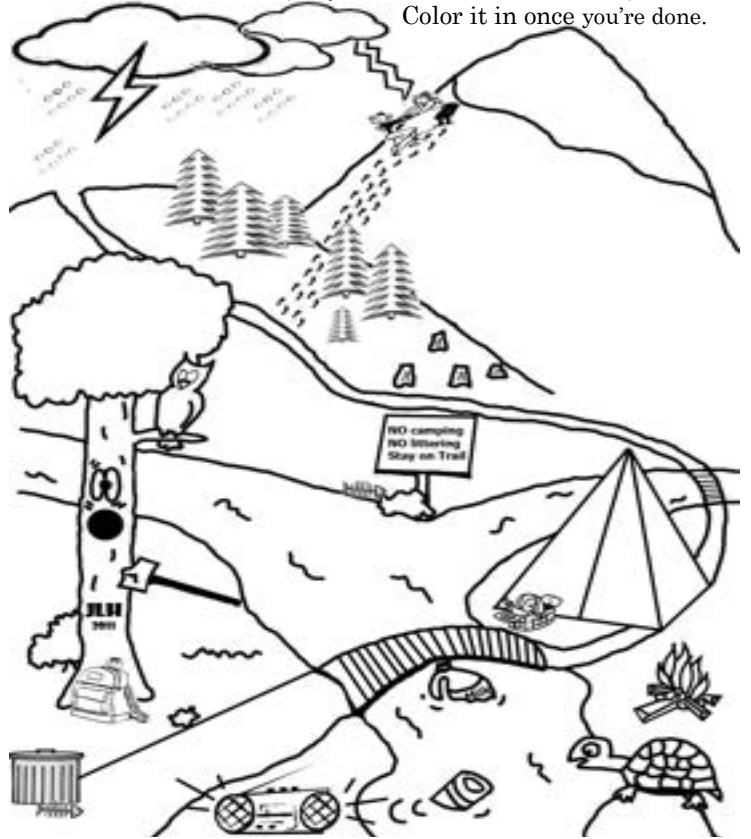
# Memories

# My Park

## Picture Perfect?



Circle what's wrong with this picture. Think of the things you shouldn't do in the outdoors. Ask yourself is it safe or unsafe (for you, others & all of nature)? Color it in once you're done.

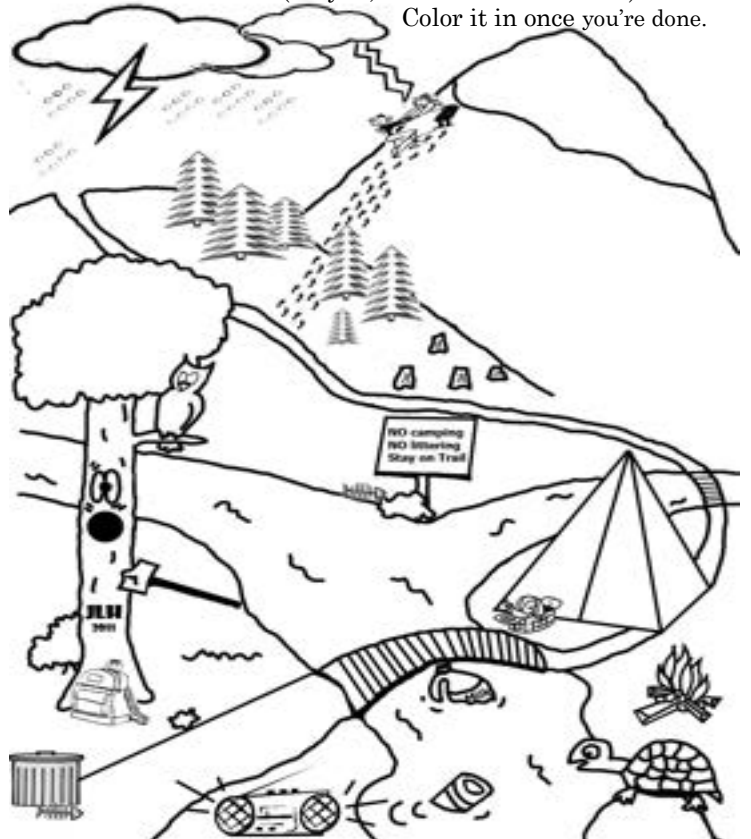


# My Park

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# What's in my pack?

