

A Day in the Park!

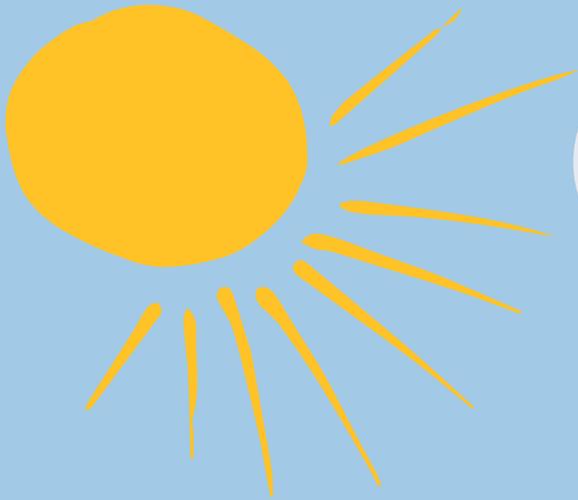
Park Exploration Activities



Youth Stewardship Program

San Francisco Recreation & Parks





**With gratitude, the YSP team wishes to
acknowledge the original peoples and caretakers
of the SF Peninsula — the Ramaytush Ohlone**

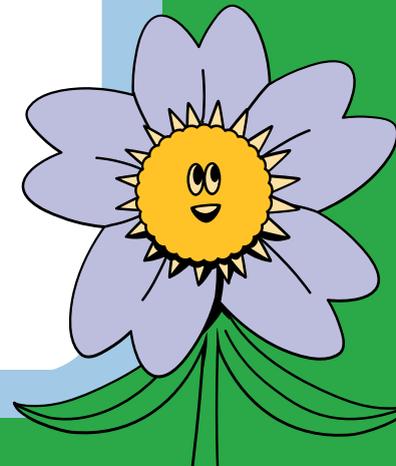
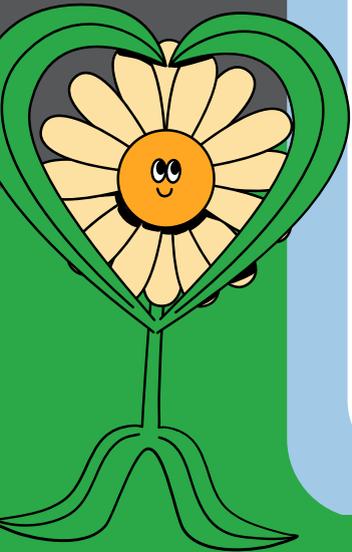
Learn more about The Association
of Ramaytush Ohlone and their
projects at ramaytush.org





**This book
belongs to:**

.....



All residents in San Francisco live within a 10-minute walk of a park!

Parks are for everyone to enjoy!

A colorful illustration of a park scene. In the foreground, a boy in a blue shirt and black shorts and a girl in a yellow dress are running happily. The background features rolling green hills, a rainbow arching across the sky, and a butterfly. There are also trees with red fruit and a winding path.

We can learn so much from just one day in the park...

Now its time to explore!

what you'll need:

- pencil
- crayon



Follow along while on your own adventure in a local park!

Today I am exploring



..... Park





This is a map of San Francisco

Circle the park on the map if you can!





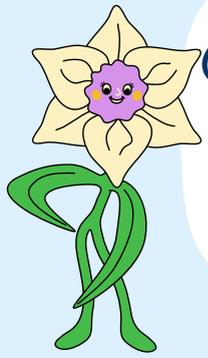
What is one way you can help take care of the park?

Draw Yourself as a Park Steward!



What is land stewardship?

Land stewardship means taking responsibility for caring for the earth and our local environments



Circle all the ways you see people using the park today!

★ Put a star by your favorite park activities! ★





Pick any color
on the wheel!



Find something
in the park
that matches
the color as
close as possible!



Color Match!



What time of year do
you think you'll see the
most colors?



