

Finding *my* Forest

Use this grid as a checklist for what you've accomplished and as a catalyst to go outdoors and discover more! Put a check next to each activity you've completed.

My Name _____

<p>Where does your water come from? Find out how forests help keep it clean. Learn more at www.fs.fed.us/water/</p>	<p>Plant a native tree in your schoolyard or backyard.</p>	<p>Play hide-and -seek among the trees (check with an adult before playing).</p>		<p>Go geocaching or letterboxing. Learn more at www.geocaching.com and www.letterboxing.org.</p>
<p>Go for a hike (don't forget to bring water and wear sunscreen).</p>	<p>Download the <i>Book of Stuff To Do Outside</i> from www.discovertheforest.org and complete the activities. Have an adult check to see that you've completed all 10!</p>	<p>Tell someone about how forests help our planet.</p>	<p>Name five trees that are native to your area. Have your teacher or a family member check your answers.</p>	
<p>Visit a traditional forest.</p>	<p>Pick up litter in a natural space, and recycle what you can.</p>	<p>Go to an urban forest.</p>	<p>Complete the <i>Be a Forest Family</i> grid with your family.</p>	<p>Adopt a tree. Check on it and chart its progress throughout the year.</p>
<p>Follow an insect and see where it goes.</p>		<p>Travel to a National Forest.</p>	<p>Take a photo of your favorite bird, and identify it using a field guide.</p>	<p>Search for animal tracks in mud or snow.</p>
<p>Take care of your ecosystem! Identify and report any invasive species. Learn more at www.fs.fed.us/invasivespecies/definition.shtml</p>	<p>Make a fort or tree house (without harming the environment).</p>	<p>Sit quietly in the forest for several minutes. Write down what you see, hear, smell, and touch.</p>	<p>Become a Junior Forest Ranger! Learn how at na.fs.fed.us/cedirect/jfr.</p>	

A blank grid is available online at www.FindingMyForest.org/download if you would like to further customize and continue the learning!