

North Cascades National Park

Ross Lake National Recreation Area
Lake Chelan National Recreation Area

National Park Service
U.S. Department of the Interior



JUNIOR RANGER

PROGRAM

AGES
3+

Name





HOW TO BECOME A **JUNIOR RANGER**



There are many types of activities within this booklet. Be sure to get outside and explore the park! If you need help, just ask any North Cascades park ranger. *To receive an official North Cascades Junior Ranger badge and certificate, complete at least **5 ACTIVITIES**.*

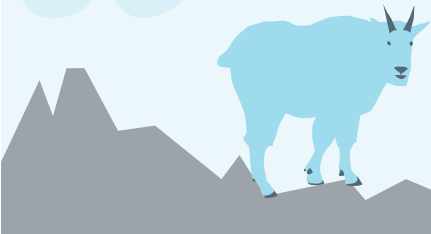
North Cascades National Park is full of amazing sights and sounds just waiting to be discovered! People use their **senses**—sight, touch, hearing, taste and smell—to learn about the world around them.

You will need to use your senses of observation for many of the activities in this booklet. Blink your eyes, wiggle your ears, press your finger into some moss, take a deep breath, and away we go!

If you could see one animal found in North Cascades National Park during your visit, which would it be?

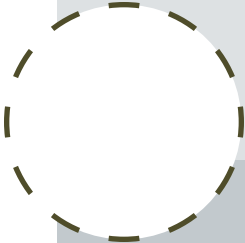
Why did you choose this animal?

Where in the park might you find this animal?



Where am I in North Cascades National Park?

North Cascades National Park is a special place for you to explore and enjoy! On the map below are the six information centers where you can get a Junior Ranger booklet. Each information center has a stamp to add to your booklet. *Mark the places you have visited in the park!*

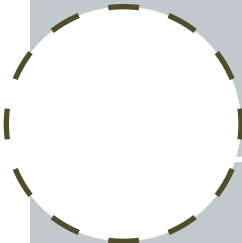


GLACIER PUBLIC SERVICE CENTER

85 miles from park boundary



HOZOMEEN



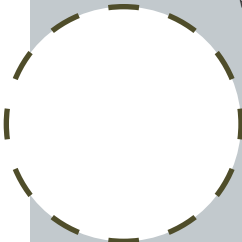
NORTH CASCADES VISITOR CENTER

NEWHALEM



GOLDEN WEST VISITOR CENTER

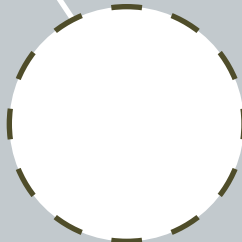
STEHEKIN



HEADQUARTERS & INFORMATION CENTER

SEDRO-WOOLLEY

45 miles from park boundary



WILDERNESS INFORMATION CENTER

MARBLEMOUNT

5 miles from park boundary

LAKE CHELAN National Recreation Area

ACTIVITY

Learn about the North Cascades



Find out why North Cascades National Park is such a special place! *Attend a ranger program or interview a ranger.*



#1 Attend a Program

Type of program:

Draw your favorite thing about this program:

#2 Interview a Ranger

What is your job at North Cascades?

What do you like best about this place?

Can you identify the animals that would leave these tracks behind? *Draw a line to connect each animal with its **tracks**. Then go outside, look for tracks, and try to guess who they belong to!*

ACTIVITY

Are YOU a Track Star?

I can be found on land and in water. I swim very well and like to eat fish.



HUMAN

I can be found in water, land, or in the air. I make a honking sound.



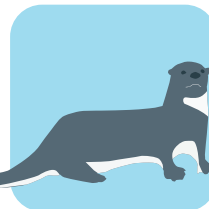
MULE DEER

I am a visitor to national parks. I come in different sizes, and I use my senses to explore!



CANADA GOOSE

I am a four-legged animal with big ears. I like to eat grass.



RIVER OTTER

Draw your own animal tracks.



YOUR ANIMAL
CHOICE

NEW WORD! When an animal walks on soft ground, its feet press into the ground like a stamp and leave behind what we call a **track**.

ACTIVITY

A Legend of the North Cascades

Legends have been told for thousands of years by Native Americans living in the North Cascades. These stories are passed down from generation to generation to share family histories and explain why things happen in nature.

How Douglas-Fir Saved the Day



*ponderosa
pine cone*

A LONG TIME AGO, in the ancient forest of the North Cascades, there was a great fire that spread to the farthest reaches of the forest. All of the animals scurried about in search of shelter from the fiery flames. The tiny plants scrunched low to the ground and the insects buzzed about in a frenzy!