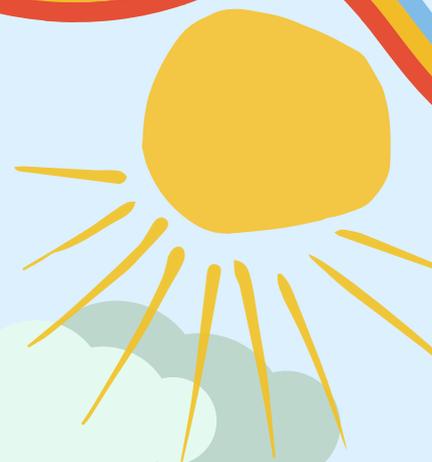
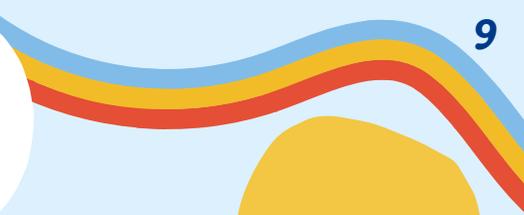
Close your eyes for
1 minute and listen
closely!



What do you hear?
(Draw Here!)



The water cycle shows the continuous path that all water follows!

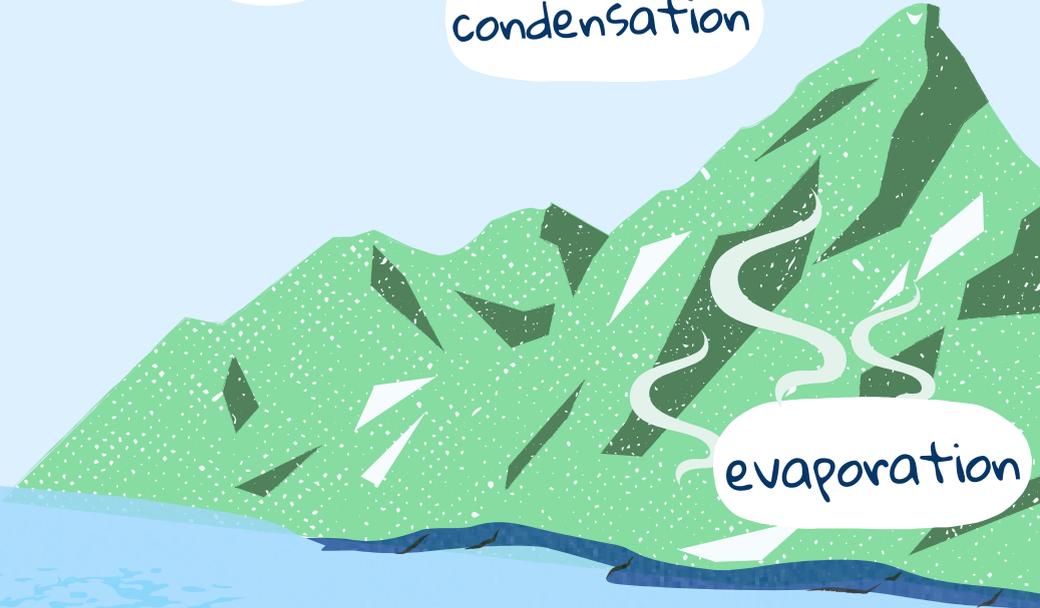


Draw arrows to connect these stages!

condensation



precipitation



evaporation

collection

How is water being used in the park today?



.....