It's time for a hike in the park with your family and best friend. Now you need to pack stuff to take with you.

Circle the **10 ESSENTIAL** items you should always take.

IS THERE SOMETHING YOU SHOULD BRING THAT DOES NOT GO IN YOUR PACK?

Remember to expect the unexpected!

Know your sole?  
It's easier to find a missing person if you know the tread of their shoes!



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# Water Check List



Choose activities to complete the Water section.

Ages 6-8 pick two    Ages 9-12 pick three

Ages 13-14 pick five

- Learn the rules of water & boater safety. Share what you learned with a friend.
- Go fishing. Did you catch anything? \_\_\_\_\_. If so, what kind of fish did you catch? \_\_\_\_\_
- Make a rain gauge out of a plastic water bottle.
- Go on a Ranger-led creek walk.  
Ranger Signature \_\_\_\_\_
- Remember to conserve water by turning it off when not in use.
- Walk along a river or creek and pick up litter. What was the biggest piece of litter you found?  
\_\_\_\_\_
- Scoop up some water and see what you can discover with a magnifying glass.
- Learn how to swim.
- Drink plenty of water — The Best Drink. No sugary drinks allowed for one day. Write down how you feel. Use pages 32-35.

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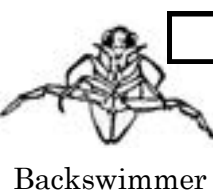
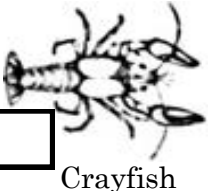
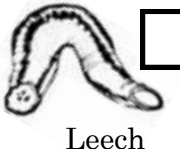
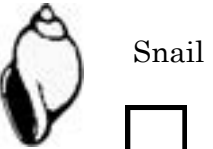

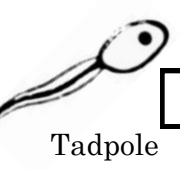

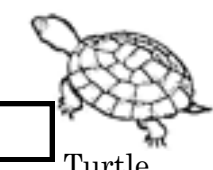
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## Living Waters!





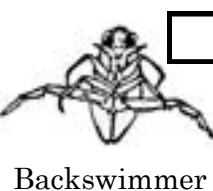
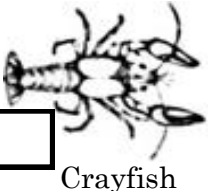
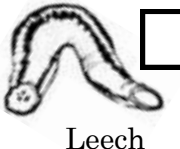
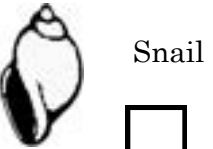

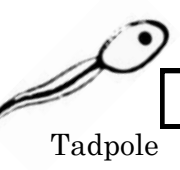

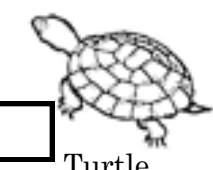
What's in the water? Find a small stream in the park and see what you can find. STAY SAFE - Remember what you learned in the safety section!

 Frog or Toad <input type="checkbox"/>	 Water Strider <input type="checkbox"/>	 Newt or Salamander <input type="checkbox"/>
 Dragonfly Larva <input type="checkbox"/>	 Backswimmer <input type="checkbox"/>	 Crayfish <input type="checkbox"/>
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## Safety Check List



Choose activities to complete the Safety Section.

Ages 6-8: pick two    Ages 9-12: pick three

Ages 13-14: pick five

- What three words should you remember if you get lost?  
\_\_\_\_\_
- Learn about fire safety and list 3 important things.  
\_\_\_\_\_
- Make your own first aid kit. What do you need?  
\_\_\_\_\_
- Part of being prepared is eating well & being fit. Pack a healthy snack & go for a hike. Name of the trail? \_\_\_\_\_  
How far did you hike? \_\_\_\_\_  
What did you eat? \_\_\_\_\_
- Read the park rules & tell someone why they are important.
- Always wear your helmet when biking.
- Wear your lifejacket when boating. What is a PFD ?  
\_\_\_\_\_
- Ask a Ranger for a Safety activity. Write what you did.  
\_\_\_\_\_
- Learn to use a Map & Compass.
- Learn to tie three kinds of knots.  
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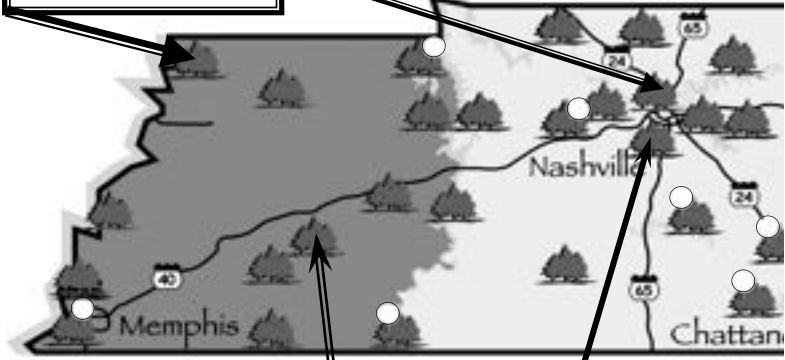


