

MILTON   
Parks and Recreation



ACTIVITY GUIDE

THIS BOOK BELONGS TO...



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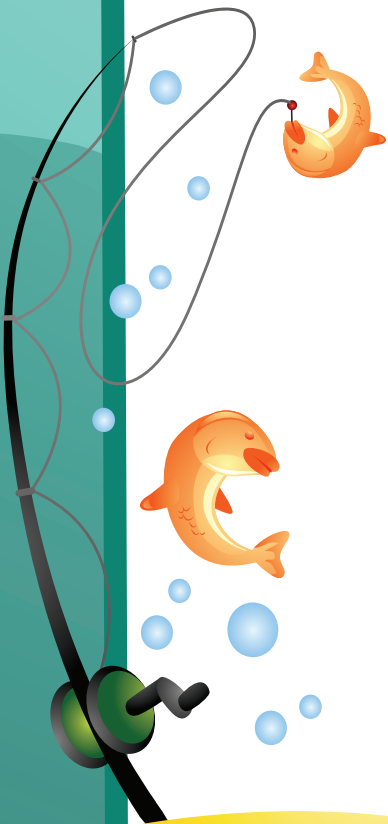
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# Be Prepared

## Leave No Trace

There are seven rules to follow when enjoying nature outside, these are commonly referred to as the Leave No Trace Seven Principles.

These rules promote ethical use and enjoyment of your backyard, parks, and the wilderness.



Plan ahead and prepare



Leave what you find



Travel and camp on durable surfaces



Minimize campfire impacts



Respect Wildlife



Dispose of waste properly



Be considerate of other visitors

# What to Bring?

Before heading out on an adventure, it's important to be prepared!  
Read below for some safety tips for you and your family.

## Do you have...

- A reusable water bottle
- Appropriate clothes and shoes
- A buddy, friend, parent, or guardian



## Do you know...

- The weather forecast temperature: Hot, Cold or Raining
- The safest route
- The Leave No Trace principles

What else can you do to make sure you're prepared?

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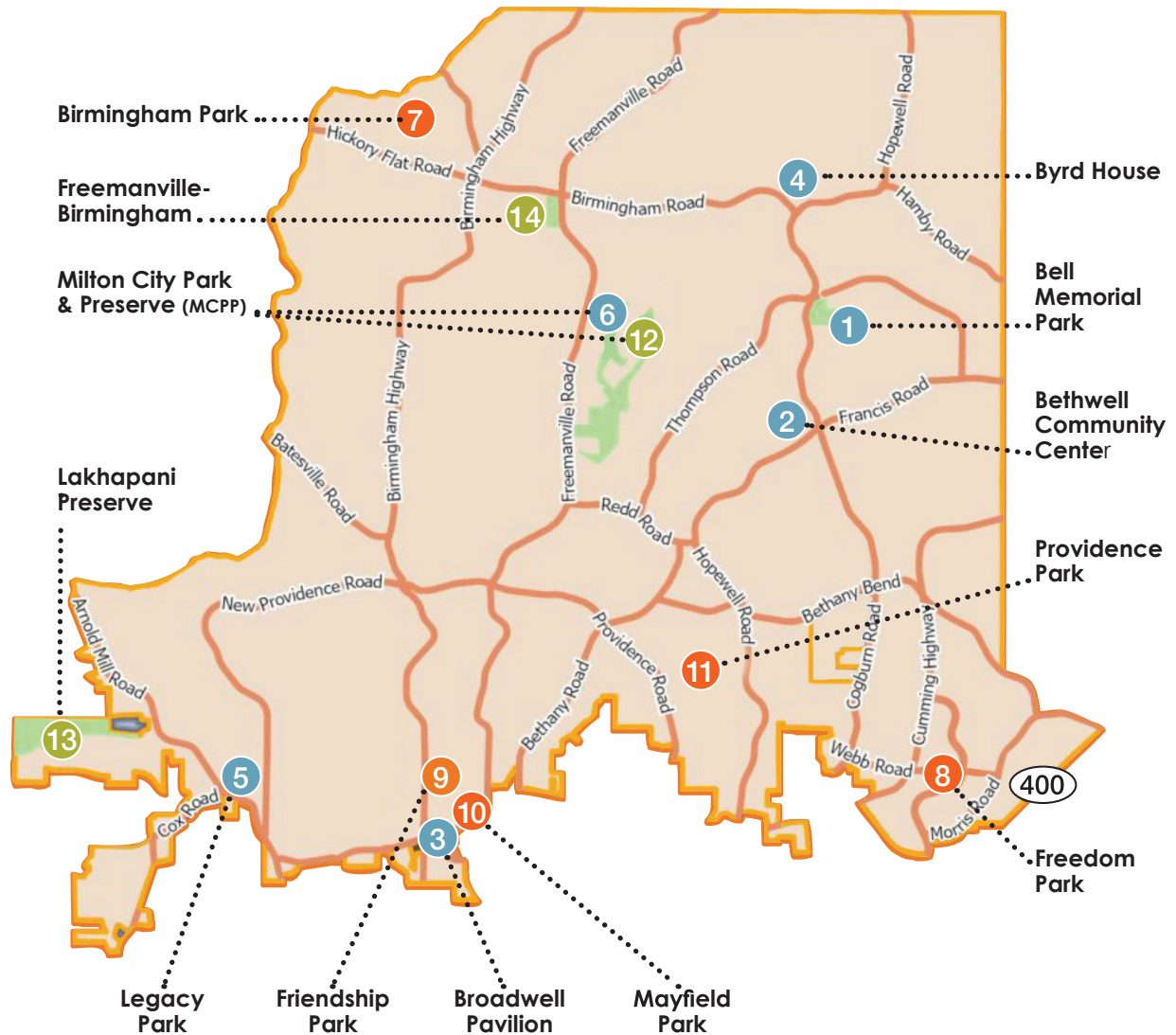
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# Passive Parks and Greenspace in Milton