A tiny deer mouse frantically scampered here and there but could not find a safe place to hide. A great, old Douglas-fir tree noticed the frightened mouse and slowly bowed its trunk down until it nearly touched the ground and spoke to the mouse.

“Little mouse,” said the Douglas-fir tree, “do not be afraid. I have thick, furrowed bark that has helped me survive many fires and will help protect me from the flames. Quick! Climb up my trunk and take refuge behind my tallest branches.” So, the mouse began the long climb to the highest branches of the Douglas-fir tree.




*western hemlock
cone*

As the mouse climbed higher and higher, a sly, grey fox noticed it and exclaimed, “Why, I am the most intelligent creature in the forest. The Douglas-fir tree should protect me from the fire before a tiny deer mouse.” With that, the fox began to quickly make its way up the trunk of the Douglas-fir tree, with brilliant, red flames following close behind.



*Douglas-fir
cone*

Just before the mouse could scurry behind the branches to safety, the sly fox jumped over it and escaped the flames, which leapt up and touched the deer mouse ever so slightly on its tail and hind paws. If you look closely at a Douglas-Fir cone, you can still see the hind legs and tail of the tiny deer mouse peaking out from underneath each scale and the ears of the sly fox on the inside.

 *Go outside and find 2 of the 3 cones pictured on this page. Then answer the following questions.*

How are these cones alike?

How are these cones different?

6

NEW WORD! A **legend** is a story that has been told for many years and describes things that happened a long time ago.

Go for a hike somewhere in the park and look for the items in the squares below. Each time you find one, draw a picture of it in the square. You can get bingo by finding three items in a row in any direction. Remember to be respectful as you explore and to leave the places you visit the same way you found them.



ACTIVITY

Nature Detective Bingo



NEW WORD! A **habitat** is an area where a plant or animal lives. Some plants and animals need to live in very specific habitats, while others can live in different kinds of habitats. A pacific salmon can only live in cold, clear water. A black bear can live in both the forest or in a high mountain meadow. North Cascades has many diverse habitats.

Something **Beautiful**

Something **Green**

Something **Smooth**

Something **Prickly**

Something **Slimy**

Something with
Wings

Something You Can't
Find at Home

Something **Soft**

Something **Older** than
You

How many habitats did you explore to get bingo? _____

ACTIVITY

Sounds of the North Cascades



The National Park Service works to protect natural sounds. Find a place outside where you can sit quietly for 1-2 minutes. Record with words or pictures the sounds you hear from the natural world (animals, water, plants, wind, etc.) and the sounds you hear from the human world (sounds made by people and machines).

Animals depend on their senses for survival. Have you ever watched a deer carefully? Deer use their large ears to listen for predators that may be hiding nearby.

Pretend you are a deer. You can create your own deer ears by cupping your hands behind your ears. Point your hands forwards to hear sounds in front of you. Cup your hands on the front of your ears and point them backwards to hear sounds behind you.

Natural Sounds

Human Sounds

How many different sounds did you hear?

Which sound was your favorite? Least favorite?

Many different plants and animals call North Cascades National Park their home. *Read the descriptions below. Then write the name of each plant or animal from the answer key in the correct box.*



ACTIVITY

Who am I?

Answer Key:

western redcedar, river otter, Douglas squirrel, swallowtail butterfly, steller's Jay



I spend part of my life crawling on the ground and eating leaves. When I grow up, I become very colorful and fly from flower to flower in search of nectar. I visit the North Cascades every spring and summer.

I am a: _____



I am a mammal that likes to scold hikers on the trail by making a loud chattering call. I eat seeds from Douglas-fir cones.

I am a: _____



I provided Native Americans who lived here for thousands of years with materials to make clothing, diapers, shelter, rope, and much, much more.

I am a: _____



I live in the forest and have black and bright blue feathers. I make loud screeching sounds and eat nuts, seeds, and berries.

I am a: _____



I am a mammal, and I spend time on land and in water. I love to eat fish and to play with others of my kind. I am an excellent swimmer and use my tail as a rudder. I can stay underwater for up to four minutes!

I am a: _____

ACTIVITY

Poets on the Peaks



Wilderness

*Ever-changing wild
Majestic peaks, glacier made
Gift for us to save*

People journey from near and far to be inspired by the rugged peaks of the North Cascades. Famous writers like Gary Snyder and Jack Kerouac spent time in fire lookouts, where they wrote poetry about these majestic mountains.

There are many forms of poetry. If you would like some help writing your own poem, take a look at the explanation for creating a Haiku.