# Tennessee State Parks

## Pick up a Tennessee State Park Brochure

\_\_\_\_\_ Lake is TN's only natural lake and was created by an \_\_\_\_\_.

\_\_\_\_\_ Mall State Park is a historical monument that celebrates Tennessee's fascinating history.



\_\_\_\_\_ Mounds has the 2nd highest mound in the USA. It's located along the \_\_\_\_\_ river.

One of Tennessee's 1st Natural Areas, \_\_\_\_\_ is often called "Nashville's Walden Pond."

THINGS I LEARNED ABOUT MY PARKS  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

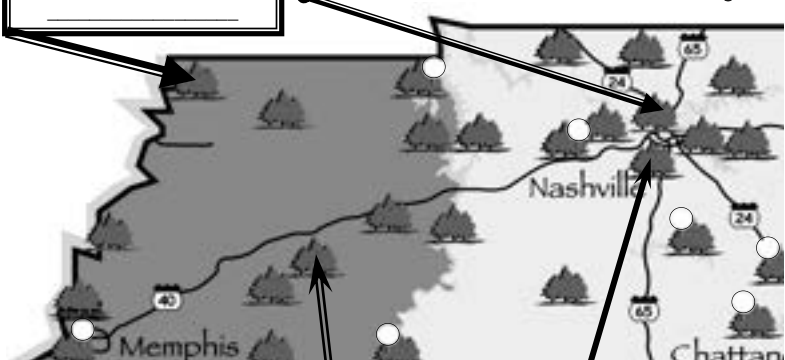


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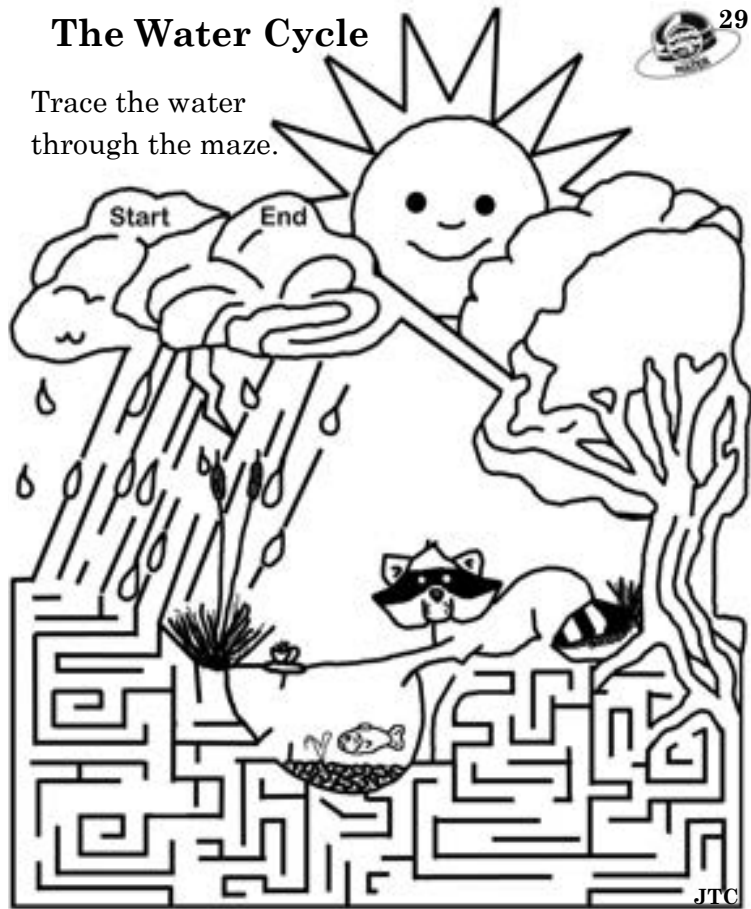
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# The Water Cycle

Trace the water through the maze.



