

Bangor Land Trust & Girl Scouts

This collection of fact sheets will walk you through many activities for
Brownie, Junior, Cadette and Senior Girl Scouts
and how Bangor Land Trust can help you do them!



BANGOR LAND TRUST

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Official guidelines and activities can be found in the following books published by
Girl Scouts of the United States of America, 420 Fifth Avenue, New York, NY 10018
and available to purchase online at www.girlscoutshop.com

Try-Its for Brownie Girl Scouts, © 2000
Junior Girl Scout Badge Book, © 2001
Interest Projects for Cadette and Senior Girl Scouts, © 1997
WOW! Wonders of Water, © 2009

Brownies - Try-Its!



Animals

Activity 1

Caring for Pets

Take your dog for a walk in Walden-Parke or Northeast Penjajawoc Preserve. Just remember to stay on designated trails, keep your dog on a leash, and clean up your pet's waste!

Activity 2 & 4

Understanding Animals & Looks Mean Something

Our preserves are great places to observe wildlife in their natural habitat. See beavers and frogs in our wetlands at the Northeast Penjajawoc Preserve, or birds and squirrels in the forests of Northeast Penjajawoc or Walden-Parke Preserves.

Activity 3 & 5

Creature Moves & Sound Charades

While these activities could be done anywhere, why not do them outdoors while fulfilling other badge requirements? Make a day of it!



Earth & Sky

Activity 3

Going, Going, Gone

Take a hike at Northeast Penjajawoc Preserve, and check out the trails and stream banks to see how the paths have worn.

Activity 5

Creatures of the Air

Observe birds and insects at any of our preserves. One of the best places to see birds and insects as a group is along the railroad bed in our Northeast Penjajawoc Preserve, overlooking the Penjajawoc Marsh. Other good places include the powerline overlook of the Cattail Marsh in Northeast Penjajawoc, or in the open fields of the West Penjajawoc Grasslands.



Outdoor Adventurer

Activity 3

Day Hike

Visit our Northeast Penjajawoc Preserve and use our Educational Trail Map to guide yourself through the natural communities of the preserve. Stop at the 6 education stations to learn about forests, wetlands, vernal pools, and more! All the information you need is on the map, so make sure to bring a copy along! (Contact us at info@bangorlandtrust.org or 942-1010 if you need a copy.)

Activity 4 & 5

Build a Shelter & Touch, Smell, Listen

These activities could easily be done while visiting our preserves for your hike. Just remember to leave any materials you use for these activities where you found them!



Eco-Explorer

Activity 1

Exploring Nature

All of these living and non-living things can be found on our preserves (well, maybe everything but a cactus!). Probably the best place to find all of these items in a small area is the Northeast Penjajawoc Preserve -- there are especially a lot of "signs of living things" along the old railroad bed that would be relatively easy to find.

Activity 4

Food Chain

Observe links in the food chain in the real world to inspire your paper food chain. You may find nibbled pine cones, stockpiled acorns, or animal scat (do you think you could tell if it was from a carnivore or herbivore?).

Activity 6

Helping Wildlife

One of the best ways to help wildlife is to provide undisturbed habitat for them. You can help wildlife and BLT by piling brush at the ends of the closed trails in Northeast Penjajawoc Preserve. Closing old trails helps keep some areas in the preserve for "wildlife only." Piling brush at the end of closed trails will let people know not to walk down that trail, and it will provide habitat for small animals to nest or hide.

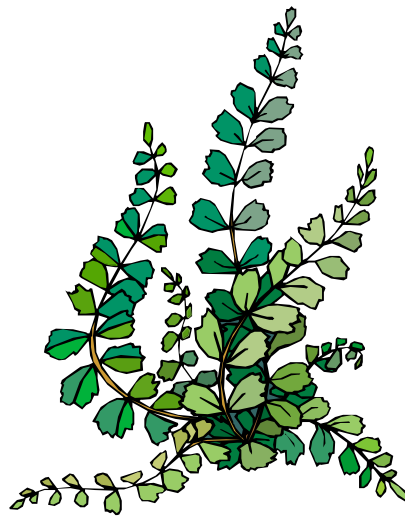


Plants

Activity 2 & 4

Plant Rubbings & Leaf Hunt

Take plant rubbings and collect leaves while visiting one of our preserves. You'll find all kind of plants, from pine and spruce trees to maple and oak, as well as lots of shrubs, ferns, and small herbaceous plants. Take the chance to talk about how different leaves can be from one another, and how they are the same.



