



Explore Lou Henry Hoover Memorial Sanctuary

Discover the natural wonders of The Outback at A Place for Girls, to become more comfortable with our natural world, and to maintain The Outback as a Lou Henry Hoover Memorial.

GUIDELINES: Based on the grid, complete the number of activities for your grade level.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL NUMBER OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	2	1	1	1	5
Girl Scout Junior	3	1	1	1	6
Girl Scout Cadette	4	1	1	1	7
Girl Scout Senior	5	1	1	1	8
Girl Scout Ambassador	6	1	1	1	9

DISCOVER

1. Participate in a nature scavenger hunt: Find as many of these items as you can. Unless there are a lot of one thing you should only look, and leave what you find for the next adventurer. If you see litter during your hike, pick it up and carry it back to a trash can with you!

Something Green	A Seed	A nest
An Ant Hill	A Rock	Animal Tracks
A pine cone	An insect	An oak tree
A mushroom	A spider web	Something Orange
A feather	A thorn	Something sharp
Manmade litter	A bone	Something fuzzy
Something soft	A chewed leaf	A big smile

2. Unnatural Trail: Follow a part of the trail and have girls find and count as many of the manmade objects they can see. Talk about how they affect the natural area. What do these things look like? Do we need them here? Is it good or bad to have them here?
3. Cloud watching: Find an area the girls can sit back and watch as clouds drift through the trees so they are not looking directly at the sun. Do you see any shapes in the clouds? Call out what you see. Maybe your friends see the same thing. Did you find something different from everyone else?
4. With eyes closed, sit as a group and listen to the sounds of the world around you. Have everyone share with the group at least one sound they hear.
5. Now listen for swaying trees, fluttering butterflies and the blowing wind. Is this place quieter than your back yard? Is it quieter than your street? Do you hear sounds you have never noticed before? Do you like the quiet of nature?

6. Sounds and colors: This time sit down. Every time you hear a new bird song, lift a finger. Does the bird song you hear sound happy or scared? What would be the different ways scared birds might sing? Do you think it would be louder or faster? Now, look around and lift a finger for every color you see from this spot.

CONNECT

1. While on the boardwalk, look for the tall thin rods with green leaves that look like grass with large furry tops filled with seeds (in the winter they will be brown). These are called Phragmites and do not belong here, they are considered an invasive species. How do you think they got here? Hint: think about seeds and how they travel on wind and water. Sometimes plants that do not belong in a place crowd out native plants that should be there. Do you think this has happened here?
2. Find the weather station further along the boardwalk. Look at the poster that has pictures of clouds. Do you see any of those clouds in the sky above today? What is the weather like? Is the wind blowing hard or is it hardly blowing at all? Can you feel it on your face?
3. As you walk the rest of the boardwalk, you will see a wild cherry tree with shiny green leaves. In the spring there are red or brown berries in its branches. Do you think animals could eat the berries? What other parts of a tree do animals use? A dead standing tree is called a snag. Look around you to find a snag. What birds peck at trees that are living or dead? What are they looking for when they peck?
4. Before crossing the bridge, look at the water below. When looking at the water from this side (before going further into The Outback), if the water is moving from left to right, we say the tide is going out. If the water is moving from right to left, we say the tide is coming in. This means this area is a tidal basin and the water level rises or falls. Does this movement of the water explain one way plant seeds move to other areas around them? What are some other ways seeds travel to other areas? Before you leave this area, look at the color of the water. Can you see the bottom? You probably cannot because this is one of the most polluted areas of Chesapeake. What does the word polluted mean? What are some of the causes of this pollution?
5. As you continue your walk, you can sometimes see the Trumpet Vine. These vines have red-orange tube shaped flowers that can grow up to three inches long. This flower has a special juice called nectar. Do you think a bird can drink from the flowers? If so, what really small bird has a long beak that can fit in the trumpet flower? How does a hummingbird feeding on the flower show that nature shares with one another? What are some other ways nature shares with one another?
6. Watch a bird, mammal or insect for as long as you can, OR find evidence that they have been there, such as tracks or partially eaten plants or nuts. Make this a quiet activity as girls explore the natural world around them. How do people fit into this world? What animals can you imitate?
7. Take a hike on the trails from the boardwalk. Look up at the trees. Is this area what you think of as a forest? What natural things make up a forest? How many of them have you seen around you? What else could you find in another forest area? Make a game of naming things you find in the forest area.
8. As you walk, look for the Carolina Jessamine. It is also a vine and the flower is yellow. The flowers, leaves and roots of this plant are poisonous. This flower has an elongated shape and blooms early in the spring. Look for honeysuckle here. They bloom from April to July. Do you think the same bird feeds on this flower as the Trumpet Vine? Along the boardwalk is the pink Carolina Rose which blooms from May to October. Notice the round area called 'rose hips' under the petals. Watch out for thorns!
9. The Outback is home to a large number of birds, mammals and insects which can be observed any time of the year. Spending quiet time in The Outback is a great way to observe them. Animals such as squirrels, geese, raccoons, opossum, foxes, owls, hawks and osprey have been spotted here. Try looking for tracks in the mud along the creek or trail. Find a stump and count the rings on it; how old was the tree? You might also see muskrat in the creek. Identify three types of birds near the creek, around the tower or in the trees behind you.
10. On your hike, identify the pine seedlings and learn how to tell how old they are by counting their whorls of limbs. Learn about repopulating the forest.

11. Learn the unusual life cycle of ferns. Draw a picture of the different phases. Learn about fungi such as lichens and how they are used by animals.
12. Look over the railing of the boardwalk on either side, at the ground below. Look for shells called mussels. They are food for birds and animals. The plant grasses (Spartina) in the wet areas are home to voles and mice. Look them up and see if you can tell them apart. Often you can see small minnows and tadpoles that have been spawned in high tide and remain here. The holes in the mud are homes to small sand fiddler crabs.
13. When you return from The Outback, stop by the butterfly garden near the goldfish water garden. Look for the flowers that attract butterflies. Note any butterflies you see there. Learn about the lifecycle of the butterfly. Consider sketching butterflies, birds or other animals you have seen.

TAKE ACTION

1. Do a good turn in The Outback. Contact the Council property manager for suggestions and needed good turns. You can always pick up trash on the land or in the water. Along the creek, trash is often carried ashore by high tide.
2. Share your experience with another group or troop. Tell them what you saw and show pictures from your adventures. Teach them how to care for the natural world.

Now that you have followed some trails and found natural things to enjoy, continue to explore The Outback at A Place for Girls with your troop or family. There are many more things to do here! Your group may decide to have a cookout or do the Fitness Trail patch program. Enjoy the outdoors and come back soon. Share the fun you had with someone else today!