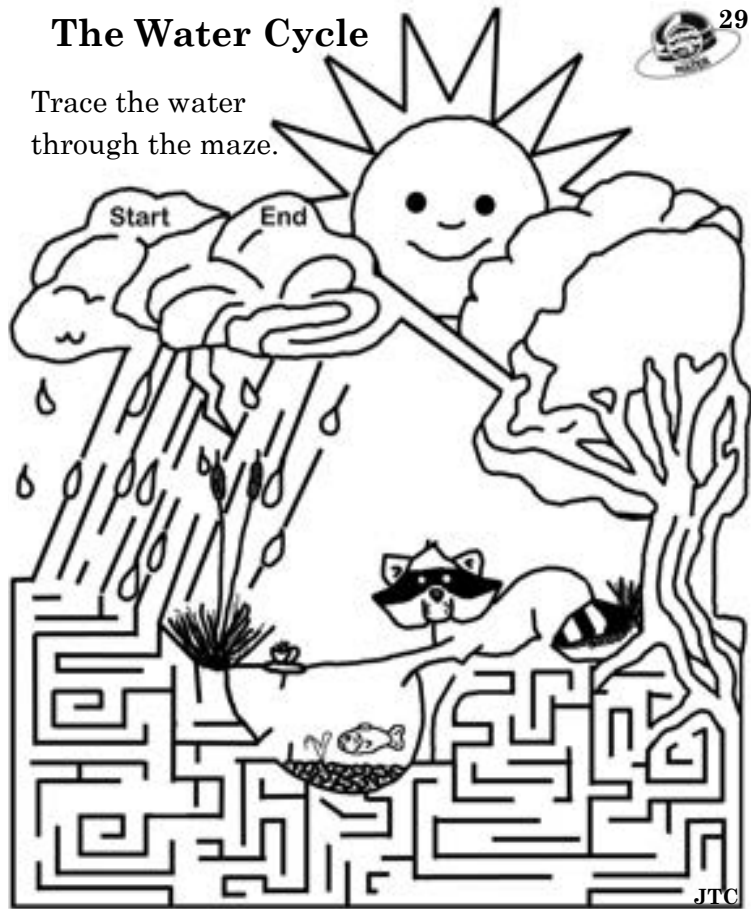
I live in the \_\_\_\_\_ River Watershed.

JTC



# The Water Cycle

Trace the water through the maze.



I live in the \_\_\_\_\_ River Watershed.

JTC



# Water Safety

Find & circle the safety words in bold.

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

1. Wear your approved **life jacket**.
2. Watch the weather. Have a float **plan**.
3. Learn to **swim**.
4. Never swim **alone**.
5. Obey all pool **rules**.
6. Water can be very **powerful**. Never try to cross a swift stream.
7. Always **walk** around a pool. It could be wet and slippery and you could easily fall.
8. **Drink** plenty of water, especially when it's hot.
9. Wear foot **protection** to your feet safe from cuts and sunburns.
10. Don't forget to wear your **sun screen**, sunglasses & hat!



# Water Safety

Find & circle the safety words in bold.

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

1. Wear your approved **life jacket**.
2. Watch the weather. Have a float **plan**.
3. Learn to **swim**.
4. Never swim **alone**.
5. Obey all pool **rules**.
6. Water can be very **powerful**. Never try to cross a swift stream.
7. Always **walk** around a pool. It could be wet and slippery and you could easily fall.
8. **Drink** plenty of water, especially when it's hot.
9. Wear foot **protection** to your feet safe from cuts and sunburns.
10. Don't forget to wear your **sun screen**, sunglasses & hat!

# & Natural Areas



& see how many answers you can find.

Winner of the Nobel Peace Prize, & "Father of the United Nations" was born here  
 \_\_\_\_\_

This 1772 settlement was the first outside the original 13 colonies  
 \_\_\_\_\_

Find premier whitewater rafting at the \_\_\_\_\_ & \_\_\_\_\_ Rivers.

\_\_\_\_\_ was named for the nearby 6,285-foot mountain, one of the highest peaks in the eastern US.

