



Parmelee Farm • 465 Route 81 Killingworth, CT
Recommended for Ages 5-11

ACTIVITY CHECKLIST



SAFETY QUESTIONS

☐

TREE DRAWING

☐

FINDING TREES AND SHRUBS

☐

NATURE BINGO

☐

NATURE WORD SEARCH

☐

TRAIL MARKERS

☐

ANIMAL TRACKS MATCHING

☐

COLORS IN NATURE

☐

CROSSWORD PUZZLE

☐

COLORING PAGES

☐



KILLINGWORTH EXPLORER RULES & GUIDELINES

- Activities to be completed at the trails of Parmelee Farm. Trail maps can be found in the kiosk.
- You do not have to be from Killingworth!
- Recommended for spring, summer, & fall
- You must respect the rules of the farm, and nature.
- Bring something to write with.
- To become an Explorer, you must complete at least 6 out of 10 activities.
- You can have your certificate (see back of book) stamped at the Killingworth Library once completed,
- Have fun!!!



HIKING SAFELY

- ❖ Have a **trail buddy** or hike in a group; hiking alone is a bad idea. Plus, you'll have more fun with someone else!
- ❖ Wear sneakers or other **good hiking shoes**.
- ❖ Stay only on **marked trails**.
- ❖ Keep your **dog on a leash** if you bring him/her with you.
- ❖ **Check the weather** before you go, Hiking when there's thunder and lightning is not safe.
- ❖ Look at a **trail map** before you go, so you don't get lost.
- ❖ But if you do get **lost**, stay calm. Stay in one place in the open, it will be easier to find you that way. If you are with your trail buddy, stay together, and if you hear a noise, make a noise back. If it's an animal, it will run away, but if it's a person, he/she will come find you.
- ❖ Always wait for the rest of the group at a **fork in the trail**, so you don't get separated.
- ❖ Good **things to bring**: map and/or compass, water, snack, first aid kit, raincoat, whistle.
- ❖ Remember to **leave no trace**. It's important that you don't harm the wildlife or their home. Make sure you carry all your trash out with you.



SAFETY QUESTIONS

1. You have plans to go on a hike with your friend, but it's raining out. You check the weather, and there is a chance of thunder and lightning. What is the best idea?
 - a. Go hiking, but make sure you bring an adult and a raincoat.
 - b. Go hiking with your friend before it starts thundering and hope that it doesn't.
 - c. Do something else with your friend indoors, and hike another day.
2. You see a really cool flower, but it is a little ways off the trail. Should you go and pick it? Why or why not?

3. You are hiking with your family, and some of your family members are farther back on the trail. You come to a spot where the trail splits. You know they have trail maps. Is it okay to keep going without them? Why or why not?

4. You see a little path off of the marked trail you are on that isn't on your map and doesn't have trail markers, and you are curious where it goes. What does a responsible explorer do?
 - a. Make your friend check it out first.
 - b. Don't go down it; it may be unsafe.
 - c. Check it out!
5. Which of these is unsafe to do if you are lost?
 - a. Make noise once in a while.
 - b. Hide behind a tree if you are scared.
 - c. Stay with your trail buddy.
 - d. Stay out in the open.

Answers: 1) C. 2) No, you shouldn't go off of the trail, and you should leave no trace, which means you shouldn't disturb the wildlife, including plants. 3) No, you should wait for them. They might be confused about which way to go, or be worried that you went the wrong way. It's important to stay together. 4) B. 5) B.



Trees at Parmelee: As you take a hike on the trails, take a look at the trees and shrubs around you. Many have signs with their names on them, so you know what kind they are! (Identified by John Himmelman and Bruce Dodson)



TREE DRAWING

Write down three trees or shrubs that you see named, and draw them or their leaves.



FINDING TREES AND SHRUBS

Below is a list of some scientific names of trees and shrubs that are identified on the trails. As you hike, try to find at least five of them, and write down what their common name is!

- 1) *Acer saccharum* _____
- 2) *Carpinus caroliniana* _____
- 3) *Carya tomentosa* _____
- 4) *Clethra alnifolia* _____
- 5) *Euonymous alatus* _____
- 6) *Fraxinus americana* _____
- 7) *Kalmia latifolia* _____
- 8) *Liriodendron tulipifera* _____
- 9) *Nyssa sylvatica* _____
- 10) *Quercus alba* _____
- 11) *Sassafras albidum* _____
- 12) *Vaccinium angustifolium* _____

