



# NATURE CAT TRAIL JOURNAL



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CHICAGO

## Introduction:

National parks, forests, and other outdoor places are home to amazing wildlife, trees, plants, and historic places. What will you find there?

Use this journal to keep track of some of the animals, plants, and sights you see! Remember to listen for interesting sounds, too. Natural sounds can be loud or soft, peaceful or exciting. They can give clues that there's something nearby that's cool to look at.

## What You'll Need:

- 🍂 Printable Journal
- 🍂 Scissors
- 🍂 Stapler
- 🍂 Optional: Glue, crayons or colored pencils
- 🍂 Optional: Book (called a "field guide") to help identify animals you see.



## Goal of the Activity:

Encourage children to observe and appreciate nature.

## Tally Ho! What to Do:

1. Print out this Journal.
2. Cut each page on the dotted lines so that you make four small journal pages from each large printed page.
3. Stack all of the journal pages together so that they are in order pages 1 through 16.
4. Staple the top left corner of the pages to make a book.
5. On each page of the journal, draw or paste a photo of something interesting you see. Write information about it underneath.
6. If you want more pages, print out some more copies and staple them to the back of your journal.

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**Nature CAT**

# Trail Journal

Passport Stamps:

Passport Stamps are available for all national parks and trails at visitor contact stations.

Where my trail is: \_\_\_\_\_.

I'm going with: \_\_\_\_\_.

Today's date is: \_\_\_\_\_.

The weather is: \_\_\_\_\_.

- Things to bring:**
- Plenty of water
  - Healthy snacks
  - First-aid kit
  - Sunscreen and a hat
  - Emergency whistle (in case you need help)
  - Comfortable shoes
  - This trail journal
  - Pen or pencil

**Help Nature Cat get ready to go!**  
 What will he need on the trail?  
 Draw the things you'd put in his reusable tote bag.



What it is: \_\_\_\_\_

Where I saw it: \_\_\_\_\_

When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_



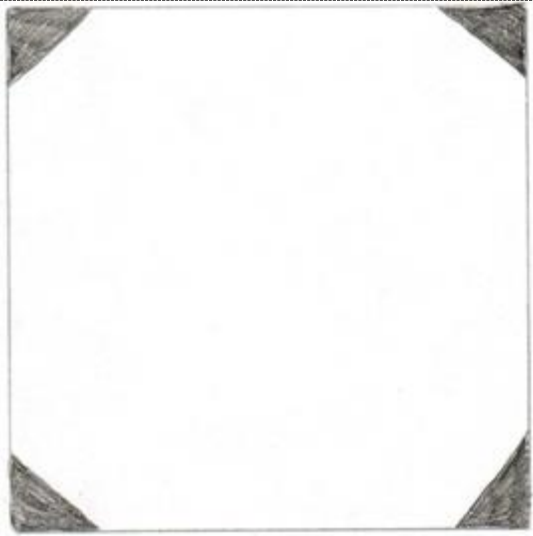
What it is: \_\_\_\_\_

Where I saw it: \_\_\_\_\_

When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_

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What it is: \_\_\_\_\_

Where I saw it: \_\_\_\_\_

When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_

\_\_\_\_\_



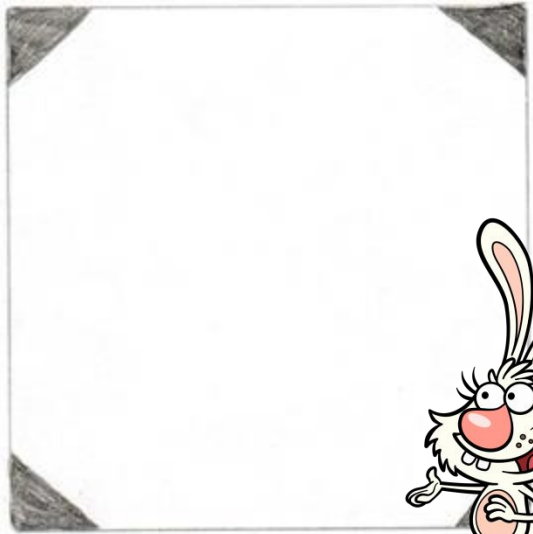
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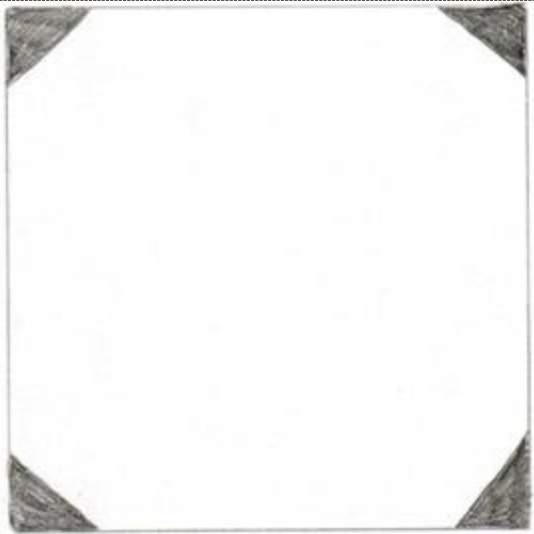
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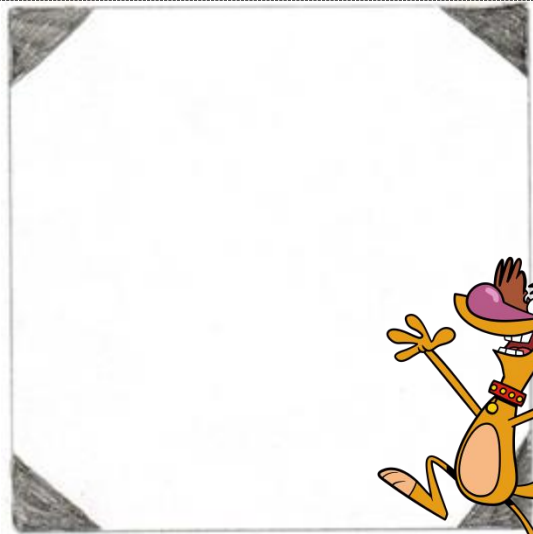
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Where I saw it: \_\_\_\_\_