\_\_\_\_\_ has the tallest waterfall in the eastern US.  
 How high is it? \_\_\_\_\_ feet

**Tennessee has \_\_\_\_\_ state parks. Circle all the parks you have visited.**

**BONUS:**  
 \_\_\_\_\_ was Tennessee's 1st state park.

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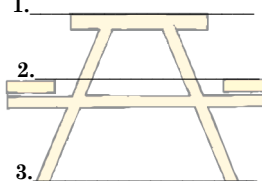
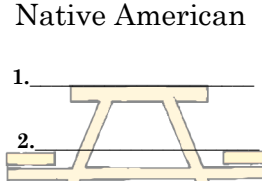

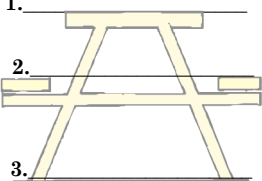
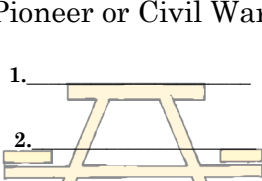

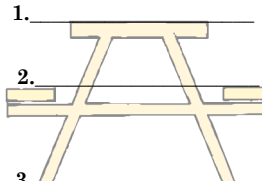
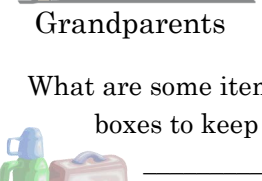
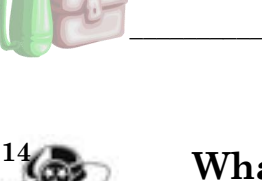
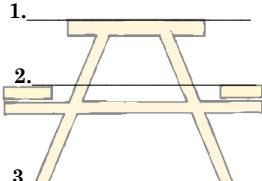
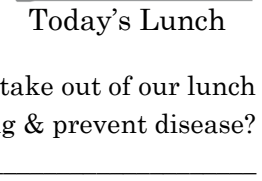
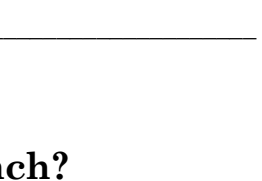
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# What's for Lunch?

Eating habits have changed over time and Tennesseans are at risk of becoming obese and developing diseases like Type-II Diabetes.

Use the Word Bank to fill in what each group is having for lunch.

<p>1. </p> <p>2. </p> <p>3. </p> <p>Native American</p>	<p>Roots &amp; Berries Ham Sandwich Hard Tack Soda Candy Apple Cider Parched Corn Water Wild Greens Potato Chips Salted Pork Deer Meat Loaf Bread Wild Game Orange</p>	<p>1. </p> <p>2. </p> <p>3. </p> <p>Pioneer or Civil War</p>
<p>1. </p> <p>2. </p> <p>3. </p> <p>Grandparents</p>		<p>1. </p> <p>2. </p> <p>3. </p> <p>Today's Lunch</p>

What are some items we can add or take out of our lunch boxes to keep us healthy, strong & prevent disease?



\_\_\_\_\_

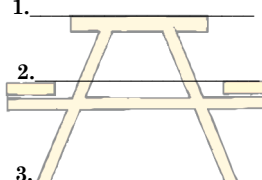
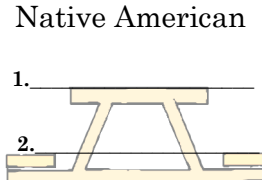

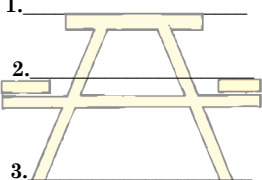
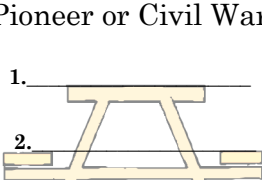

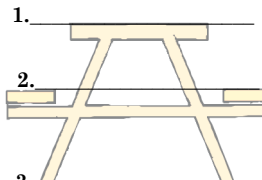
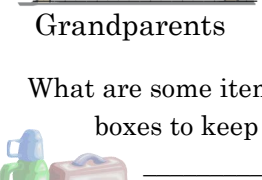

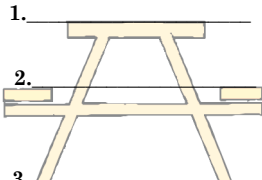
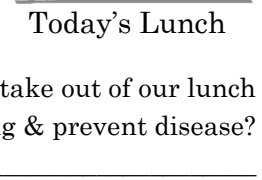

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\_\_\_\_\_

\_\_\_\_\_

# Astronomy Check List



Choose activities to complete Astronomy Section.