Water Everywhere

Activity 4

Water Snooper

Use your water snooper to look at eggs, tadpoles or frogs in the vernal pool at Northeast Penjajawoc Preserve. At the same preserve, you could use your water snooper in a small stream to observe aquatic insects or maybe even small minnows.

Activity 5

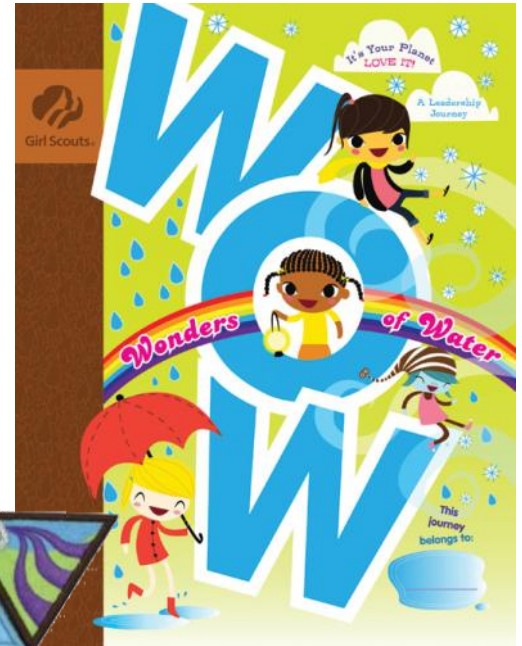
Water Explorer

While using your water snoopers, you could take samples from the water to view aquatic life in your bowl. Just make sure to return your samples to the vernal pool or stream when you are finished.



It's Your Planet - Love it! Wonders of Water Journey

The Bangor Land Trust's **Northeast Penjajawoc Preserve** is a great place to explore the "Wonders of Water" while scouts work on earning their journey awards. Our Educational Trail Map of will take scouts on their own journey (much like the characters in the activity book) through two types of wetlands, a small forest stream, and even a vernal pool. While visiting our preserve, scouts could work on earning "Try-It" merit badges as well, including Animals, Earth & Sky, Eco-Explorer, Outdoor Adventurer, Plants, and Water Everywhere.



Juniors - Badges



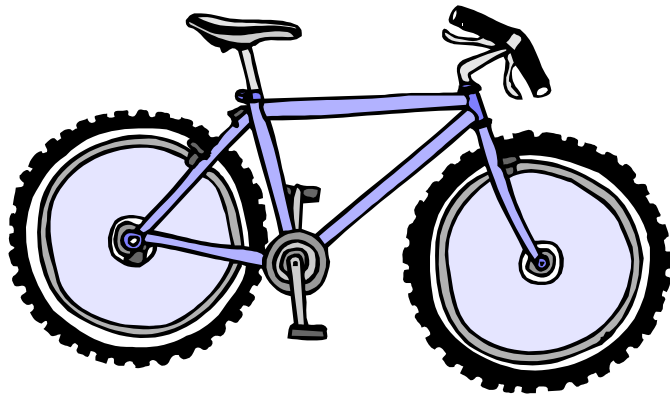
Adventure Sports

Activity 1 Get Strong

Visit Walden-Parke Preserve or Northeast Penjajawoc Preserve to "Get Strong" -- Go for a walk, run or hike through our trails to stay fit. You could even mix in some skips, hops, shuffles, and lunges to get strong.

Activity 6 Mountain Bike

Many of our trails are great for mountain biking. The Walden-Parke Blue Trail is generally a wide and technically easy trail to ride. For a more challenging ride visit the Northeast Penjajawoc Preserve, where trails are more narrow and winding, and there is even one trail rated at a "Black Diamond" level for experienced mountain bikers.