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What it was doing: \_\_\_\_\_

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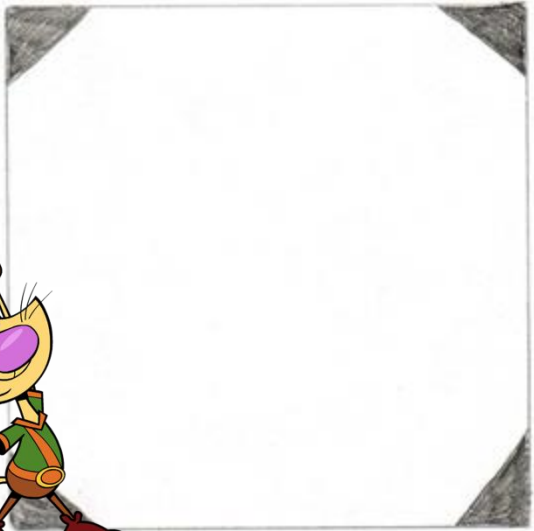
What it is: \_\_\_\_\_

Where I saw it: \_\_\_\_\_

When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_

\_\_\_\_\_



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What it was doing: \_\_\_\_\_

\_\_\_\_\_



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When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_

\_\_\_\_\_



What it is: \_\_\_\_\_

Where I saw it: \_\_\_\_\_

When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_

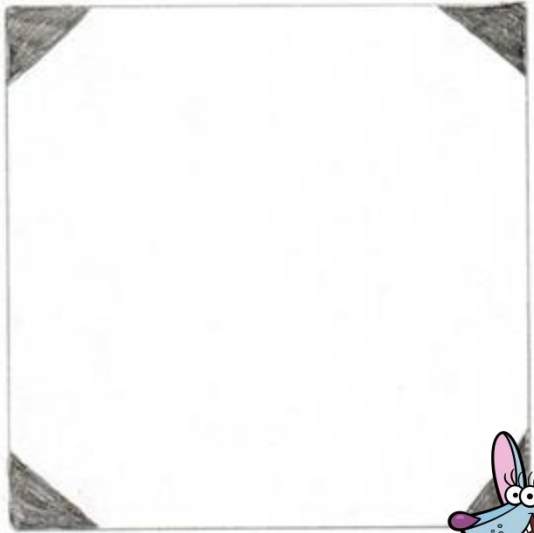


What it is: \_\_\_\_\_

Where I saw it: \_\_\_\_\_

When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_



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Where I saw it: \_\_\_\_\_

When I saw it: \_\_\_\_\_

What it was doing: \_\_\_\_\_

### Ways YOU Can Help National Parks

- **Trash your trash.** Put it in garbage cans or recycling bins, or take it with you.
- **Leave no trace.** Leave plants, rocks, and historical items the way you find them, for everyone to enjoy.
- **Respect wildlife.** Watch animals from a distance. Never come close, feed, or touch them.
- **Reduce, reuse, recycle.** Use reusable containers, and find ways to reuse items over again. Try to recycle anything you can't reuse.



To help protect national parks: [www.npca.org](http://www.npca.org)  
 To find your nearest national park: [www.nps.gov](http://www.nps.gov)  
 For more Nature Cat fun:  
[www.pbskids.org/naturecat](http://www.pbskids.org/naturecat)