Answers: 1) Sugar Maple; 2) Ironwood; 3) Mockernut Hickory; 4) Sweet Pepperbush; 5) Burning Bush; 6) American Ash; 7) Mountain Laurel; 8) Tulip; 9) Pepperidge; 10) White Oak; 11) Sassafras; 12) Lowbush Blueberry



HELPFUL HINTS FOR: NATURE BINGO



Sassafras Leaves



Ferns



Mountain Laurel



Mountain
Laurel Leaves
(shiny)



Trail Markers



Oak Leaf



Identified Tree



Cairn



Lily Pads in a Pond



Insect on Flower



Acorns



Lichen



Mushroom

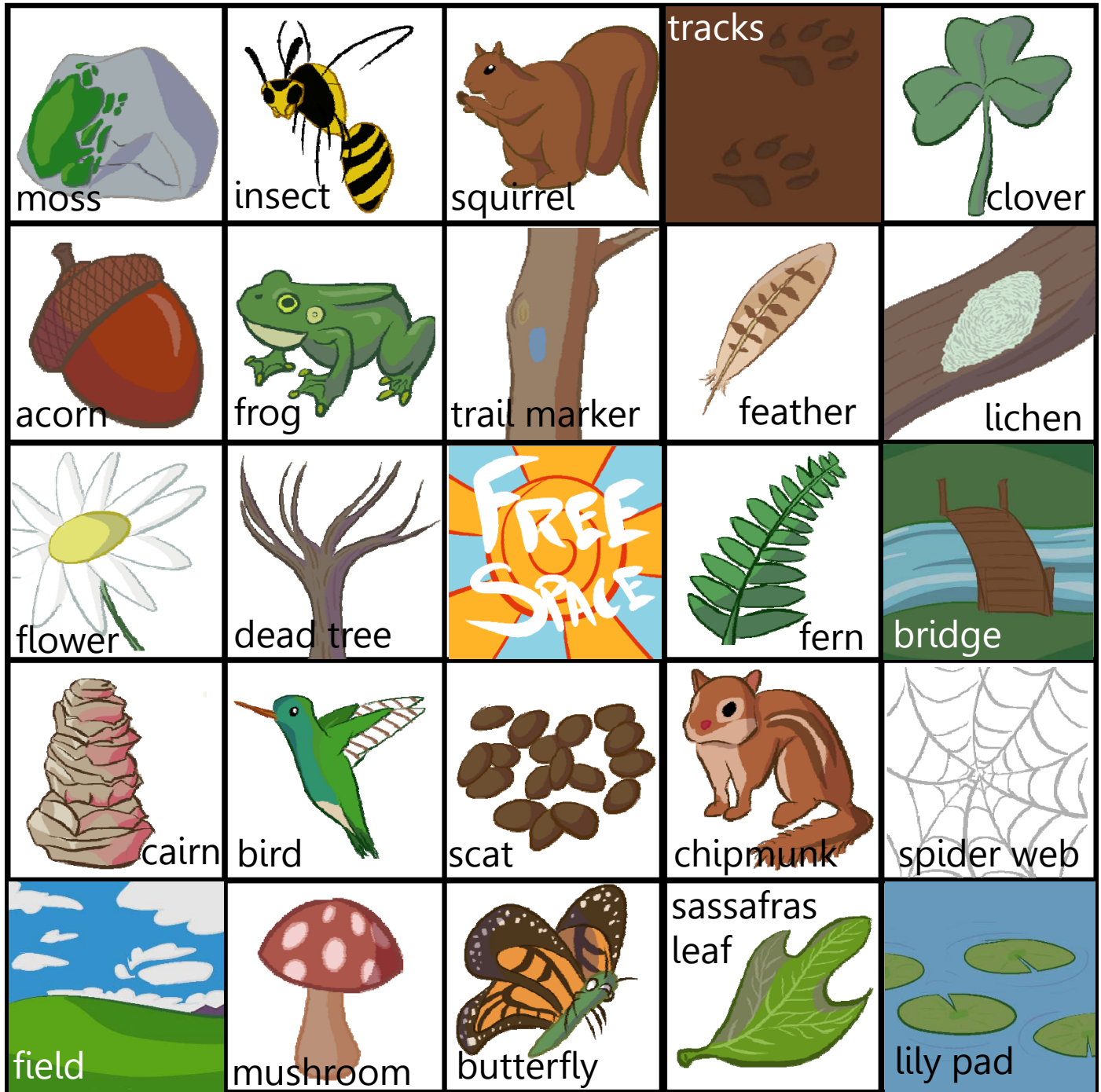
Ready... Set...

