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# TOWN OF LURAY

## JUNIOR NATURALIST

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Ages 4-12

[townofluray.com](http://townofluray.com)





**Ages 4-7**



**Ages 8-10**



**Ages 11+**

**Ages 4-7** Complete *at least* **THREE** activities with the squirrel logo 

**Ages 8-10** Complete *at least* **FIVE** activities with the fox logo 

**Ages 11+** Complete **ALL** activities with the bear logo 

**Once your booklet is completed, please submit it to the Luray Town Office. Don't forget to complete the information listed below so we can return your booklet to you, and give you your prize! If you are unable to drop it off to the Luray Town Office, please mail it to:**

Town of Luray  
ATTN: Parks and Recreation  
PO Box 629  
Luray, VA 22835

**NAME:** \_\_\_\_\_

**AGE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_



# ADVENTURE TIME!

**Circle the items you need for your parks adventure, place an “X” over the items you do not.** There are some items on this list that you need to make sure you stay safe while exploring the parks in Luray. However, some of these items are here to trick you – can you figure out which items you need, and which items you do not?





# ON THE GO B-I-N-G-O



Wildflowers



Robin



Butterfly



Squirrel



Duck



Bee



Rabbit



Trout



Turtle

**Parks and Recreation BINGO:** There is a lot to see and do in our parks. As you explore the Luray Hawksbill Greenway, Lake Arrowhead, and Ralph H. Dean Recreation Park, put an “X” over the things you see. Try to get 3 in a row (horizontally, vertically, or diagonally) to complete this activity. Challenge: See if you can find all 9!



# WILD ABOUT BUTTERFLIES



Milkweed

## Adult Monarchs

**Did you know?** Monarch butterflies live all across North America. They travel up to 3,000 miles every year to migrate south for winter. That is about the same distance from Luray, Virginia to San Francisco, California! What a huge journey for such a small butterfly.

Monarch butterflies need **milkweed** to survive. **Adult monarchs** lay their eggs on the leaves of milkweed plants. Their caterpillars, when they hatch, grow big and strong by eating the leaves of the milkweed! The milkweed provides the perfect home for the caterpillars to transform into butterflies.

Do you know what adult monarch butterflies drink? \_\_\_\_\_

*(Hint: They use their antennae, like bees do, to locate it.)*



# "BEE" AWARE OF POLLINATORS

Western Honeybee (*Apis mellifera*) | Invertebrate | Herbivore | Lives in a Colony