Winter Sports

Activity 1 & 7 Material Girl & First Aid for Cold

Plan a snowshoeing trip through Walden-Parke or Northeast Penjajawoc Preserve, and prepare by learning what materials will keep you warm and dry during winter activities. Also use this time to learn how to prevent, recognize, and treat wintertime health hazards.

Activity 4 Distance Traveling

Now that you're prepared for outdoor winter activities, take a snowshoeing trip through our preserves. There are about 2 miles of trails through Northeast Penjajawoc Preserve, and the Blue Trail through Walden Parke would be a great 2.5 mile loop hike.



Frosty Fun

Activity 6 Snow Detective

After a fresh snowfall, visit Northeast Penjajawoc Preserve to see tracks from red squirrels, deer, snowshoe hare, and maybe even moose and coyote! The old railroad bed is a great place to find many tracks in the wintertime.



Finding Your Way

Activities 1 - 5

Obtain a copy of our Northeast Penjajawoc Preserve Educational Trail Map. While visiting the preserve, use the map (with its compass rose and scale bar) and your compass to complete the first five activities for your "Finding Your Way" badge.



Hiker

Activity 4

Give Back to the Sport

Contact Bangor Land Trust to find out what type of trail work might need to be done within our preserves. Examples of trail work include hanging trail signs and trail markers, removing trash from the trails, or piling brush in front of closed trails to preserve wildlife habitat.

Activity 10

Happy Trails to You

Did you know you can plan an all-day hiking trip right here in Bangor? Start at Walden-Parke Preserve, follow the blue trail to the old railroad bed, and hike from there to Northeast Penjajawoc Preserve and the Bangor City Forest. There are lots of trails through each preserve -- the possibilities for a day hike are nearly endless! For maps, visit our website www.bangorlandtrust.org and click "Trail Maps."



Your Outdoor Surroundings

Activity 3

What Does Minimal Impact Mean?

Learn more about Minimal Impact by reading the "Leave No Trace" section of our Educational Trail Map for Northeast Penjajawoc Preserve.

Activities 6, 8, & 9

Use your Educational Trail Map to take a hike through Northeast Penjajawoc Preserve. While you're there, use any natural objects you may find to practice classifying and drawing nature in activities 6 and 8.



Wildlife

Activities 2, 7, 8, & 10

Join Bangor Land Trust and the Audubon Society for one of our annual bird walks or nature walks. A schedule of current events is listed on our website, and we can provide binoculars and hand-lenses for you troop if you let us know you'll be there! If you'd like to go on your own nature walk through our preserves and would like to borrow our binoculars and hand-lenses, send us an email at info@bangorlandtrust.org or call us at 942-1010.





Earth Connections

Activity 1

Be an Ecologist: Your Study Area

This would be a great activity to do at any of our preserves: Walden-Parke, Northeast Penjajawoc, or West Penjajawoc Grasslands. There are a wide variety of communities within each park, ranging from wetlands, forests, streams and grasslands. You could even visit 2 different areas and compare the differences.

Activity 2

Traveling Through Time

There are many ways to incorporate this activity into a visit to one of our preserves. Travel backwards through time at Northeast Penjajawoc by visiting the site of an old well and cornerstones of an old house. What do you think that the landscape looked like when people used this well? How do you think it has changed over time? At the West Penjajawoc Grasslands, how do you think the land will change over time? Do you think this area was always a field? Do you think it will always remain a field?

Activity 3

Identify That Tree

Take a walk through Northeast Penjajawoc Preserve to see all sorts of trees including: white pine, red spruce, balsam fir, cedar, red maple, northern red oak, quaking aspen and paper birch.