BINGO



NATURE BINGO

Rules: Win Bingo by finding 5 in a row or 10 total squares



*Illustrations by Ben Sodergren



NATURE WORD SEARCH

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

Word List:

BEECH

BUTTERFLY

FERNS

MAPLE

OPOSSUM

SASSAFRAS

BIRCH

CHIPMUNK

HAWK

MOUNTAINLAUREL

PARMELEE

SKUNK

BLUEBERRY

COYOTE

HIKING

MUSHROOM

PINE

SQUIRREL

BULLFROG

DEER

KILLINGWORTH

NATURE

ROBIN

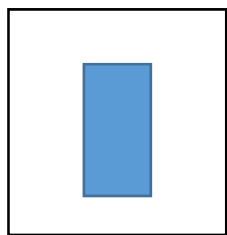
WOODPECKER

(See back for answers)

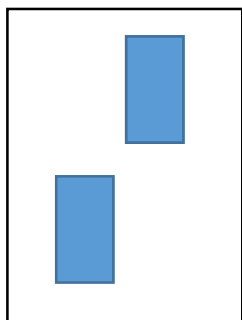
Trail Signs

Trail Markers: As you hike, you will see markers painted on trees along the trail. It's important that you understand what these mean, so you are prepared no matter where you hike!

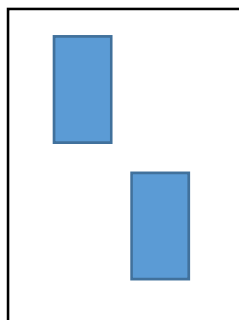
Notice the different colored markers for each trail at Parmelee. This is so you know the difference between them, and so you stay on the trail you are planning on hiking. They even match the colors on your trusty trail map!



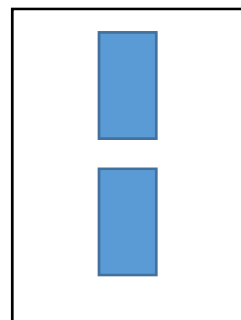
Continue in the
same direction



Trail turns right



Trail turns left



End of trail

You should always make sure you continue along a trail that is marked. If you haven't seen a marker in a while, and you don't see any ahead of you, you may have taken a wrong turn. If you remember when you last saw one, backtrack to it and see if you can see the next marker ahead.

Cairns: A cairn is a different kind of trail marker. It's a pile or stack of stones that was put together by people. They are made on the side of trails so that you know you are on the right path!



Here is a picture of
a cairn at Parmelee!

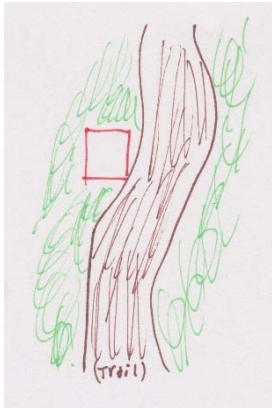


TRAIL MARKERS ACTIVITY

1. Draw a circle in any box where a cairn would go. Draw a rectangle in any box where a painted trail maker would go. (Hint: There should be three boxes with shapes, and two with no shapes)



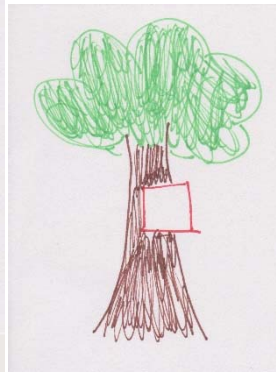
(on a tree)



(side of the trail)



(next to a pond)

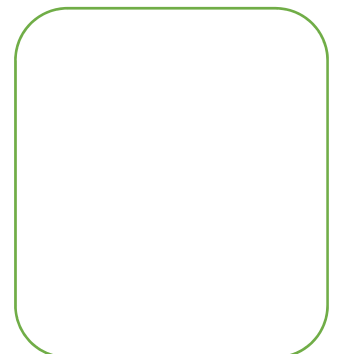
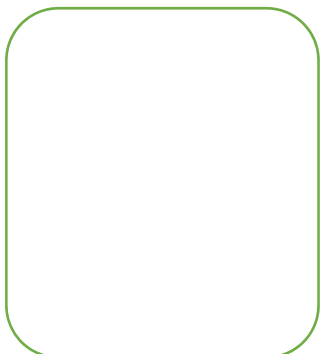
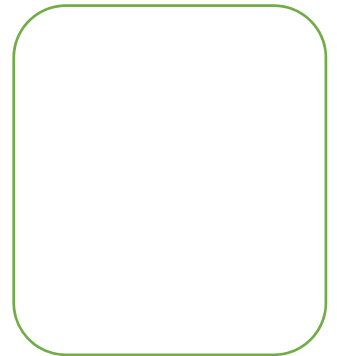
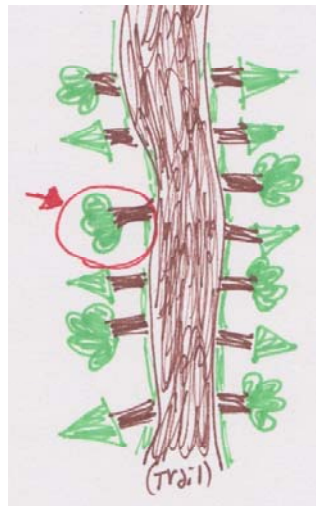
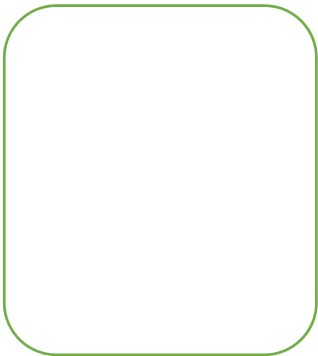


