

What Principle Am I ?

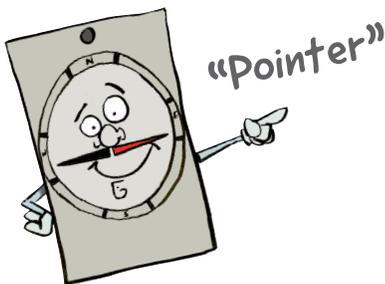
- Group Size:** 4 or more
Age Group: 6 to 8 years
Time: 45 minutes
Objective: Participants will be introduced to the Leave No Trace Seven Principles.
Materials: A pre-made flip chart of Leave No Trace Seven Principles.
Prop cards (included)

Introduction

Introduce self and welcome participants to the PEAK program. **Ask** how many have been hiking, camping, fishing, boating or on a picnic? **Ask** participants if they have a favorite place they visit and why. **Ask** who knows how to Leave No Trace while outdoors? **Explain** that Leave No Trace is information and skills that help people protect themselves and also the areas that they visit (e.g. state parks, campgrounds, etc.). Leave No Trace is about making good decisions to protect the world around you—the world we all enjoy. **Read and Explain** each Principle.

The Activity (30 minutes)

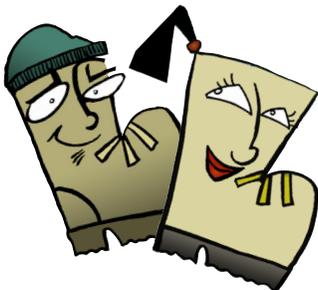
Read some clues for participants to guess which principle you are—when they think they know the principle, tell them not to yell the answer—yet! **Have** them put their finger to their nose when they know. At each clue, more fingers should be moving to noses. When all participants “know,” ask for the answer. As they guess each Principle, show them items from the prop cards to further illustrate what they can bring or do to Leave No Trace. **Ask** if they have any other ideas for each Principle.



- I learned about the area I was going to before I went
- I am prepared with food, water or extra clothes
- I brought a hat and/or sunscreen
- I have a map so I won't get lost
- I wore the right clothes for the activity and the weather

What Principle Am I? ... **Know Before You Go**

Show maps, compass, sunscreen, etc.



- I walk around flowers or small trees
- I stay on the trail, even through mud
- I sit on large rocks to rest instead of wildflowers
- I don't wander off by myself

What Principle Am I? ... **Choose the Right Path**

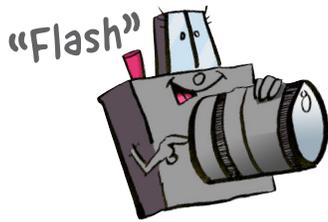
Show boots. Explain that your boots keep your feet dry as you stay on trail.



- If I have to “go,” I do it away from water (100 big steps)
- If I bring it with me, I take it back home with me
- I don't leave any trash or litter, not even a crumb
- If my dog is with me, I pick up his poop

What Principle Am I? ... **Trash Your Trash**

Show ziplock bags, trowel.



- I treat living plants with respect
- I take pictures of flowers instead of picking them
- I don't bring home anything I've found
- I leave things as I found them

What Principle Am I? ... **Leave What You Find**
Show camera.



- I use stoves for cooking
- I only use small sticks from the ground
- I don't burn trash or food
- I check with any rangers and read posted signs to see if its OK to have a fire

What Principle Am I? ... **Be Careful with Fire**
Show stove.



- I control my pet (if I brought one)
- I store my food and trash in a safe spot
- I never feed, follow, or chase wild animals
- I know that human food is for humans only
- I don't do anything that makes an animal move or run away

What Principle Am I? ... **Respect Wildlife**
Show binoculars.