Choose one leaf to
place behind the
box on this page



Use your crayon to
rub over the paper
on top of the leaf

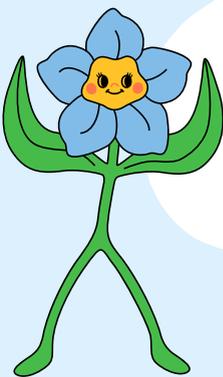


**Create your own leaf
rubbing!**

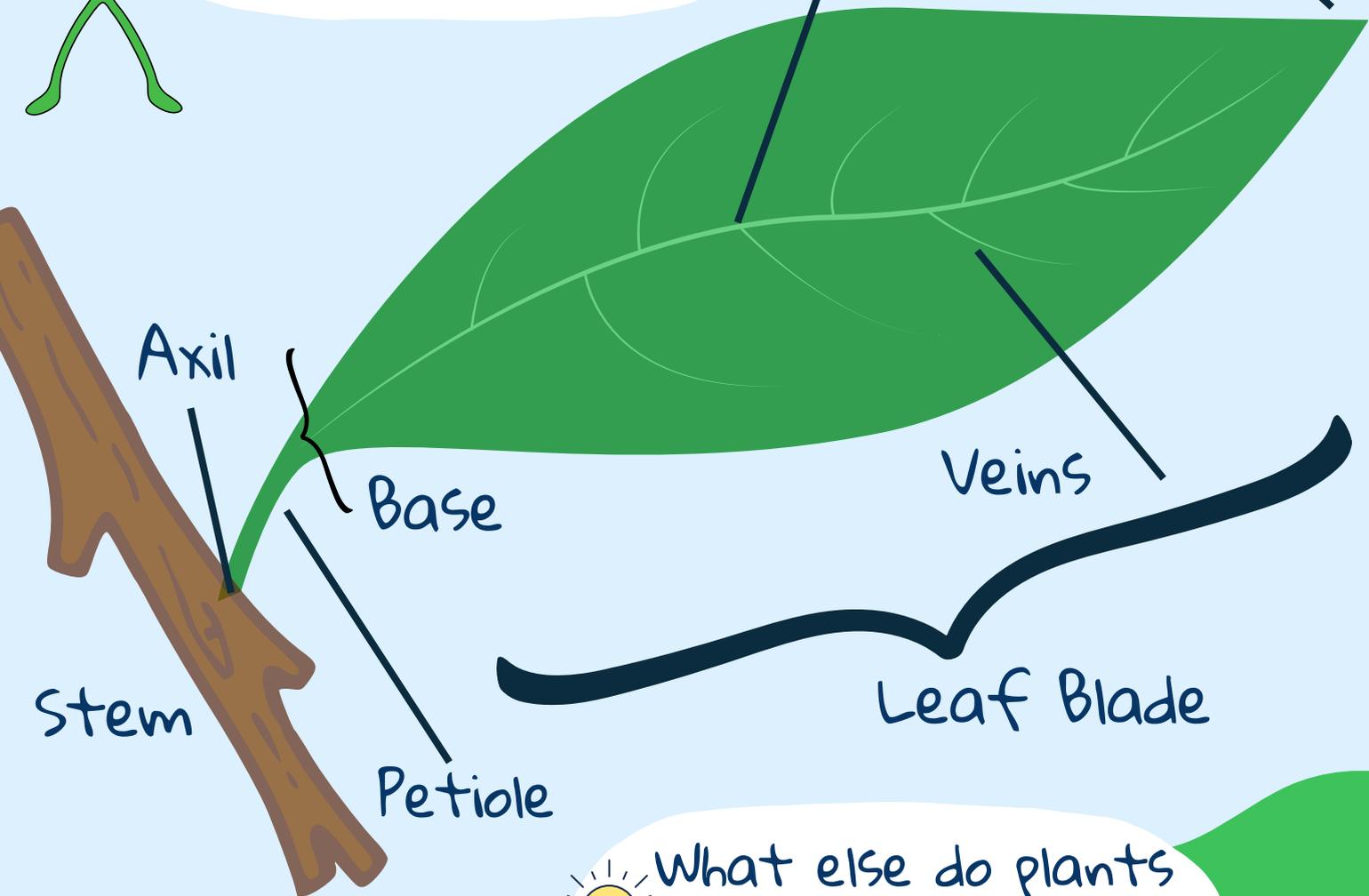
★ **Bonus!**

Use the diagram to label
the parts of your leaf!

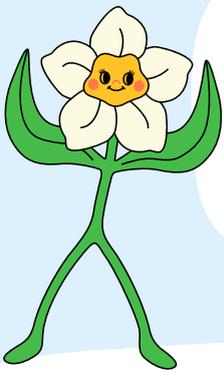




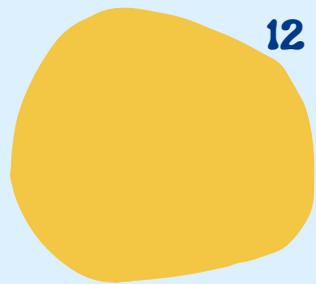
Leaves provide food to help plants grow healthy and strong



What else do plants need besides food?
(Hint! Check out the next page)