(on a tree)



(middle of the trail)

2. Draw what the trail sign would look like on each of the circled trees.

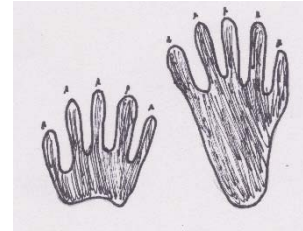




ANIMAL TRACKS MATCHING

Your friends who live in the forest have footprints, just like you do!
Let's see how well you know your animal tracks. Draw a line to match
the tracks with the name of the animal that left them.

BEAVER



DEER

GREAT BLUE HERON



STRIPED SKUNK

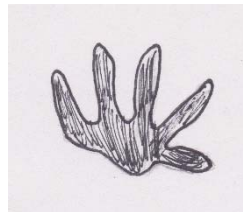


RACCOON

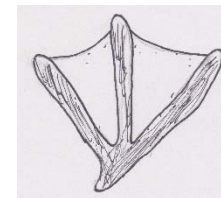
COYOTE



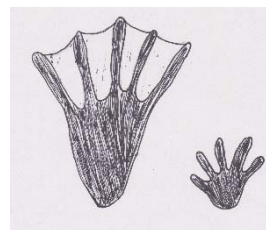
SNAKE



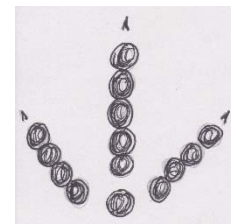
WILD TURKEY



DUCK



OPOSSUM





COLORS IN NATURE

There are so many different colors outside during every season of the year. Nature is like it's own work of art! Write the name of something you see for each of the colors, and then draw it.