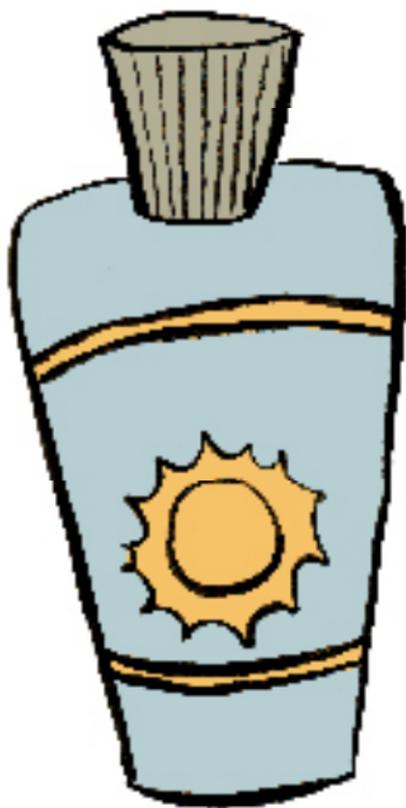


- My time outdoors shouldn't bother anyone else
- I share trails with other hikers, bikers, etc.
- I step aside to let people on horses pass me
- I don't yell or make loud noises

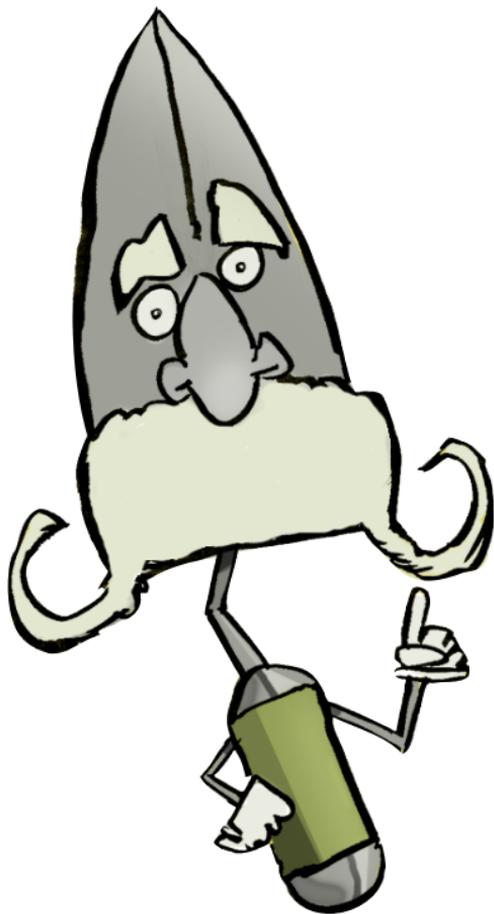
What Principle Am I? ... **Be Kind to Other Visitors**
Have them look around the group—to the other "visitors."

Wrap Up (3-5 minutes)

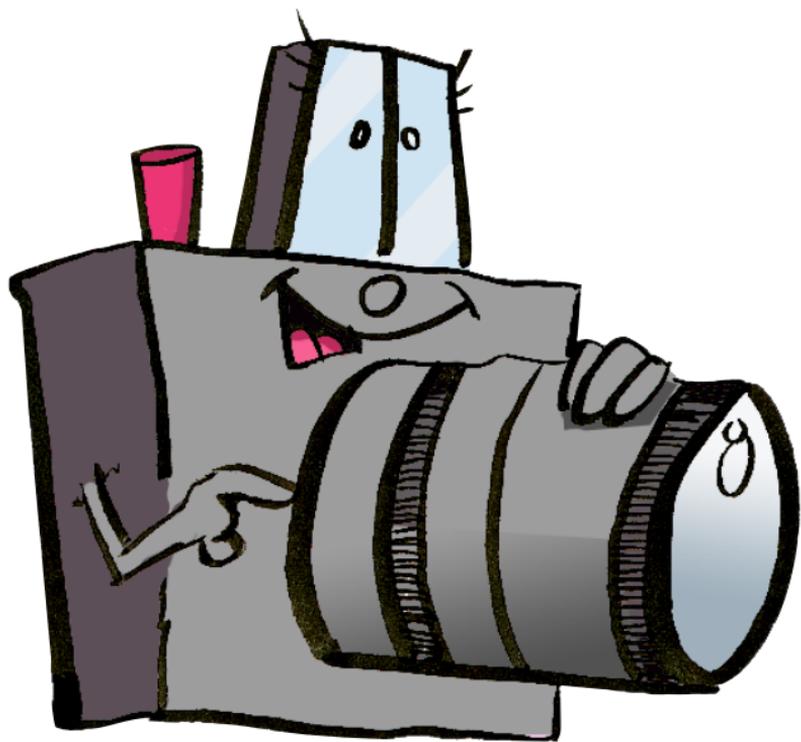
Explain how the Leave No Trace Seven Principles teach people to care for the environment while enjoying outdoor activities. Recreation can sometimes cause impacts (damage) to the land, but by following these Principles, we can enjoy our favorite places every time we visit. **Point** to the flip chart and **read** the Principles again. **Hand** out a small reference card to each participant. **Tell** them to keep these cards, and use them as a reminder of how they can enjoy outdoor activities more wisely. **Ask** for any last questions. Thank them for their time and attention, and tell them you hope to see them again!