Activity 7

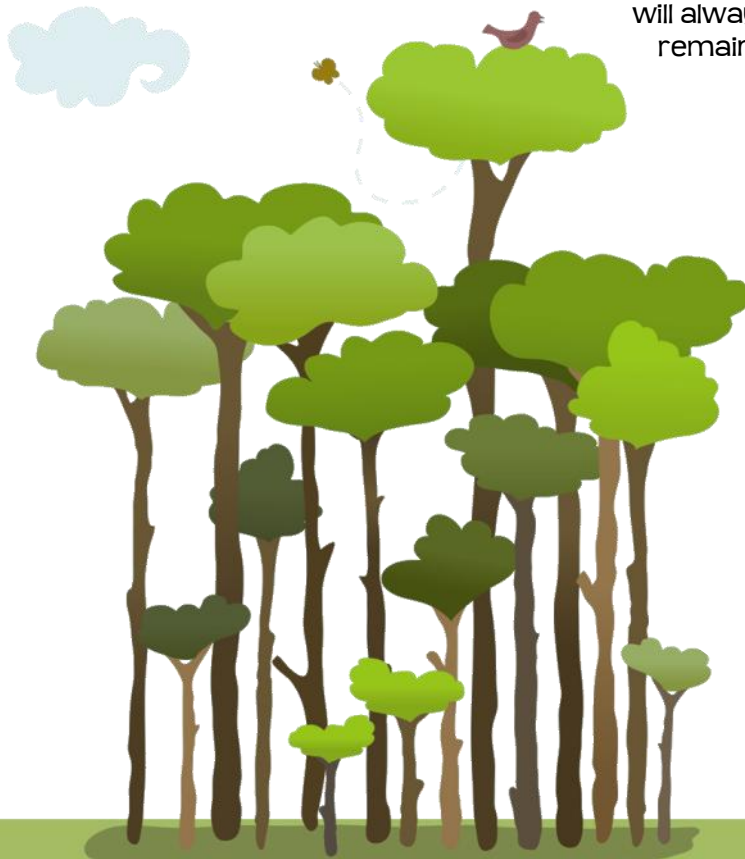
Adapt or perish

Try thinking through this activity while visiting the vernal pool at Northeast Penjajawoc Preserve. Vernal pools fill with water through the fall, winter, and spring, and dry out during the summer months. These pools provide important habitat for amphibians such as frogs and salamanders. How do you think amphibians adapt to the ever-changing environment in a vernal pool? How do they survive through the changing seasons?

Activity 9

Observing Change

This is another activity that provides a great opportunity to learn more about vernal pools. Make a few trips during the year to the vernal pool at Northeast Penjajawoc Preserve to observe changes in water level and vernal pool life. Significant changes can be observed over a short period of time -- especially in the spring!



Cadette and Senior Interest Projects

All About Birds



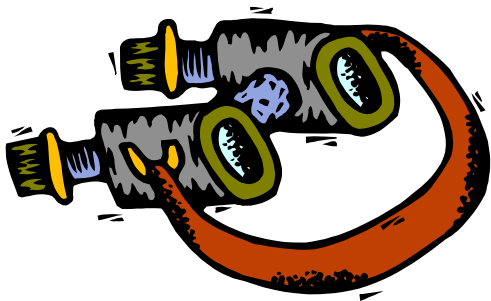
Skill Builders 2 & 3

Our preserves are great places to see a wide variety of birds in many different habitats. Trails in the Northeast Penjajawoc Preserve provide access to great birding spots overlooking a shrub marsh and a cattail marsh. Our West Penjajawoc Grasslands Preserve provides Bobolink

nesting habitat each spring, and is a great place to see the bobolinks mating displays. Additionally, both the Northeast Penjajawoc Preserve and Walden-Parke Preserve provide birding opportunities in early successional and mature forests. To learn from other birders, join us for one of our annual bird walks we host each May with the Audubon Society. Check our website for current events. www.bangorlandtrust.org.

Service Projects 2 & 4

After practicing your birding skills on your own, take a group of younger girl scouts for a birding walk through the West Penjajawoc Grasslands or Northeast Penjajawoc Preserve. You could also make posters with information about birds you might find on our preserves to display on our trailhead kiosks.



Wildlife



Skill Builders 1-4

Any of these skill builder activities could be done within any of our preserves. Our Educational Trail Map for Northeast Penjajawoc Preserve will help you identify some of the plants and animals you may find around you.

Service Projects 2 & 3

Work to preserve wildlife habitat by helping us maintain our trail systems. There is always work that can be done, ranging from posting new trail signs, organizing a trail cleanup day, or helping us revegetate closed trails. Contact us at info@bangorlandtrust.org or 942-1010 for current information on how you can help!