1. **Bell Memorial Park:** 15245 Bell Park Drive
6. **Milton City Park and Preserve:** 1785 Dinsmore Road
7. **Birmingham Park:** 750 Hickory Flat Road
10. **Mayfield Park:** 1000 Mayfield Road
11. **Providence Park:** 13440 Providence Park Drive
14. **Freemanville-Birmingham Greenspace:** 15660 Freemanville Road
13. **Lakhapani Preserve:** 990 Lackey Road



# Build A Bug

Macroinvertebrates can be small but mighty! Aquatic macroinvertebrates are small animals that are large enough to see with the naked eye, but small enough to hide among the rocks, leaves, and sediment in creeks and streams. The word "invertebrate" means they lack a backbone, or spine. Some examples include worms, mollusks, and beetles.

Macros serve an important role in telling us about the health of our local waterways. Many macros are sensitive to the amount of oxygen and pollution in our waters. The greater amount and diversity of macroinvertebrates present indicates a healthy stream!

## Build a Bug

These small animals require many adaptations to help them live in bubbling creeks and sandy streams. Can you think of some adaptations, or helpful physical traits, that they should have? A great example of an adaptation is the shape of a bird's beak! Some birds have small beaks, and some have tall beaks to eat different kinds of food.

Here are some adaptations many of our local macroinvertebrates have. Can you build a bug using these?

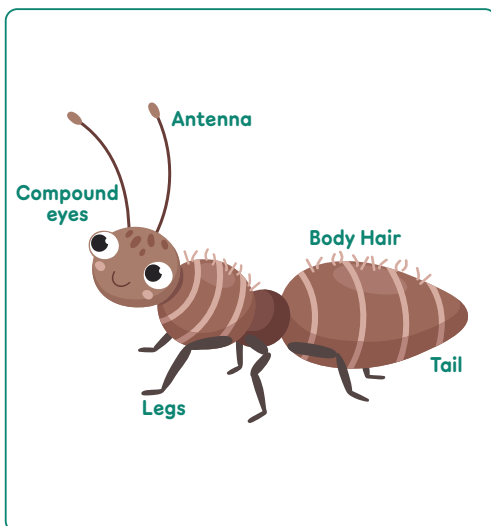
**Legs and claws** – for holding onto rocks and food

**Tails** – to help swim

**Hairy bodies and antennas** – to sense movement and objects in the water

**Compound eyes (or "insect eyes")** – to help see a wide range through water

Can you think of any other helpful traits to have if you were a water bug?