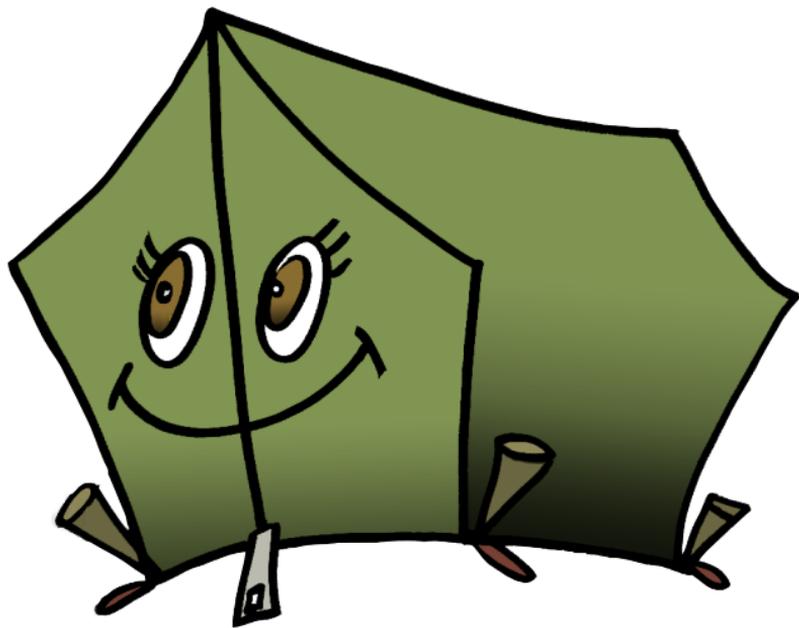
sunscreen



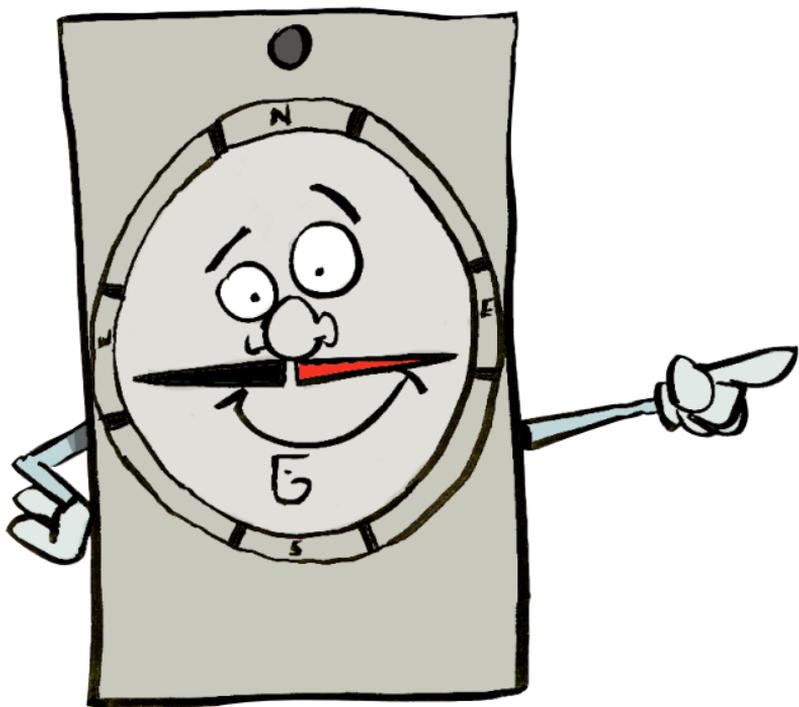
trowel