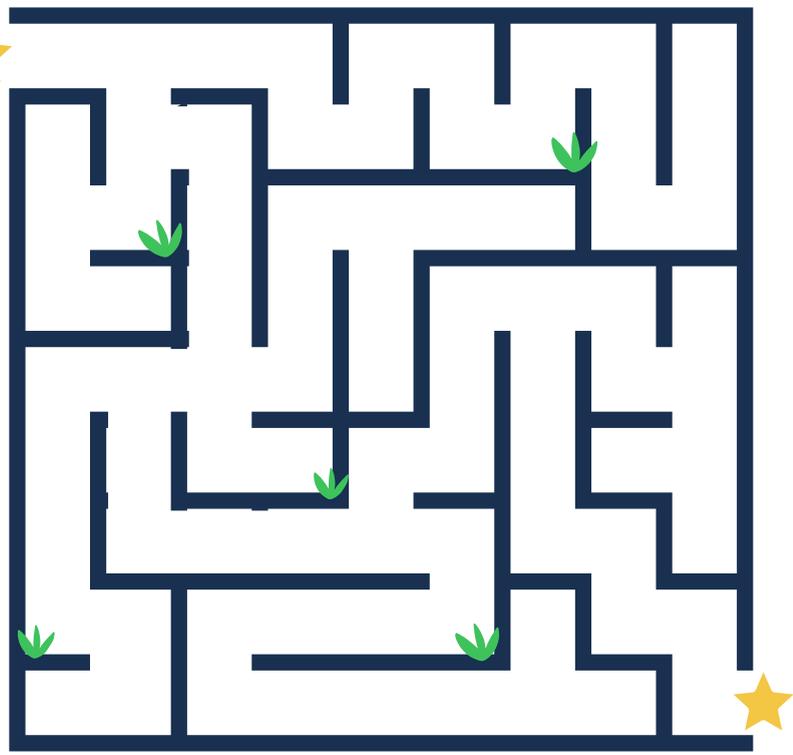
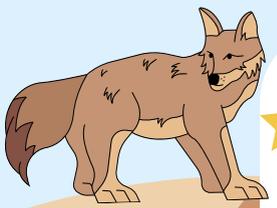
A home for a plant or animal is called a habitat!



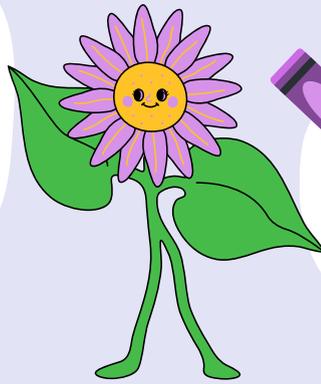
Complete the maze so Coyote can reach the habitat!



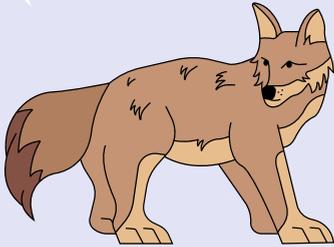
Habitats provide food, water, shelter, and space!



Different animals
have different
diets!



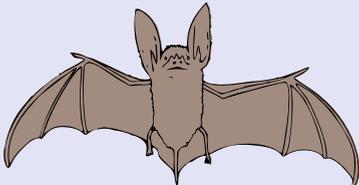
Draw lines to
match the
animal to its
food source!



coyote



hummingbird



bat



squirrel



moth



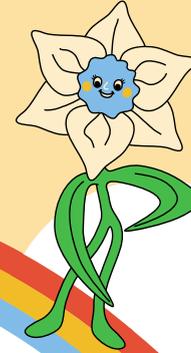
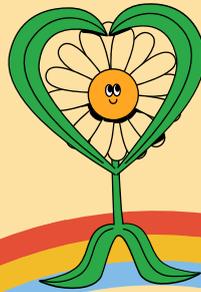
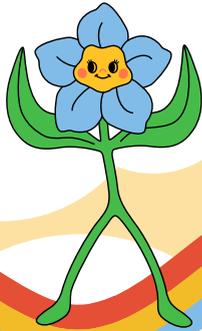
acorn



lupine



mouse



When I am in nature
I feel...

word bank:



happy

calm

curious

creative

peaceful

grateful

adventurous

inspired

excited

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

**KEEP
EXPLORING!**

Find more parks and
play areas to discover
on the back page!



RESOURCES



Find more SF parks, youth programs, and volunteer opportunities:

@ <https://sfrecpark.org/> or scan



The Youth Stewardship Program (YSP)

provides free outdoor-ed field trips for classes & youth groups!
Reach out to yssp@sfgov.org for more info!

★ **Educators!**

scan here to access the YSP application



Nature Exploration Areas (NEAs) are specially designed natural playgrounds!

For more fun and nature play scan this QR code to find an NEA near you!