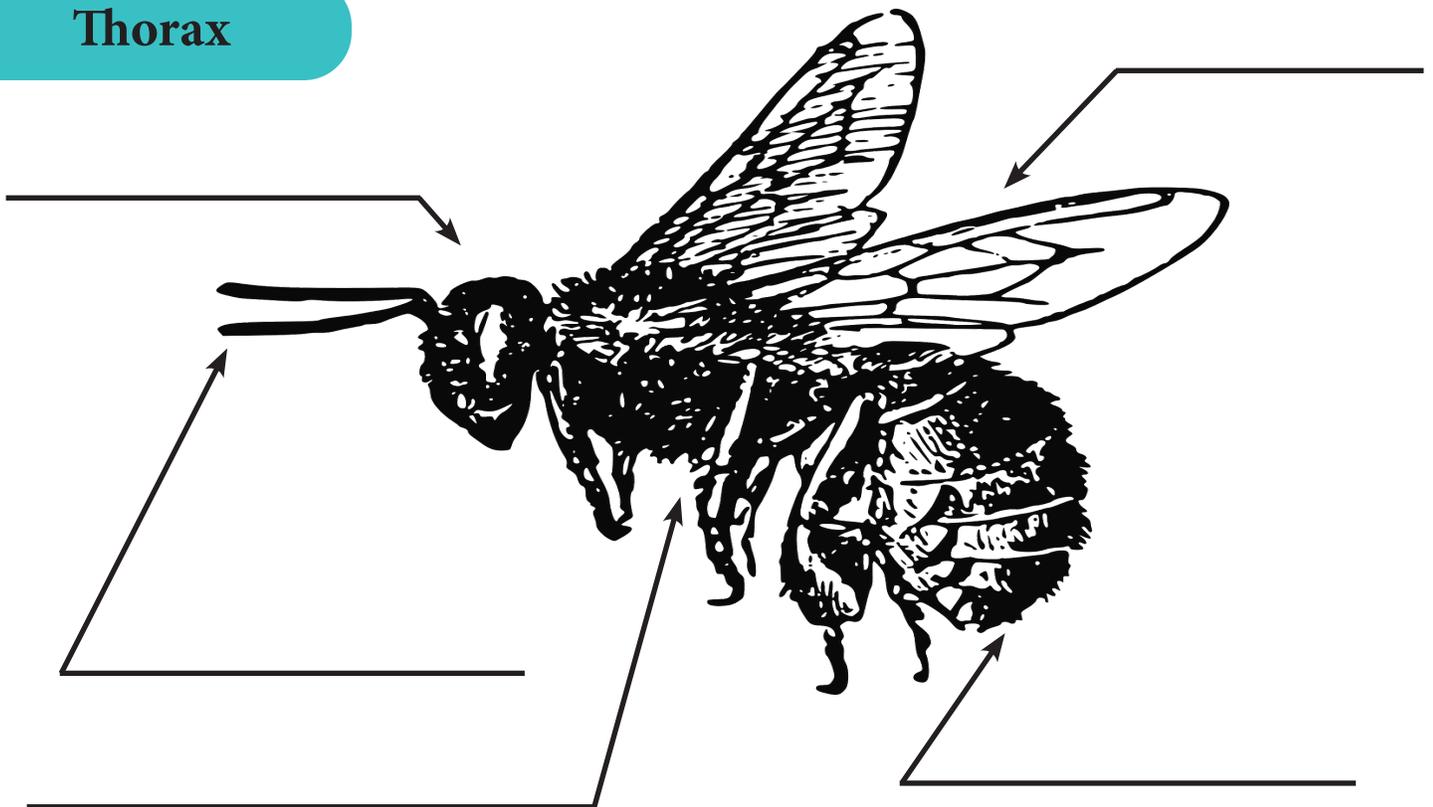
Antennae

Abdomen

Head

Wings

Thorax



**Hint:** Bees find flowers using their antennae. They fly to flowers using their wings. Insects have 3 body parts. Head (front), abdomen (middle), and thorax (back). Can you identify the parts of the bee above?



# DON'T BE A LITTER BUG!

**Visit Lake Arrowhead.** Walk the 1-mile trail around the lake. Pick up litter and trash as you go! Help keep our community clean. Litter is bad for the environment, and it is also dangerous for wildlife. Thanks for doing your part as a Town of Luray Junior Naturalist to help keep Page County, Virginia beautiful and litter-free.

*Unscramble the words below after you walk around the lake. Use the word bank below to help you unscramble the words.*

**AKLE**

\_\_\_\_\_

**CRELEYC**

\_\_\_\_\_

**LATIR**

\_\_\_\_\_

**WSIM**

\_\_\_\_\_

**SFIH**

\_\_\_\_\_

**KEIH**

\_\_\_\_\_



**Lake | Fish | Recycle | Trail | Hike | Swim**



# STOP. LOOK. LISTEN.

Take a trip to the **Luray Hawksbill Greenway**. Sit on a bench. What do you see? What do you hear? What do you smell? Do you see any animals? Do you see any flowers?

**Draw a picture below of your favorite sight along the Greenway:**





# "REEL" FUN FISH FACTS

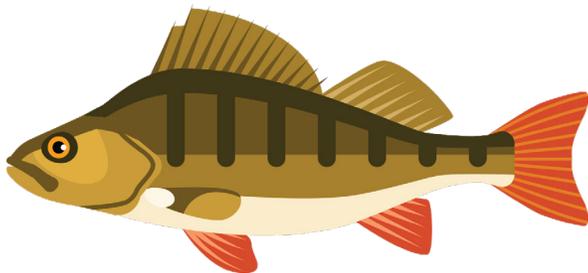
**Lake Arrowhead.** Do you know which fish call our lake their home? Lake Arrowhead has a panfish population. Circle the fish you have seen while observing the sights at Lake Arrowhead. Underline the names of the fish you may have caught while fishing here!