## Build your own Bug



Adopt A Stream  
Macro Field Guide

# Let's Go Fishing

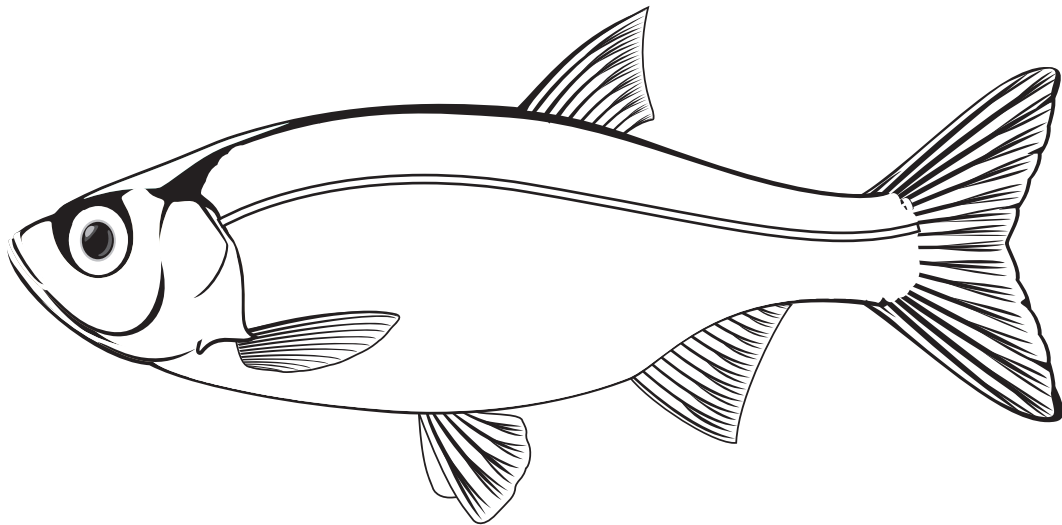
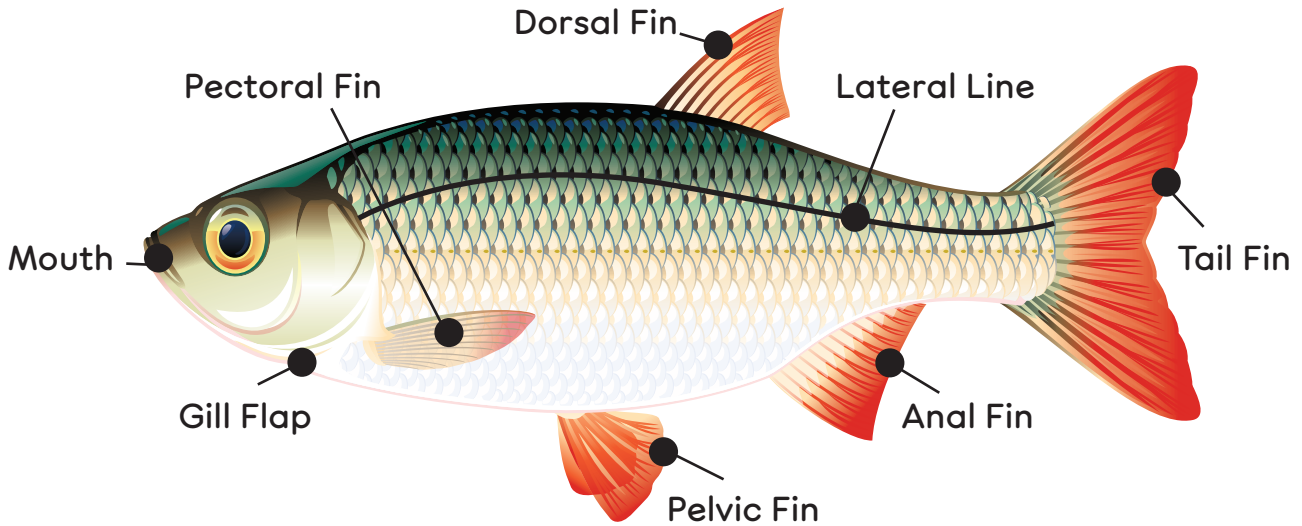
Read all 9 fish tools descriptions and fill in the bubbles below with the correct tool.