Ages 6-8 pick two    Ages 9-12 pick three

Ages 13-14 pick five

- Locate the North Star and show someone.
- Visit a planetarium or make your own!
- Go on a Ranger-led night hike.  
Ranger Signature \_\_\_\_\_
- Measure your shadow– Stand in the same spot and measure at different times during the day.  
Does it change? \_\_\_\_\_
- Learn how to fly a kite. Do you know what makes the wind blow?
- Go on a hike when there is a full moon.
- Go stargazing at home. Find the Milky Way.
- Play tag with flashlights at night.
- Look for planets in the sky. Check what you saw?  
Venus \_\_\_\_ Mars \_\_\_\_ Jupiter \_\_\_\_ Saturn \_\_\_\_
- Write a story about living on the Moon.
- Look for shooting stars. How many did you see?\_\_

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# Seasons

As the Earth spins on its axis & rotates around the sun our seasons change throughout the year. Find a place in the park and draw a picture of what it will look like in each season of the year.

<i>Spring</i> 	<i>Summer</i> 
<i>Fall</i> 	<i>Winter</i> 

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# History Check List

Choose activities to complete the History Section.

Ages 6-8 pick two    Ages 9-12 pick three

Ages 13-14 pick five

- Interview a family member. Talk to them about when they were your age. What did they do for fun? What's changed since then? Write your answers on pages 32-35.
- Visit a historic site. Where did you go? \_\_\_\_\_  
What did you do? \_\_\_\_\_
- Draw a picture of someone important in Tennessee history. You can draw on pages 32-35.
- Attend or participate in a living history program. Tell someone what you learned about history.
- Trace your family tree. Who are your ancestors?
- Learn how to play a game your parents or grandparents played when they were kids.
- Identify a fossil you found in the park. \_\_\_\_\_  
Be sure to leave it for others to enjoy!
- Do something good for planet Earth \_\_\_\_\_  
Reduce, Reuse, & Recycle
- Ask a Ranger for a History activity. Write what you did.

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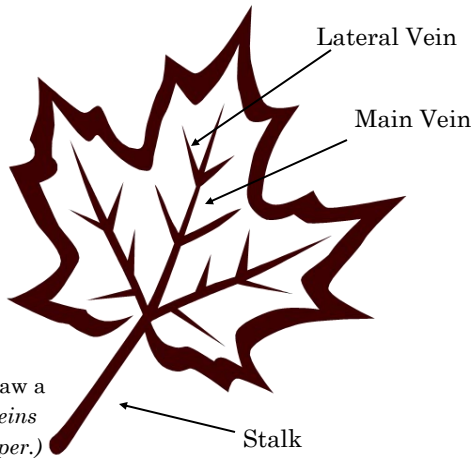
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# Lovely Leaves

Look around the forest floor & see if you can find a leaf. In the space below, press the leaf firmly against the back-side of the paper. Then use a peeled crayon or pencil & gently rub back & forth over the leaf.



If the leaves have fallen, draw a picture. *(Tip: Be sure the veins are pressing against the paper.)*

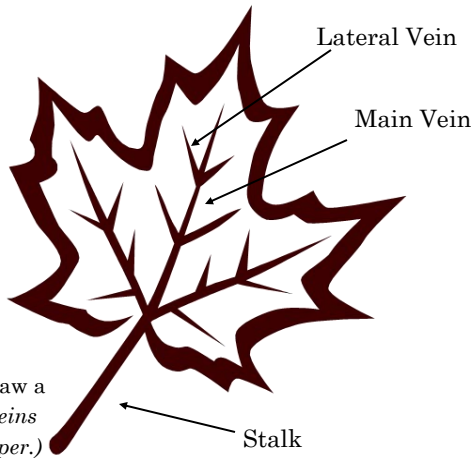
**My Lovely Leaf**

**Don't forget to label it!**



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# Create a Constellation



Use your imagination & draw pictures in the sky.  
Draw what you see. Make up your own story.

# Create a Constellation



Use your imagination & draw pictures in the sky.  
Draw what you see. Make up your own story.



### Connect the Dots

A constellation is a group of stars that forms a pattern in the sky. People use the stars to find their way and to help tell stories.

Connect the dots below to form your constellations & then go outside at night and try to find them in the sky.