BLUE

GREEN

RED

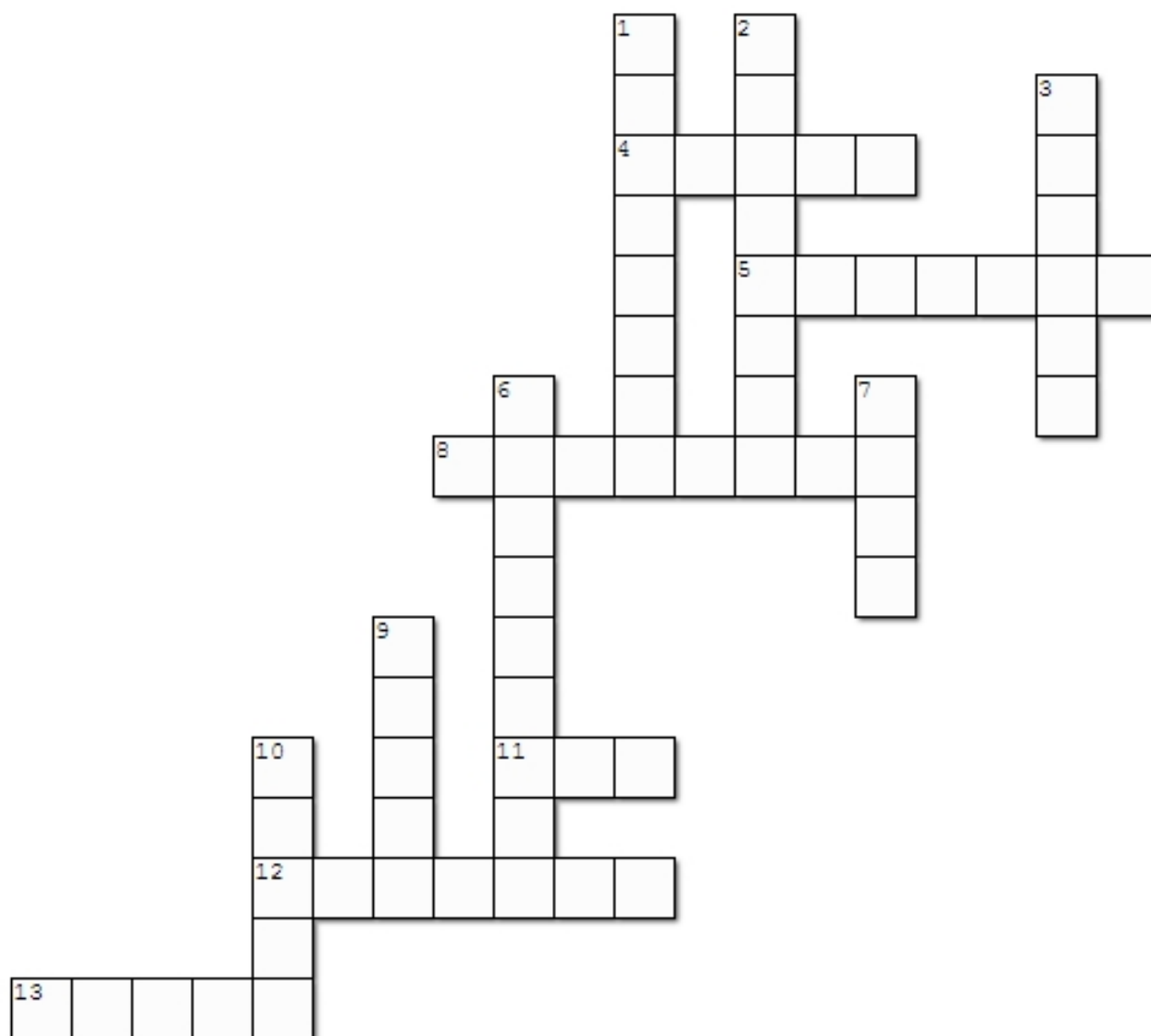
YELLOW

BROWN

GRAY



CROSSWORD PUZZLE



Across

4. This animal is black and white, and when startled, releases a stinky spray from its behind.
5. This animal has dark patches around its eyes and a striped tail. It comes out during the night.
8. Name of the blue trail at the farm.
11. Color of the Pavelka Trail.
12. This animal comes out at night. It has a white face, a gray body, and a pink, hairless tail.
13. Trail marker that is on the ground, made by humans with objects from the earth.

Down

1. This type of fungus grows from the ground and has a stem, but isn't a flower. It has a round or dome top, and is often red or white.
2. I am a small gray animal with a bushy tail. You might see me gathering nuts to store them for the winter.
3. This animal leaves footprints similar to a dog, but it's wild!
6. The leaves of this tree look like dinosaur feet or mittens. (Hint: look at the Bingo clue pictures).
7. This animal is big with brown fur and hooves. It's a herbivore (It eats plants).
9. Name of the white trail at the farm.
10. This falls from an oak tree, and might grow up to be another oak tree one day. (Hint: It wears a cap).



COLORING PAGES *Illustrations by Lindsay West
Color at least one of the following pictures