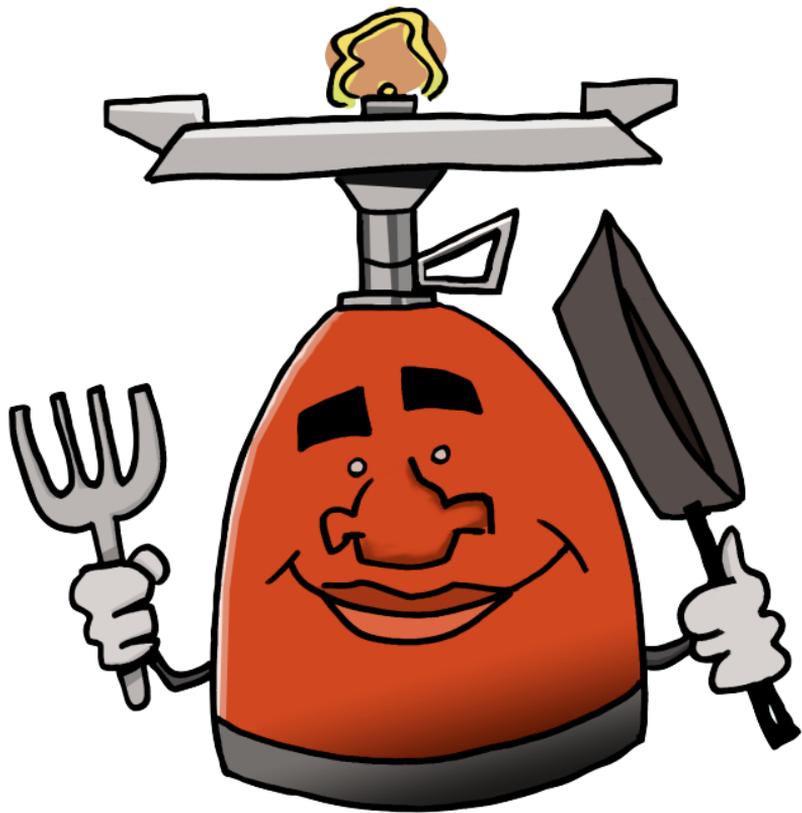
camera



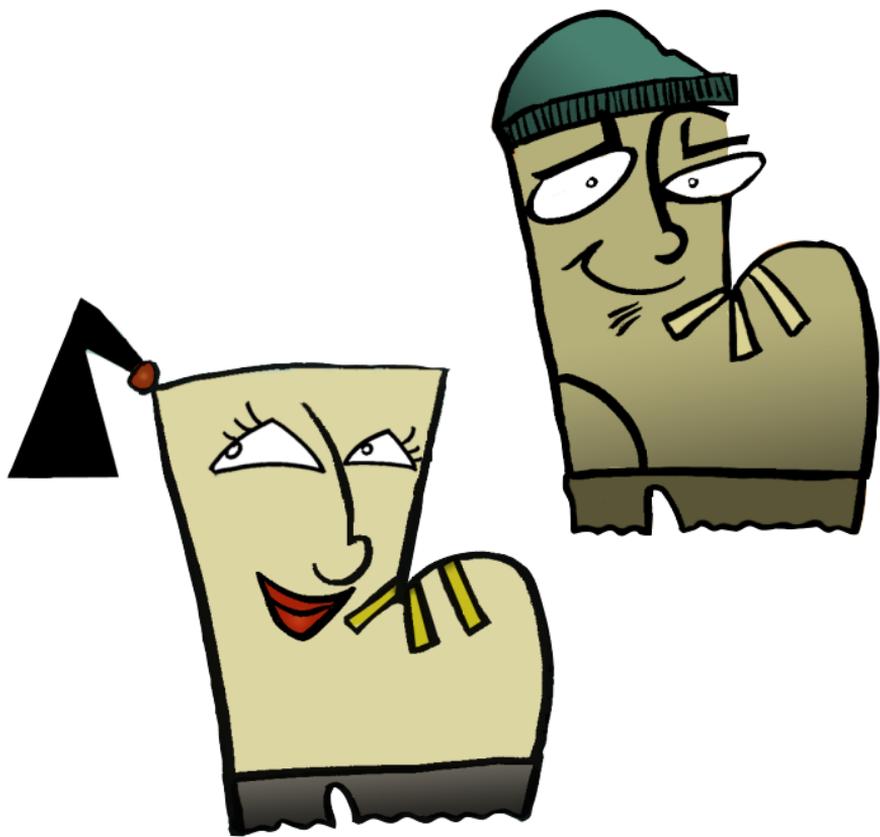
tent



compass