- 1 **Fishing rod:** the main tool used in fishing, a pole that holds the reel and fishing line.
- 2 **Line:** a special 'string' made for fishing.
- 3 **Reel:** a device that holds, spools out, and retrieves fishing line.
- 4 **Hook:** usually sharp, shaped like a 'J' and attached at the end of the line, it catches or hooks the fish.
- 5 **Bait:** a natural attractant like worms or baitfish that tempts the fish into biting the hook.
- 6 **Lure:** an item designed to look like the fish's prey or other food it would like to eat.
- 7 **Fly:** a special kind of lure made by tying strings and feathers, it is used in river fishing.
- 8 **Bobber:** a ball attached to fishing line that floats. It keeps bait from sinking to the bottom and can help you see when a fish bites!
- 9 **Sinker:** a weight that helps pull the line down in the water, closer to the bottom.



# Let's Name the Parts of a Fish!

Find each of the parts of a fish and color code them to the fish according to the key below.



- |   |  |
|---|--|
|  Pectoral Fin - Blue |  Pelvic Fin - Brown   |
|  Dorsal Fin - Red    |  Gill Flap - Orange   |
|  Tail Fin - Green    |  Mouth - Pink         |
|  Anal Fin - Yellow   |  Lateral Line - Black |



# Protect Wildlife

## Fishing Locations

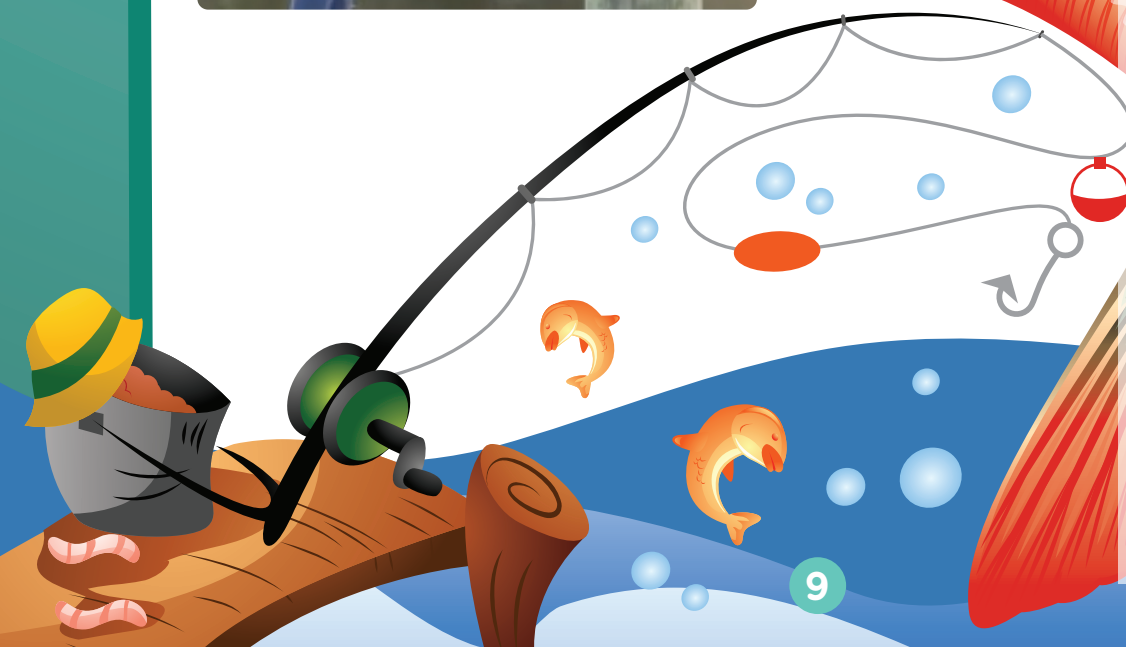
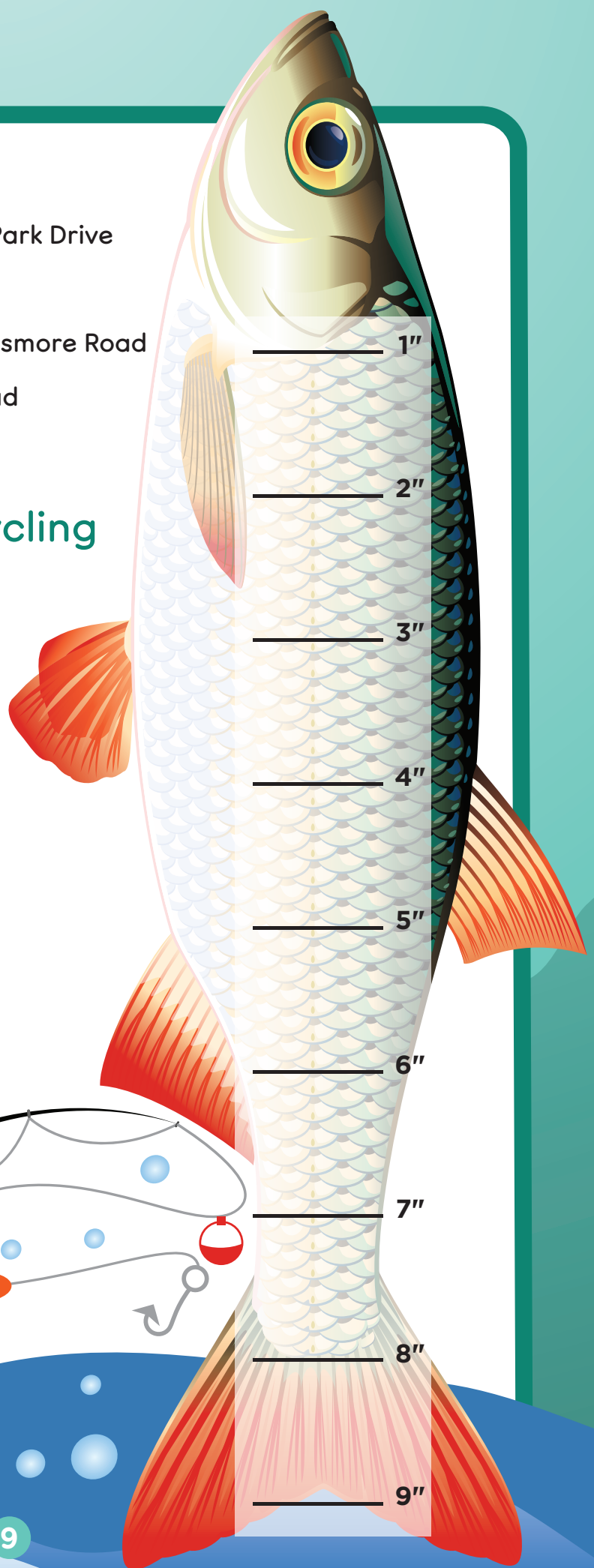
**Providence Park:** 13440 Providence Park Drive

**Mayfield Park:** 1000 Mayfield Road

**Milton City Park & Preserve:** 1785 Dinsmore Road

**Lakhapani Preserve:** 990 Lackey Road

Protect wildlife by recycling broken hooks and lines in recycling tubes



# Tree/Plants (Flora)

**Look around... what do you see? A bee? A tree?**

Trees are all around us and provide shade, shelter, and clean air. They grow big and tall, just like you! Can you find your favorite tree? Let's learn about it below!