Oliver the Owl



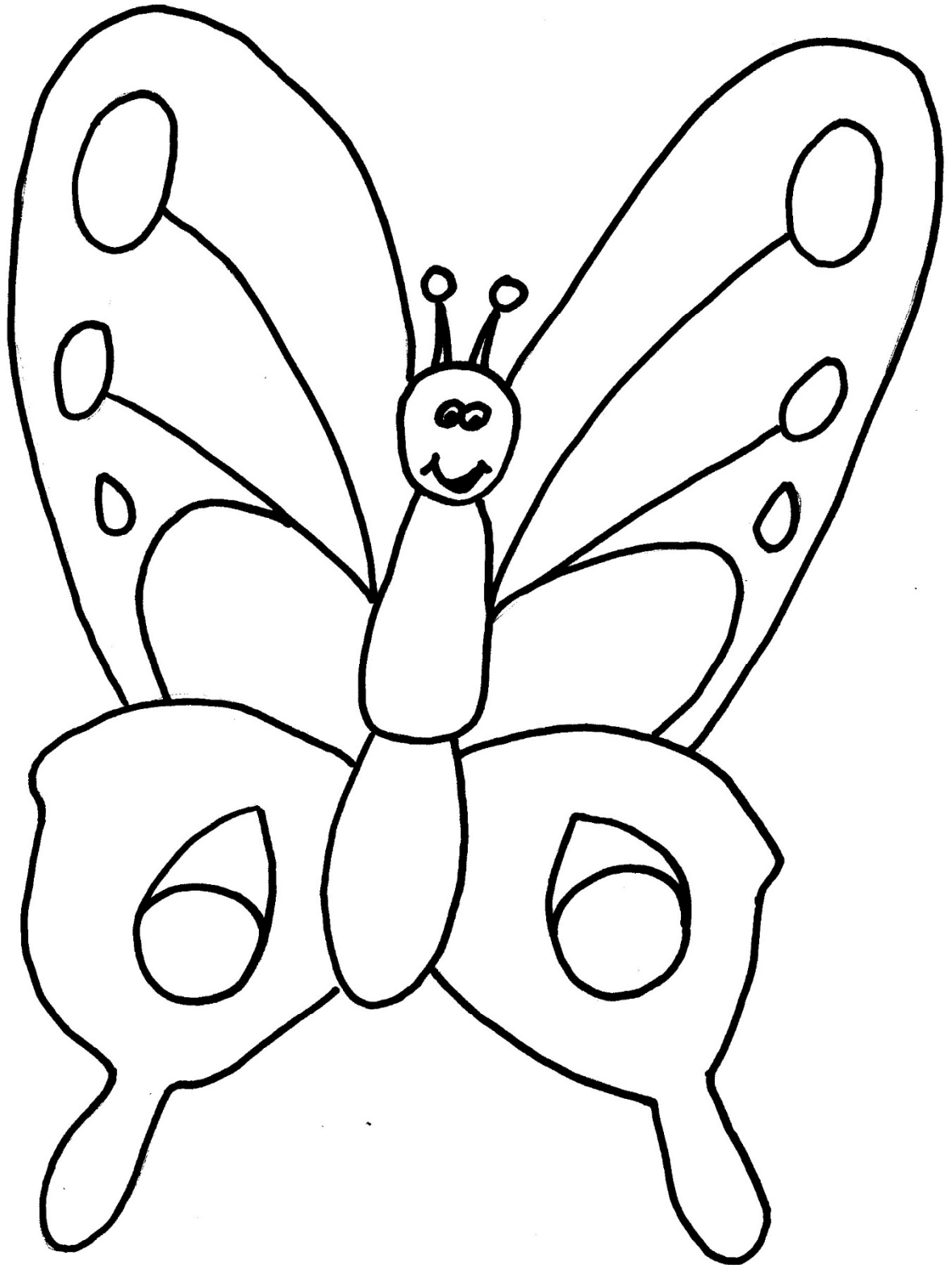
COLORING PAGES

Sammy the Squirrel



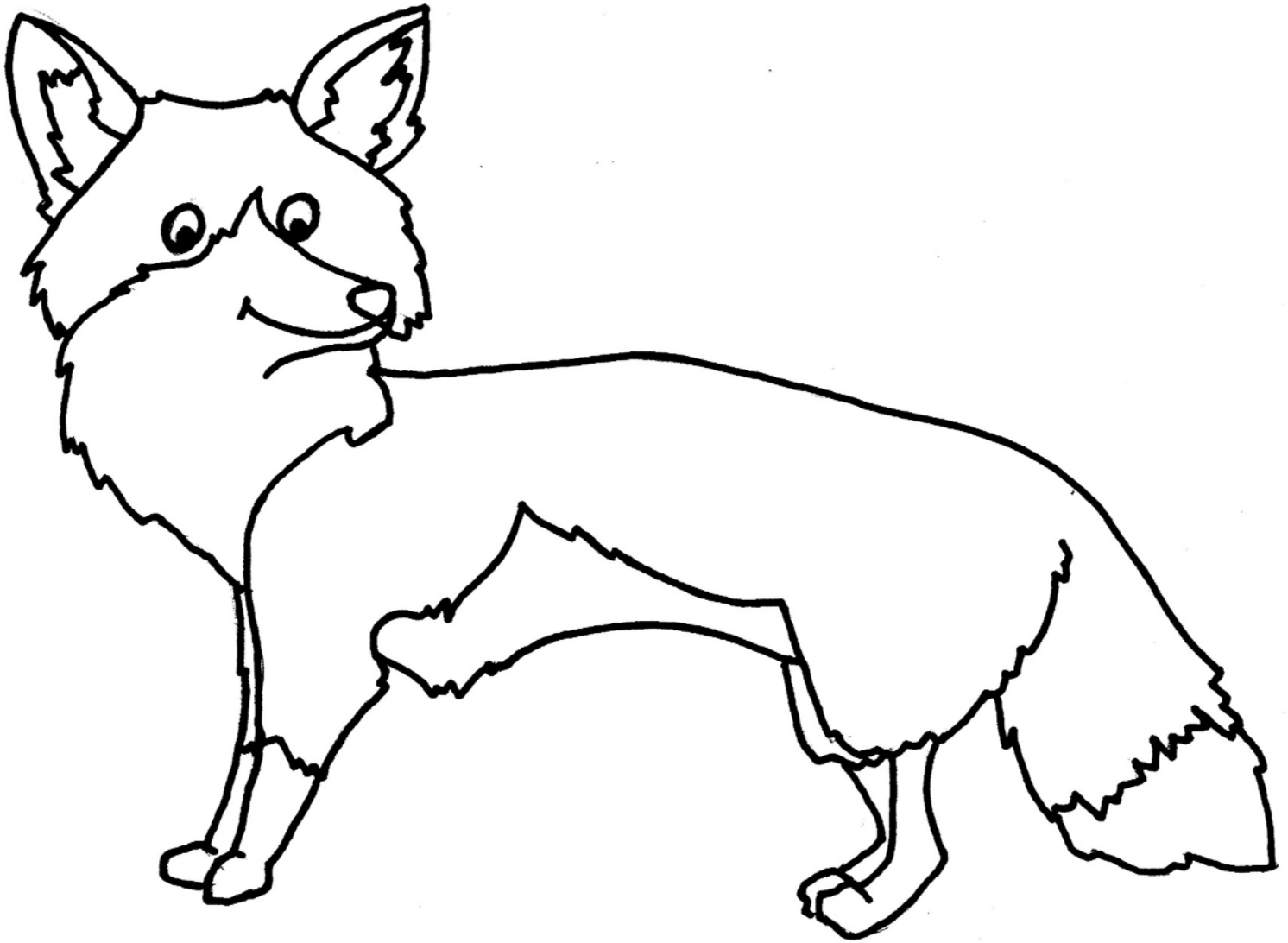
COLORING PAGES

Ben the Butterfly



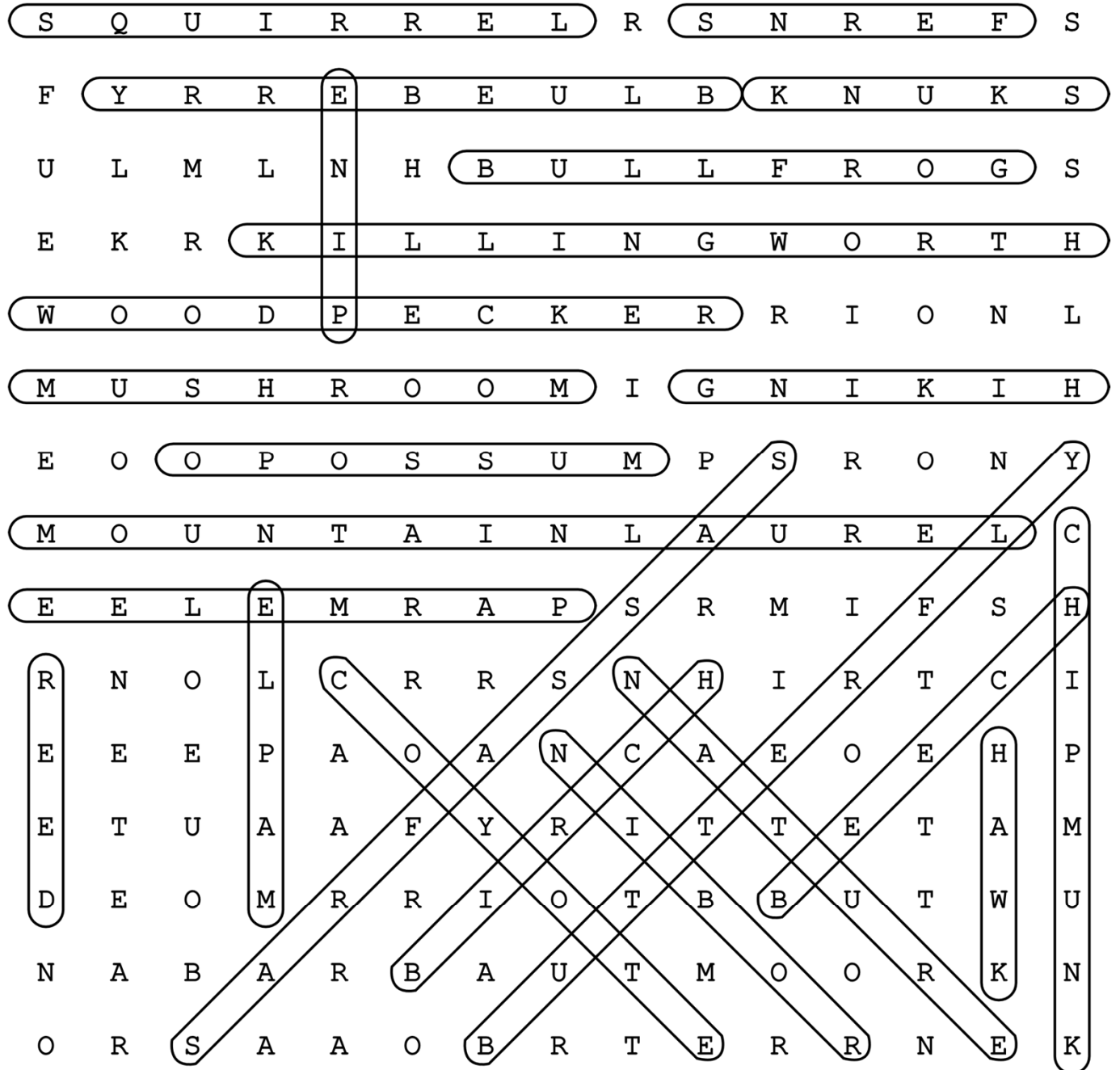
COLORING PAGES

Fae the Fox





Word Search Answers



Word List:

BEECH
BUTTERFLY
FERNS
MAPLE
OPOSSUM
SASSAFRAS

BIRCH
CHIPMUNK
HAWK
MOUNTAINLAUREL
PARMELEE
SKUNK

BLUEBERRY
COYOTE
HIKING
MUSHROOM
PINE
SQUIRREL

BULLFROG
DEER
KILLINGWORTH
NATURE
ROBIN
WOODPECKER



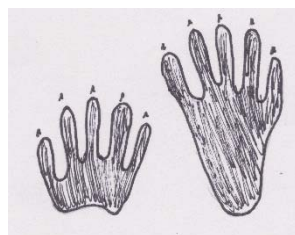
Animal Tracks Answers



Striped Skunk



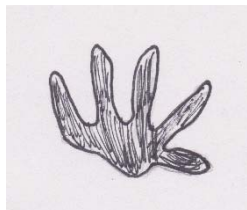
Coyote



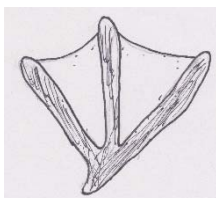
Raccoon



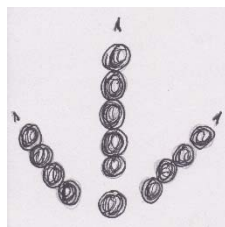
Great Blue Heron



Opossum



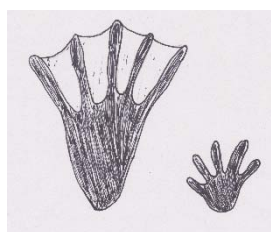