The brightest star in our sky is \_\_\_\_\_

If you can see me in the sky you have 20/20 vision.

Learn a story about the Great Bear in the sky!

MY NAME IS \_\_\_\_\_. I AM THE \_\_\_\_\_ STAR.

\*\*\*\*\* CAN YOU FIND THE BIG DIPPER AND THE LITTLE DIPPER & COLOR THEM? \*\*\*\*\*



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### Plants to the Rescue!



Plants are not only an important source of food and shelter for many animals (including people), they can have uses for other important things like medicine!

Use the clues to fill in the plant with their use?

+ = \_\_\_\_\_s were used in Native American sun dance ceremonies.

+ = \_\_\_\_\_ was used for lung problems.

+ = \_\_\_\_\_ was used by Native Americans as a love charm.

+ = \_\_\_\_\_'s bark was used for heart problems.

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# Plant Bullies



A plant that is not indigenous (native) is called an exotic, invasive or alien plant. These plants can become a problem when they take over, or out-compete, native plants & become bullies.

*Draw a picture or make up a story about a Super Hero that fights plant bullies & helps to save our native plants and forests.*

# Wildlife Check List



Choose activities to complete the Wildlife Section.

Ages 6-8 pick two      Ages 9-12 pick three

Ages 13-14 pick five

- Draw and color a picture of your favorite native wild animal. Use pages 32-35.
- Visit a nature center. Which nature center did you visit?  
\_\_\_\_\_
- Trace your last meal – Where did it come from?
- Attend a Ranger program about wildlife.  
Ranger Signature \_\_\_\_\_
- Look for signs of wildlife. What did you see?  
\_\_\_\_\_
- Take a picture of an animal you see at the park. Be sure to follow the Rule of Thumb & not get too close.
- Find or build a bird feeder. Identify 3 birds that visited.  
\_\_\_\_\_  
\_\_\_\_\_
- Take a hike, find some tracks & identify them. Be sure to draw a picture use pages 32-35.
- Ask a Ranger for a Wildlife activity. What did you do?  
\_\_\_\_\_



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# The Food Web

Spin your own web! Think about how each animal below survives. What do they eat? Where do they live? Draw a line between everything you think is connected.



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# Plants Check List

Choose activities to complete the Plants Section.

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Ages 13-14 pick five

- Start a nature journal or art book.
- Plant a native tree, shrub or other plant at home. What kind did you plant? \_\_\_\_\_
- Plant a Rainbow! Grow a garden.
- Attend a Ranger-led hike. *Ranger Signature* \_\_\_\_\_  
Name a plant you saw \_\_\_\_\_
- Go grocery shopping & pick out some natural colors for your next meal. What did you choose?  
\_\_\_\_\_
- Write a story or poem about plants & read it to someone. You can write on pages 32-35.
- What is the Tennessee State Tree \_\_\_\_\_, Flower \_\_\_\_\_, Wildflower \_\_\_\_\_.
- Find out about invasive plants. What can you do to help?  
\_\_\_\_\_
- Relax under a big tree and read a book. What kind of tree did you sit under? \_\_\_\_\_

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# Be A Wildlife Detective

We need your help to find who's been here! Can you match the clues with what they left behind? Clues could be many things such as tracks, scat, feathers or even bones!

### Clue 1

### Clue 2

### Who Did It?



No Tracks



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# Critter Café



It's lunch time at the Critter Café & the animals are hungry! Help them find a good, healthy meal. Write the number of the meal in the animal's plate.

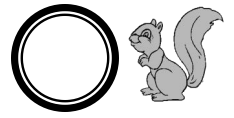
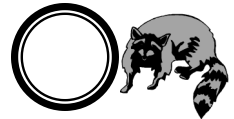
## Menu

- # 1 Mixed Nuts - ripe acorns, shelled walnuts & hickory nuts served on a bed of fresh beechnuts
- # 2 House Salad - mixed greens served with twigs, buds, nuts, fruit & corn
- # 3 Stew - fresh mix of mice, & voles, rabbits with our secret snake seasoning
- # 4 Sandwich - peanut butter & mixed fruit on multi-grain bread
- # 5 Stir Fry - moths, beetles, June bugs & mosquitoes

### Today's Special

- # 6 Low Country Boil- crayfish, frogs, turtle eggs with a side salad of mixed berries, nuts & grapes

Open 24 hours!



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