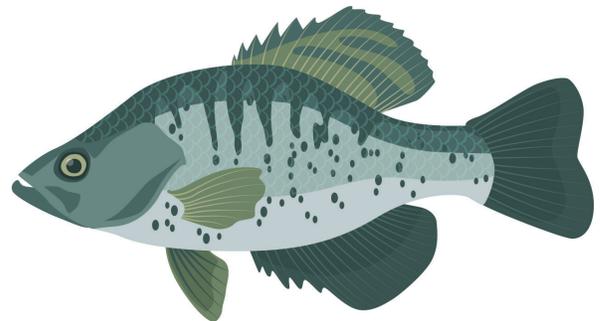
**Bluegill**



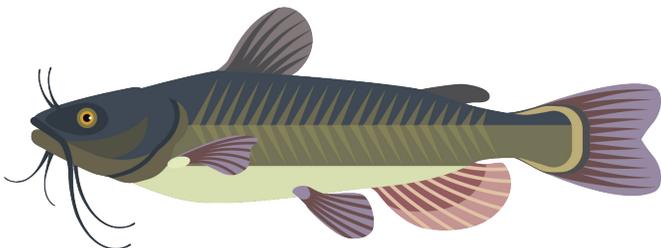
**Largemouth Bass**



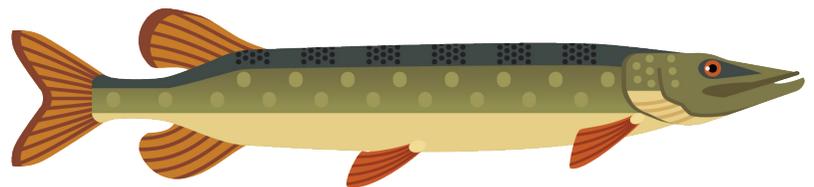
**Yellow Perch**



**Black Crappie**



**Channel Catfish**



**Northern Pike**

**Did you know?** The Virginia Department of Game & Inland Fisheries has constructed a fish habitat at the bottom of Lake Arrowhead. They actually used old Christmas trees attached to pallets and sunk them to the bottom of the lake! Fish love to hide from predators among the trees.



# LEAF IDENTIFICATION

**Ralph H. Dean Recreation Park:** Gather 1 leaf from a tree that you pass as you walk around the 1-mile fitness trail. Place the leaf under this sheet of paper, and lay the crayon flat on top of the paper. As you rub the crayon back and forth across the leaf, you will start to notice the outline of the leaf showing up on your paper! Ask an adult for assistance if needed.

*Can you guess what tree this leaf came from?* \_\_\_\_\_

**Materials Needed:** A Crayon with the wrapper/paper removed.





# MURAL SCAVENGER HUNT

**Luray Hawksbill Greenway.** Walk along the Greenway trail and see if you can find the murals below as you walk. Write the color section of the Greenway below the picture when you find each one. *\*The Greenway color section is denoted by the color paint that is striped throughout the trail.*

## Example:



White

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# HOORAY FOR LURAY

**Green | Lake | Arrowhead | Explore | Fish | Recycle**

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

**Canoe | Duck | Luray | Town | Hike | Greenway**



# COLOR THE CRITTER

**Fun Fact:** Raccoons are *nocturnal* animals, which means they only come out at *night*. Do you know what an animal is called that only comes out during the *day*?



# HEALTH MATTERS

## 1 WEEK WATER CHALLENGE:

- 1** Drink a glass of water when you wake up!
- 2** Add some fruit to your water!
- 3** Challenge a family member to see who can drink more water today!
- 4** Track how many cups of water you drink today.
- 5** Try a veggie in your water today!
- 6** Drink 8 cups of water today!
- 7** Track how many times you refill your water bottle today!

# FITNESS MATTERS

## EXERCISE TIPS FOR YOUR WALK:

Did you know you can turn walking into a great workout? Try some of these exercise tips the next time you are walking on the paths at Ralph H. Dean Recreation Park or the Luray Greenway.



**Dress The Part!** Wear comfortable closed-toed shoes, like running shoes, hiking shoes, or tennis shoes to provide support. (If you're walking for a workout, definitely leave the flip-flops at home.)



**Warm Up!** Spend a few minutes doing leg swings, lunges, calf raises, toe taps, or whatever combination makes you feel loose.



**Increase Your Stamina!** Each time you walk, go a little longer than you have before or try mixing in intervals of sprinting to improve your pace.



**Try Bodyweight Movements!** Work a variety of muscles by doing dynamic bodyweight moves along the path, such as walking lunges, walking planks, or single-leg hopping.



**Turn Up The Tunes!** Music not only boosts your mood, but it can actually make exercise feel easier! Compile your favorite fast-tempo songs, grab your earbuds, and get moving.



**Remember To Stretch!** Take a few minutes to loosen warm, limber muscles after your walk. Do some toe-touches and knee bends to finish off your workout.

# TOWN OF LURAY

## JUNIOR NATURALIST

### *Certificate of Completion*

I, \_\_\_\_\_, promise to help keep  
(Write Your Name Here)  
places like Luray, Virginia beautiful! I also promise  
to never stop exploring, and learning about nature. I  
am proud to be a Town of Luray Junior Naturalist. I  
promise, as a Junior Naturalist, to be a good steward  
to our environment.

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*Superintendent, Parks & Recreation*

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*Date*