Mid-August at Sourdough Mountain Lookout

*Down valley a smoke haze
Three days heat, after five days rain
Pitch glows on the fir-cones
Across rocks and meadows
Swarms of new flies.*

*I cannot remember things I once read
A few friends, but they are in cities.
Drinking cold snow-water from a tin cup
Looking down for miles
Through high still air.*

—Gary Snyder, Rip Rap, 1959

What is a Haiku, pronounced (*high-coo*)?

Line 1 5 syllables

Line 2 7 syllables

Line 3 5 syllables

*Try writing your own poems about
your North Cascades experience!*



write your haiku here

Line 1

Line 2

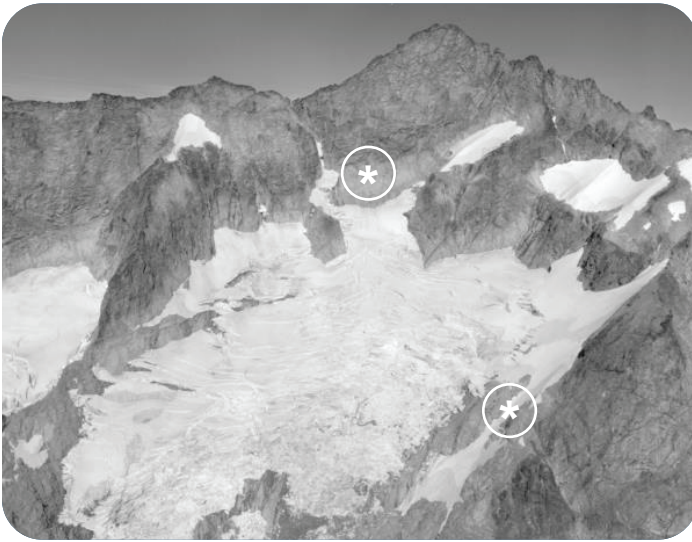
Line 3

ACTIVITY

Forbidden Glacier

The landscape and ecosystems change over time. In the distant past the ground was covered by a sheet of ice a mile deep. As ice melted, **glaciers** carved wide valleys, many of the ones you will see in the park. Imagine you are a scientist studying the Forbidden Glacier.

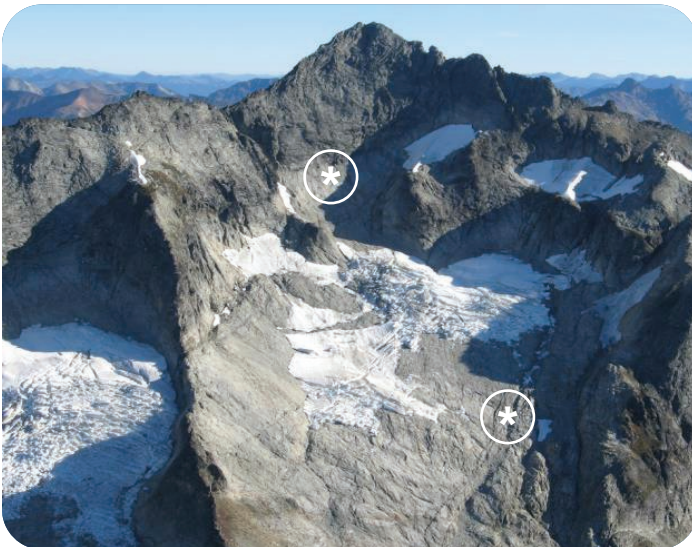
NEW WORD! Glaciers are slow-moving, sheets of ice which are constantly changing. They provide water for the plants and animals living in the North Cascades.



How has the Forbidden Glacier changed over time?

What might happen if it disappears?

How many glaciers are there in North Cascades National Park?



North Cascades National Park is home to many wild creatures. The wolverine is truly a Wilderness creature as it prefers areas devoid of human sounds and with little evidence of human activity. Biologists study wolverines in the park to learn about the state of the Wilderness and its inhabitants.

ACTIVITY

Return to Wildness

The official definition of **Wilderness**, as stated in the **Wilderness Act** of 1964 is an area that is "untrammeled by man...". Untrammeled means that nature is unhindered or uninhabited by man. **Wilderness** is a place where "humans are visitors".



During your visit to North Cascades National Park, have you found areas that meet the needs of the wolverine as described above?

What other animals living in this park do you think depend on wilderness for their survival?

Describe wilderness in your own words.

How much of North Cascades National Park is designated Wilderness?
Hint: Look at the park brochure or ask a ranger.

