

Mission Monday Activities

Celebrate Public Lands!

Below are a few fun activities you can do to celebrate public lands!

Leave No Trace

Leave No Trace is vital because it teaches young conservationists and preservationists how to use the land while they are recreating. This is especially important on all public lands!

7 Principals make up Leave No Trace:

- 1: Plan Ahead and Prepare: Know before you go. Look at maps, weather, etc. and pack appropriately. You do not want to be out in the elements unprepared.
- 2: Travel and Camp on Durable Surfaces: This means camp in areas that are not eroding and try not to damage the space that you are traveling on and camping in.
- 3: Dispose of Waste Properly: This means anything you bring in, you must take back out with you. It is essential to see the rules of the park that you will be traveling to, so you can see if their rules vary from previous parks you have visited. This also applies to how you dispose of your food and waste.
- 4: Leave What You Find: It is cool to find rocks, feathers, and other goodies as you go to these new places, but it is important that you look, but do not touch. These items may be small to you but can be large to a smaller ecosystem. Take a picture or draw it instead!
- 5: Minimize Campfire Impact: Only use fire when necessary because it damages the space you are using. If a fire is needed, make sure you do it in a safe and solid area and only have small fires.
- 6: Respect Wildlife: This is another look, but don't touch rule. It is okay to take pictures, but be as respectful as possible. Keep your distance, and do not use flash. How would you like it if you were just trying to sleep, and a big flash of light kept you awake?
- 7: Be Considerate of Other Visitors: This is a big one because these parks are made for everyone. We want to leave the area better than we left it. If you see trash on the ground, pick it up, even if it isn't yours.

Below is a link to help remember all 7 principles!

<https://www.bing.com/videos/search?q=leave+no+trace+principles&ru=%2fvideos%2fsearch%3fq%3dleave%2bno%2btrace%2bprinciples%26FORM%3dAWVR&view=detail&mid=CD4E9788F8A917E57C77CD4E9788F8A917E57C77&rvmid=571B0B0DB3FEC5473028571B0B0DB3FEC5473028&FORM=VDRVRV>

Mission Monday Activities

INDOOR

NATURE JOURNAL CRAFT

Supplies:

- A Notebook (any size)
 - (If you do not have a notebook) Blank paper
 - Posterboard
 - Hole punch
 - Yarn or string
- Color Pencils
- Pencils
- Eraser
- Stickers
- Anything else you want to decorate

What to do:

- You will start by creating your notebook! This notebook will be used for you to utilize the beauty of the environment! Grab a notebook or a sketchbook and start decorating! You can be as in-depth as you want! I use stickers, drawings, and ALWAYS put my name! This is yours to do with as you please.
- Once you have your notebook how you want it, get ready to explore outside!
- If you do not have a notebook, grab 5-10 pieces of blank paper, a hole punch, some poster board, and some yarn or string.
 - You will fold your blank pieces of paper in half
 - Fit the poster board around the folded pieces of paper. This will act as a book cover.
 - Punch a hole through the booklet that you have created (you might need some help with this from your parents).
 - Once that is done, tie the yarn or string through the holes to create a binding for the booklet.
 - Once that is complete, you can decorate it any way you'd like!

Mission Monday Activities

OUTDOOR

Exploring the Environment

Grab your nature journal and head to the outdoors!

Supplies:

- Camera or mobile device
- Pencil and paper or notepad
- Nature Journal

What to do:

- Go outside into nature, whether that be in your backyard or at a local park. We are going to practice those 7 principals that we just previously learned!
- Walkthrough nature and enjoy it. Once you find something that you are very interested in, like a feather, rock, or a flower.. instead of picking it up... DON'T! Take your nature journal out. Let's draw this item so we will have it forever, without tampering with the ecosystem.
- These nature journals are significant because it allows you to capture the moment forever while respecting the land.
- Something else that you can do it take photographs. That way, if you do not have time to draw them in your nature journal, you can do it later.
- Sit in the silence. Write out what you hear, see, smell, and how you feel. A big part of being out in nature is being disconnected from the world. This is your time to reflect and be with your thoughts.

HOW CAN YOU HELP?

Follow the Leave No Trace 7 principles

- It is essential to have a "land ethic," which is how we treat the land, wildlife, and ecosystems while we are exploring.
- Think of it as if you are a visitor in the animal's home. We need to respect it, and treat it well. You wouldn't go over to a friend's house and make a huge mess, would you?
- In preservation of land, it is essential to PRESERVE the land. While hiking on trails, make sure that you stay on the trails and do not create new paths.
- Take nothing but pictures, leave nothing but footprints.

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