

LEAVE NO TRACE

AN INSTANT MEETING FOR BROWNIES FROM THE BC CAMPING COMMITTEE

Leave No Trace is an national and international program designed to assist outdoor enthusiasts with their decisions about how to reduce their impacts when they hike, camp, picnic, snowshoe, run, bike, hunt, paddle, ride horses, fish, ski or climb. The program strives to educate all those who enjoy the outdoors about the nature of their recreational impacts as well as techniques to prevent and minimize such impacts. Leave No Trace is best understood as an educational and ethical program, not as a set of rules and regulations. www.leavenotrace.ca

Many of these activities have come from the Nevada Outdoor School and are used with permission (<http://www.nevadaoutdoorschool.org/OutdoorEthicsLessons.htm>).

Meeting Plan

- 5-10 min: Gathering: Colouring
 - 5 min: Brownie Opening
 - 5-10 min: Opening Discussion
 - 10-15 min: Leave No Trace Memory Game
 - 10 min: Bandanna Bonanza
 - 10-15 min: Bandanna Bindle Hat Craft
 - 10-15 min: Ethics Dash
 - 5-10 min: Sing: Listen to the Earth
 - 5-10 min: Wrap-up & Brownie Closing
- 90 minute meeting. Approximate activity times shown.*

Program Connections

Key to Active Living

- 2. Outdoor Action (active game)

Key to the Living World

- 1. Wondrous Walks
- 4. Celebrate Earth Day

Key to Camping

- 5. Sing and Shout

Interest Badges

- Go For It
- Saving Our Plants & Animals
- Key to the Living World
- Special Interest Badge
- Super Crafts

Meeting Supplies

- | | |
|--|---|
| <input type="checkbox"/> colouring sheets | <input type="checkbox"/> small elastic bands |
| <input type="checkbox"/> pencils/crayons/markers | <input type="checkbox"/> string |
| <input type="checkbox"/> Leave No Trace memory cards | <input type="checkbox"/> small twigs |
| <input type="checkbox"/> bandanna | <input type="checkbox"/> polyester stuffing or cotton balls |
| <input type="checkbox"/> 57 Uses of a Bandanna poem by Florence Bush | <input type="checkbox"/> safety pin |
| <input type="checkbox"/> bandannas or other colourful fabric cut into 3x3" squares | <input type="checkbox"/> scissors |
| | <input type="checkbox"/> Ethics Dash scenarios |

Gathering: Colouring

Download and print colouring sheets from the Internet. Brownies enjoy finding objects in “hidden pictures” puzzles – perhaps a hidden picture puzzle showing a forest with hidden items that don’t belong would be a good introduction to the Leave No Trace principles – i.e. what NOT to do!

Supplies

- colouring sheets
- pencils/crayons/markers

Pictures hidden on a forest floor:

http://www.exploringnature.org/graphics/hidden_pictures/Hidden_picture_forestfloor.pdf

More hidden pictures on Exploring Nature Educational Resource website:

http://www.exploringnature.org/db/detail_index.php?dbID=124&dbType=2t

Hidden pictures search on Google images:

<https://www.google.ca/search?q=hidden+pictures+printable+forest+highlights&tbm=isch>

Opening Discussion

Explain the seven principles of Leave No Trace:

Know Before You Go

- Learn about the area pre-trip
- Be prepared with a map, food, water and extra clothes

Choose the Right Path

- Stay on the trail, even through mud
- Avoid stepping on flowers or small trees
- Sit on large rocks instead of grassy meadows

Trash Your Trash

- Don’t leave any trash or litter
- If you have to “go”, do it away from water (100 big steps)
- If your dog is with you, pick up their poop

Leave What You Find

- Treat plants with respect
- Don’t bring home anything you find
- Leave things as you find them

Be Careful with Fire

- Use stoves for cooking
- Use only loose sticks from the ground
- Don’t burn trash or food
- Check with rangers to see if it’s OK to have a fire

Respect Wildlife

- Control your pet
- Store food and trash in a safe spot
- Never feed, follow or chase wild animals
- If an animal changes its behaviour you’re too close

Be Kind to Other Visitors

- Share trails with other hikers, bikers, etc.
- Step aside to let people on horses pass
- Don’t yell or make loud noises

Leave No Trace Memory Game

Credit: Nevada Outdoor School. Used with permission.