Each Wilderness Area has a name. What is the name of the Wilderness area in North Cascades? Hint: Look at the park brochure or ask a ranger.

ACTIVITY

Leave No Trace 101

The wilderness can be a beautiful but fragile place, especially in areas of high visitor use. When travelling in wild places each of us can minimize our impact and help keep the landscape pristine. Following Leave No Trace principles is one way we can be good stewards of public lands.

** Being prepared is the first step to having a safe trip with minimal impact. For the first part of this activity, pretend that you are planning a three-day trip into the backcountry. Create a list of essential items to bring on your journey.*



** Now that you are ready for your journey, read the three examples below of common situations that can arise during a wilderness trip. For each of the scenarios, write what you would do if you were in that situation. Remember to leave as little impact as possible.*

1 You are camping in the backcountry with your family. While getting ready for a day hike, you notice a black bear nearby. What would you do to make sure your camp will not attract the bear while you are away?

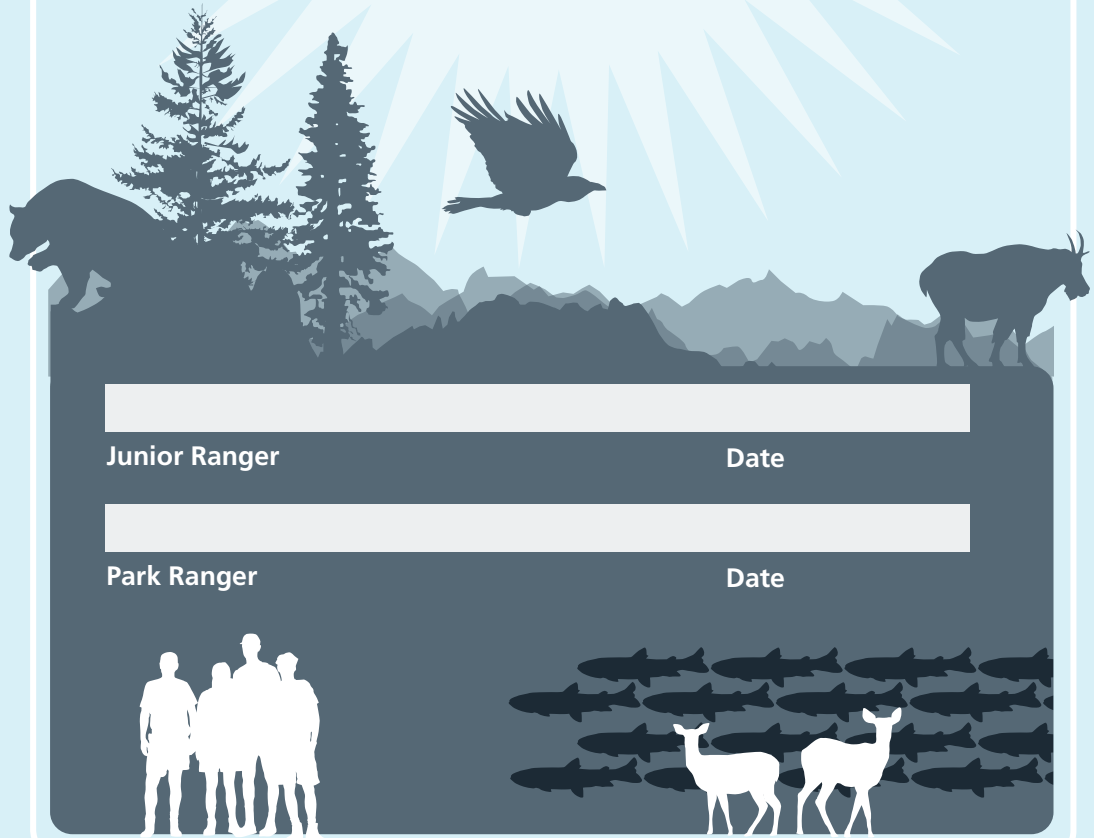
2 You are out for a hike and come across some garbage left by other visitors. What is the proper way to handle waste in the backcountry?

3 You and your family are spending the night at a site with a metal fire grate and decide to have a campfire. What should you do to minimize your impact while enjoying a campfire?

As a Junior Ranger, I promise to help preserve and protect America's National Parks, so future Junior Rangers can enjoy them too!

AS AN OFFICIAL JUNIOR RANGER I PLEDGE TO:

- Continue to learn about North Cascades National Park.
- Get to know the plants and animals in my community.
- Share what I learned with my friends and family.



Junior Ranger

Date

Park Ranger

Date