**What does it look like? Draw it here!**



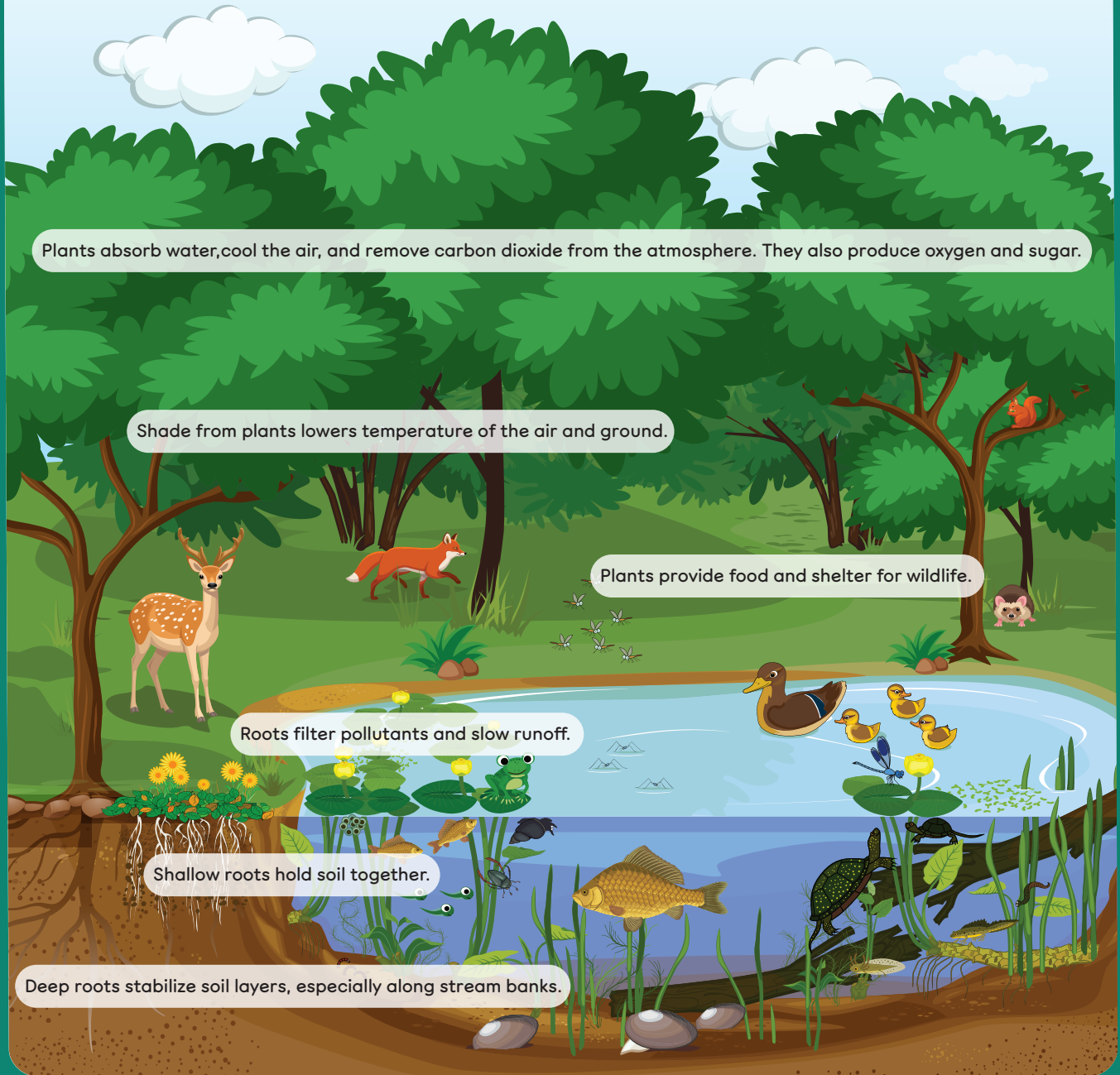
**Can you draw its leaves?**

# Benefits of Native Plants

Native plants add beauty to our landscapes. They also benefit the lands in ways we cannot see. They produce oxygen and sugars, the primary fuels of life. The picture below shows many other ways native plants benefit the environment.

Over thousands of years, native plants evolved with native animals in an ecosystem, adapting to one another, to the soil, and to the climate. The result is a network of interactions among all parts of the ecosystem. For an ecosystem to be healthy, all parts must be in balance.

In exchange for the benefits that the plants give to the ecosystem, the ecosystem gives back to the plants - sunlight, water, carbon dioxide, and nutrients. The ecosystem depends on the plants. The plants depend on the ecosystem. This interdependence creates a balanced ecosystem.



# Trees in Milton

Find the tree names



American

Bald

Blackgum

Cypress

Eastern

Elm

Maple

Oak

Redbud

Smoketree

Sugar

White

**See over 27 Georgia native trees on 1 hike!  
Visit the Mark Law Arboretum in Bell Memorial Park**



# Backyard Habitats

## Do you know what it takes to create a home for wildlife?

Think of some important things you need every day to keep you safe and healthy. A habitat is a natural environment where plants and animals live! Read below to learn more about each part of a healthy habitat.