Original at

http://www.nevadaoutdoorschool.org/OutdoorEthics/OE_LessonPlans/LNT_Memory.pdf.

Supplies

- memory cards (included)

Directions

1. Lay out the memory cards face down in four rows of four.
2. Have the girls gather around the cards in a circle.
3. Explain how to play the game: one at a time, girls will flip over two cards and look for a connection. In this version of “memory” they are not looking for two cards with the same picture – they are looking for two cards that are “connected”.
4. Only the girl whose turn it is can touch the cards.
5. Half of the cards are an object from our natural world, while the other half represents how that object is connected to its environment.
6. As the girls find matches, discuss the connection and what would happen if part of the match was gone.
7. After all the matches are made, if there is time and interest, play the game again and see if the girls come up with new matches. If not you can just ask if there are other connections. You want to get across the point that everything is connected somehow.

Some Possible Matches:

For Guider reference, from the Nevada Outdoor School resource.

Antlers/Soil: Antlers and animal bones provide calcium and other nutrients for rodents and other small mammals. They gnaw on the antlers and bones for additional nourishment and further the decaying process. Anything left over is recycled back into the soil.

Wildflowers/Bees: When flowers finish blooming they go to seed to reproduce. The flower has to be there in order to go to seed. If one is picked or trampled, the seeds won't spread and the flower will have a harder time reproducing. Also, insects such as bees use the nectar of flowers to survive. Without flowering plants there wouldn't be any bees. There are also a variety of edible flowers and plants for animals to feed upon.

Shells/Crabs: Shells provide homes for crabs and other shoreline critters. When certain crabs increases in size they move on to a larger home. Empty shells also serve as decoy shells, to give crabs an advantage when birds are hunting.

Arrowhead/Archeologist: Artifacts are irreplaceable and are heirlooms of cultures. Archeological and historical artifacts are reminders of rich human history of the landscape and belong to all people for all time. Structures, dwellings and artifacts on public lands are protected by the Archaeological Resource Protection Act and National Historic Preservation Act and should not be disturbed. These include seemingly insignificant arrowheads, pottery, and logging or railroad equipment from 50 or more years ago. It is illegal to excavate, disturb or remove these resources from any public lands. Observe, but do not take.

Feather/Birds: A feather may seem like an insignificant object in nature, but everything counts. Some feathers are collected by birds and woven into their nests to provide warmth for their chicks. Also, collection of songbird and raptor feathers is illegal in some areas.

Pine Cones/Seeds: Pine cones supply seeds for birds to feed upon and add nutrients to the soil layer after decomposition. These seeds also help coniferous trees reproduce.

Nuts and Acorns/Rodents: Birds and squirrels feed on a variety of nuts. Acorns left on the ground are free food and protein for animals to eat or store for the winter. Acorns also sprout to grow new oak trees, continuing forest health and composition.

Garbage/Pick it up!: Garbage is the exception to the rule, this is one thing that can be collected when found. Litter is unsightly, pick it up and dispose of it properly. Different types of litter can affect animal behaviour. If a bear keeps finding smelly wrappers or food scraps outdoors, they will be more prone to raiding garbage. Remember - a fed bear is a dead bear.

Bandanna Bonanza

Credit: Nevada Outdoor School. Used with permission.
Original at http://www.nevadaoutdoorschool.org/OutdoorEthics/OE_LessonPlans/LNT_Quick.pdf.

