

Practice Leave No Trace Outdoor Principles. This means respecting wildlife, leaving things as you found them, not littering, not being too noisy, not damaging plants while picking berries, not playing with fire, and other things you can learn about at this great website: LNT.org

Kid Activities along the Trail

Help Maintain the Trail. This is our trail. Have each person in your group pick up at least 5 branches that have fallen into the trail and throw them to the side. Every time you walk the trail, if you do this, we will keep our trail safe and easy to walk on. If you bring a trash bag, you can remove any litter you find, as long as you do not touch the garbage with your bare hands and you avoid anything that could poke you.

Sounds of The Forest. Bring a bandana for each person in the group. When you are at the end of the loop, as far away from Hwy 101 as possible, put a bandana over each person's eyes. Then have them listen to the sounds of nature. Try to ignore the freeway and listen to how many different kinds of bird and animal calls you can hear. Do not talk for a minute. At the end of the minute, take off your blindfolds and talk about all the animal sounds you heard.

Liken' Lichen Sticks. Pick up a stick that seems to have a lot of things growing on it and see how many different kinds of lichen you can identify. You do not need to know the name—but see how they are very different from each other. Some look like scales, some like barnacles, rags, tubes, bones, beards, hair, etc. Look at at least two other sticks and compare all the different types you find.

Be a Photographer. Let the kids use cameras or phone cameras to take cool photos of things they enjoy in nature. You can take broad views of scenery, close up views of small things, unusual or odd things, plants you want to learn more about later, and anything artistic. Look at them with a computer later and discuss them or show them to others. Send your best two to the Ken Lake Secretary for our photo gallery.

Be a Bird Watcher.

Take binoculars and a local bird guide to look at the birds in the Urban Forest. Our own neighbor, Bob Morse, created a terrific bird book called *Birds of the Puget Sound Region – Coast to Cascades* (www.rwmorse.com). For information about how to use binoculars go to <https://www.birdwatchersdigest.com/bwdsite/explore/optics/how-to-use-binoculars.php>.

Be an Animal Scout.

If it is a warm day, look for bugs and snakes. We do not have poisonous snakes in Western Washington, so you do not need to be afraid of them. Look for beetles, slugs, inch worms, butterflies, spiders, and other interesting creatures. Practice Leave No Trace and do not harm them or their homes.

Be an Artist.

Draw what strikes you as interesting, odd, gross, unique, or beautiful. Draw something you'd like to learn more about. Drawing helps define details that a glance wouldn't see. Try drawing different flowers observed in the urban forest and figure out what type of animal could/would pollinate that flower. Draw any animals you see in their natural home. Draw what a moss or lichen looks like up close!

Edible refers to whether a human can eat part of a plant, fruit, or seeds without becoming ill. Wildlife animals have evolved to eat plant parts that would cause humans to become sick. Always be very careful regarding eating wild things in the forest.