### Food

Plants and animals both need yummy food to provide them with nutrients and keep them strong. Just like you! Food can look different, depending on who you are! Here's some tasty examples below.

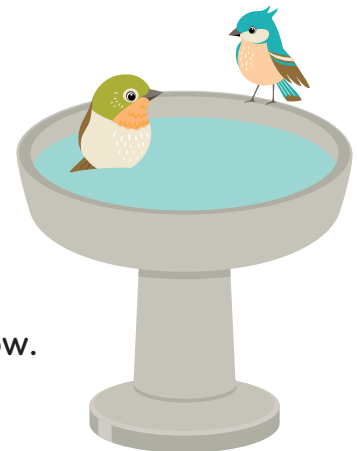
- Native plants and seeds
- Tree sap and pollen
- Leaves and twigs
- Even bird feeders!



### Water

Clean water is important to you, me, and the trees! A habitat with a spot for clean water helps animals bathe and plants to grow. Dive in to the examples below.

- Creeks and streams
- Lakes and ponds
- Rain garden or bird bath

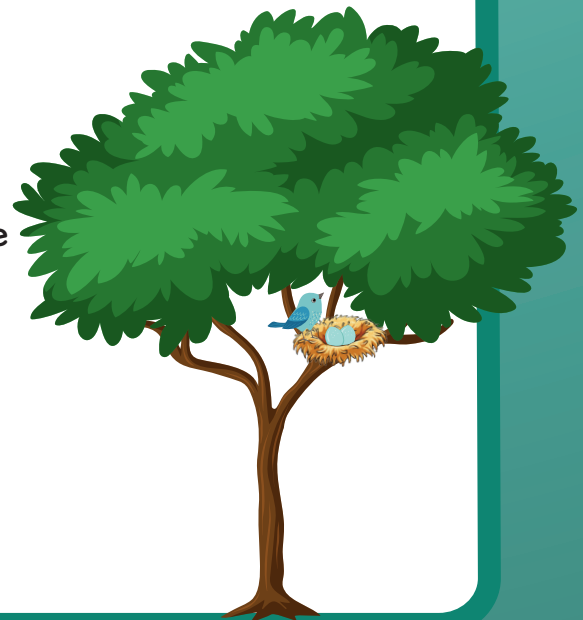


### Shelter & a Place to Raise Young

A safe home keeps plants and animals covered from weather and other creatures. Just like your home might have a roof! Animals also need a safe space to raise a family, just like yours!

Take cover in some of the shelters listed below.

- Under rocks or logs
- Between plants and leaves
- In trees and grasses
- Nesting boxes and birdhouses



# Backyard Habitats

## Do you have a healthy habitat in your garden, backyard, or favorite park?

While standing near your habitat, try and spot at least 2 habitat resources and write them down below! Then, you can work with your parent or guardian to certify your space today.

Food

1

2

Water

1

2

Shelter & a Place to Raise Young

1

2

If your favorite space has all three resources... congratulations!

You have a healthy habitat in our community.

Think of a name for your habitat and write it below.

**Name your Habitat:** \_\_\_\_\_

The City of Milton has been a certified Community Wildlife Habitat since 2013! This is a nationwide program through the National Wildlife Federation. You can help us maintain our status by certifying your backyard as a Certified Wildlife Habitat.



COMMUNITY WILDLIFE  
**HABITAT**<sup>™</sup>

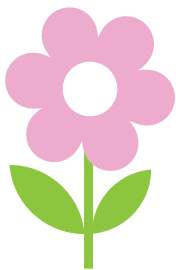
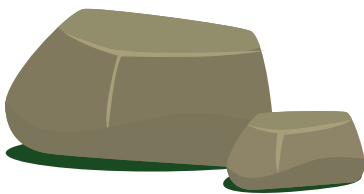
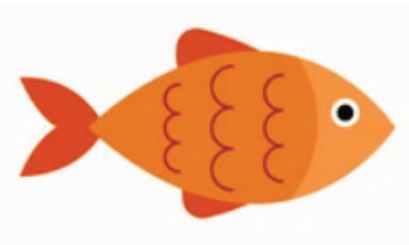
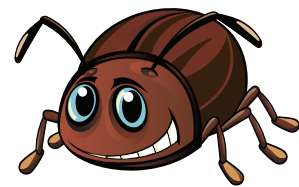
Just go to [nwf.org/certify](https://www.nwf.org/certify) to get started!