Directions

1. While sitting in a circle with the girls, pass the bandanna around and brainstorm what you could use the item for while camping. Remind participants that there are no bad ideas while brainstorming. See how many times you can go around the circle before the girls run out of ideas.
2. When the girls have run out of ideas, ask them why they think you had them do this activity. Then discuss why it's important to be able to use what you have to serve many purposes. (You can't always carry everything and you'll have a lighter pack, etc.). Ask what other common items could have been used for this activity besides a bandanna (t-shirt, water bottle, backpack, rope, etc.).
3. Share with the girls the poem "57 Uses of the Bandanna" by Florence Bush. Find this poem online: <https://www.google.ca/search?q=57+uses+bandanna+florence+bush+poem>

Supplies

- bandanna
- 57 Uses of a Bandana poem by Florence Bush

Bandanna Bindle Hat Craft

To remind the girls of the bandanna uses they just explored, make this small "bindle" craft to attach to their camp hat. Note: a bindle is a stick with a cloth tied on it to carry things in, and is usually associated with hobos.

Directions

1. Put a piece of cotton ball or a small piece of stuffing onto the centre of the fabric square.
2. Gather the fabric around the cotton/stuffing to completely cover it, creating a soft ball of fabric.
3. Wrap the elastic around the edges of the fabric to create a little "sack". Note: this could be done with just the string, but the elastic may be easier.
4. Tie the string around the elastic then tie the string onto one end of a twig.
5. Attach a safety pin to the string so you can pin the bindle onto your camp hat.

Supplies

- bandannas or other colourful fabric cut into about 3x3" squares
- small elastic bands
- string
- small twigs
- polyester stuffing or cotton balls
- safety pin
- scissors

Ethics Dash

Credit: Nevada Outdoor School. Used with permission. Original at http://www.nevadaoutdoorschool.org/OutdoorEthics/OE_LessonPlans/LNT_Memory.pdf.

The Ethics Dash is best outside, but can be adapted for inside if weather isn't cooperating or if your venue doesn't allow. Set up your space with two safety zones at the either side - like a football field.

Directions

1. Split the girls into two groups and have them line up facing each other in the middle of the space with their backs to the safety zones, designate one team to be the 'good' idea team and one to be the 'bad' idea team.
2. Read a scenario and the girls have to decide if it's a good idea or a bad idea. When you say go, the corresponding team will have to run to the safety zone behind them while the other team tries to tag them. If it's a good idea, the good idea team will try to run to their safety zone while the bad idea team tries to tag them. Any of the girls who are tagged become part of the other team.
3. After the correct answer is decided the girls all come back to the center line and try the next scenario.
4. Go through the Ethics Dash scenarios - as many as time and/or attention span allow.

Ethics Dash Scenarios

1. You find some garbage along the trail and you pick it up. Go! (Good idea)
2. You're going on an outdoor adventure. Even though you won't be gone for long, you wear plenty of sunscreen and bring extra water. Go! (Good idea)
3. If a trail is flooded and muddy you should avoid the mess and walk around the puddle. Go! (Bad idea)
4. You should wash dishes directly in the stream. Go! (Bad idea)
5. When in a crowded campground you should feel free to run around yelling and screaming with your friends. There are so many people around - no one will notice anyway! Go! (Bad idea)
6. You're helping collect wood for the campfire. You can't find sticks on the ground so you start breaking braches off trees? Go! (Bad idea)
7. You spot a squirrel on your hike, but instead of running after it to get a better look you observe it from a safe distance. Go! (Good idea)
8. During dinner at your campsite you notice what looks like a hungry little chipmunk hiding under the bushes. You realize you have more than enough food for yourself and throw him the rest of your hotdog bun. Go! (Bad idea)
9. Lucky you! You spot a pretty wildflower. But instead of taking it home to give to your mom, you decide to draw her a picture of it. Go! (Good idea)