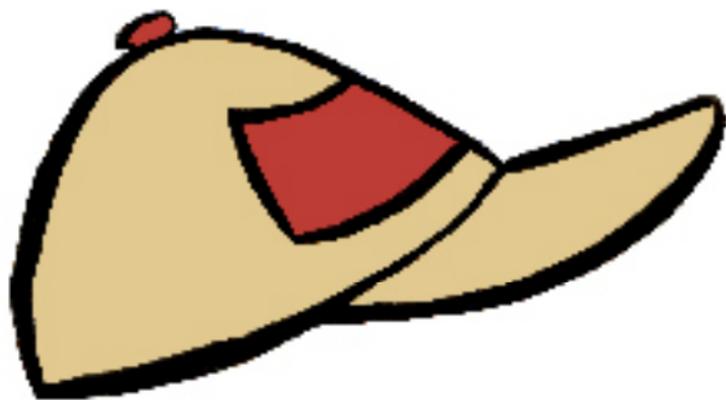
stove



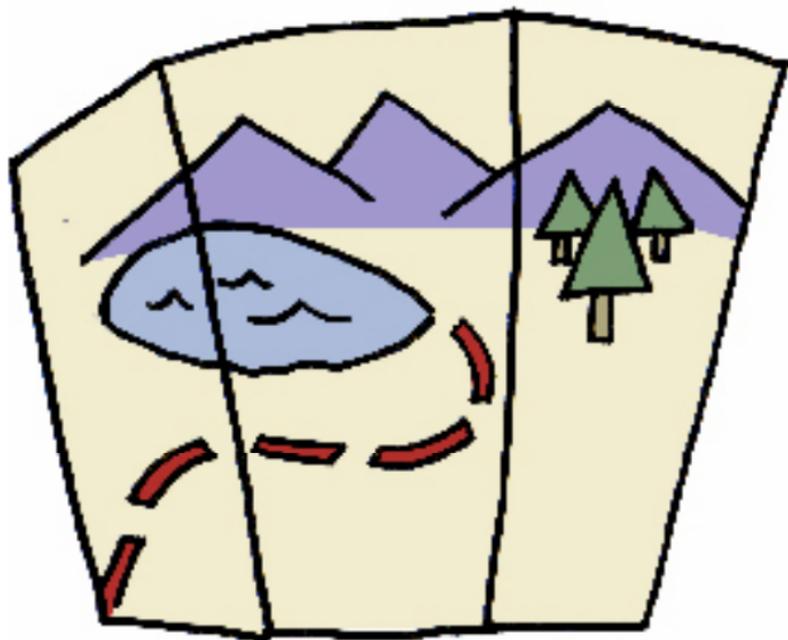
boots



binoculars



hat



map