Duck



Wild Turkey



Snake



Beaver



Deer



Crossword Puzzle Answers

Across

- 4. SKUNK
- 5. RACCOON
- 8. PARMELEE
- 11. RED
- 12. OPOSSUM
- 13. CAIRN

Down

- 1. MUSHROOM
- 2. SQUIRREL
- 3. COYOTE
- 6. SASSAFRAS
- 7. DEER
- 9. BOSCO
- 10. ACORN

Certificate of Completion

this certificate is awarded to

for successfully becoming a

KILLINGWORTH EXPLORER

at Parmelee Farm

Annelise E. Walsh

Annelise Walsh, Head Explorer

Official Stamp

Acknowledgment

The Killingworth Explorer Program at Parmelee Farm is my Girl Scout Gold Award Project. I wanted to create a fun and interactive way for kids to enjoy the outdoors, as nature has always been a passion of mine. There are several people I need to thank, as this project would not have been possible without a team effort. First off, thank you to Peg Scofield and the Parmelee Farm Steering Committee for supporting my project and allowing me to base it at the Farm. Thank you to the people who helped me with various elements of the project: Ben Sodergren and Lindsay West for drawing for me, my brother Connor Walsh for carving me a stamp, my parents and Cade Webster for hiking the trails with me, and the rest of Troop 62019 (including our leaders Diane Walsh and Alice Simoniello) for supporting my ideas, brainstorming with me, and helping me carry the project through. Thank you to the Killingworth Library for providing a stamping location. I would lastly like to thank my mentor Nicole Burdick for all of her guidance. Explore away!

Annelise Walsh
Troop 62019