You'll follow along to a similar checklist as the one above – but it's not necessary to complete Milton's Junior Ranger book!

# Wildlife (Fauna)

All around you is the wonderful world of wildlife. Everyone and everything, big and small, live and work together for food, shelter, and friends. Organisms that depend on others are in symbiotic relationships. Some creatures are BEST friends, in a type of symbiotic relationship that is mutualistic.

Can you match them?



# Wildlife Observation Hike

Date/time: \_\_\_\_\_ Weather: \_\_\_\_\_

Team Members: \_\_\_\_\_

1. Describe the weather today:
2. Describe the plot of land (habitat) you chose (include plant life, grass, firmness of soil, nearness to buildings, etc.)

## Directions:

Below are categories of plants and animals. For each different plant or animal you see (or signs of one), give one tally mark. Describe or draw a picture of it.

Category	Tally Marks	Description
Birds		
Mammals		
Invertebrates (insects, slugs, spiders, etc.)		
Amphibians		
Reptiles		
Fish		
Plants		
Fungi/Moss		



# Sustainability Superhero

Have you ever wondered what happens when you throw away your favorite snack wrapper? **Where does it go?**

**Who takes care of it?**

**We all do!** Sustainability is the act of meeting the needs of today, while keeping in mind the needs of future generations, like you! It's important to make sure we keep our backyards, playgrounds, and parks green and healthy for even younger kids to have fun in later.

Recycling is a helpful tool to help us stay sustainable.

We have a few recycling locations in Milton, have you visited them yet? Check them out below!



**Glass  
Recycling**  
**Bell Memorial Park**



**Plastic film, handheld electronics,  
household batteries**  
**City Hall**

Are you up for a recycling challenge? Track how much recyclable materials you can collect within a few days and how much you've recycled in Milton.

Collection Time: \_\_\_\_\_ # of days \_\_\_\_\_

Amount of glass recycled: \_\_\_\_\_

Amount of plastic bags and film recycled: \_\_\_\_\_

Amount of electronics and batteries collected: \_\_\_\_\_

# Congratulations...

## You have earned your Junior Ranger Badge

1. Look at the city calendar to find Parks and Recreation Board Meeting days.  
(Every 3rd Thursdays of the Month)
2. Contact, Parks Department, to schedule your Pledge Ceremony at a Parks and Recreation Board Meeting
3. Attend Parks and Recreation Board Meeting to read pledge and receive your Junior Ranger Badge and swag



Scan to Completion  
Form on website

## Ranger Pledge

I \_\_\_\_\_  
your name

pledge to be a Junior Ranger for the city of Milton.

I'll explore the parks, streets, and local places.

I promise to keep our city clean and green.

I'll use my senses to observe and listen,  
learning from nature.

Creating a community where everyone can share.

With this pledge, I take a stand,  
to protect our parks and wilderness land.

# Glossary

**Adaptations** – The act of changing something or changing behaviors.

**Amphibians** – Something that lives both on land and in water.

**Flora** – Plants

**Fauna** – Animals

**Forecast** – Predict the weather...educated guess.

**Fungi/Moss** – Living thing that is neither a plant nor an animal.

**Habitat** – Home of an animal or a plant.

**Invertebrates** – Animals without a backbone.

**Leave No Trace** – Visiting natural areas without leaving human activity behind.

**Macro** – Large

**Mammals** – Warm-blooded vertebrates with hair (Humans and animals)

**Mutualistic** – A relationship in which both organisms benefit.

**Organism** – Any living thing from the smallest bacterium to the largest whale.

**Reptile** – An air-breathing animal that has scales instead of hair or feathers.

**Recycling** – is the process of taking materials ready to be thrown away and converting (changing) them into reusable materials.

**Sustainability** – how people can make small daily changes to help keep the environment healthy and safe.

**Symbiotic** – a close relationship between two different kinds of organisms or living things.

MILTON   
Parks and Recreation



ACTIVITY GUIDE

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