Sing: Listen to the Earth

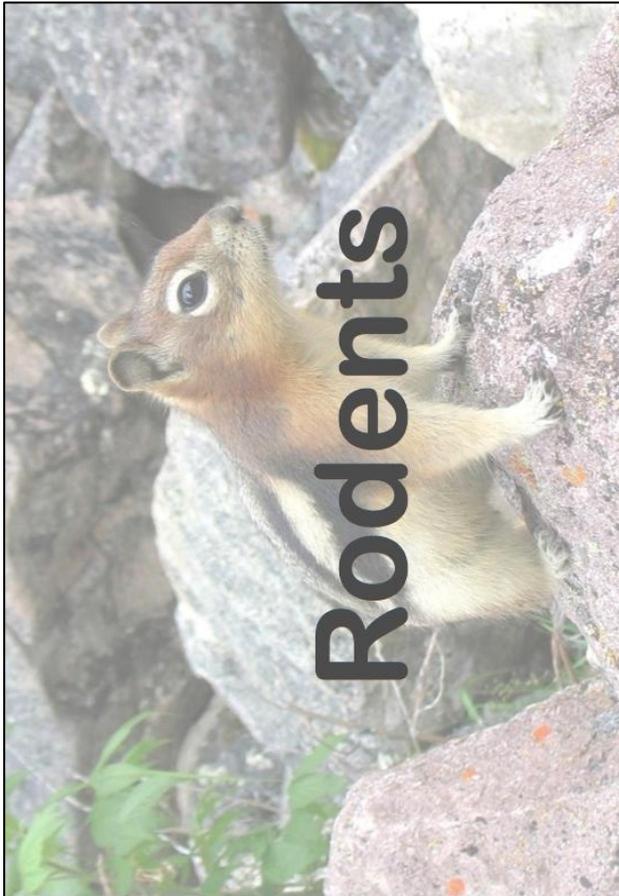
If you have time, add some music into your meeting with songs that are related to the theme of the meeting. One example is “Listen to the Earth”.

Listen to this song online: <http://tuneguide.e-guiding.com/listen.mp3>

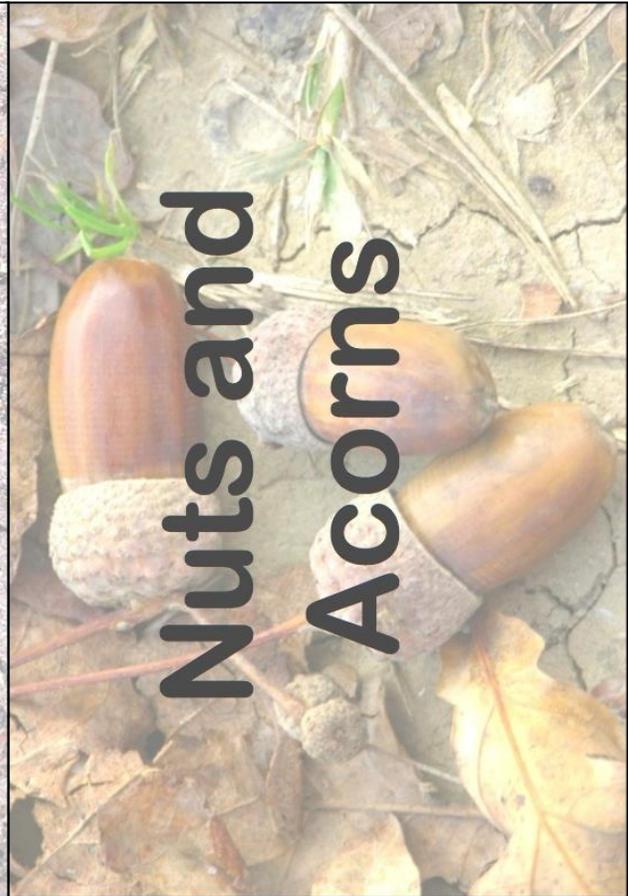
Lyrics & tune: <http://guidingjewels.ca/resources/songs/572-song-listen-to-the-earth>

Listen to the Earth;
It's singing to me.
Hear all nature's harmony.
Waterfalls and raindrops,
Wind and sea.
Sing the song of the Earth to me.

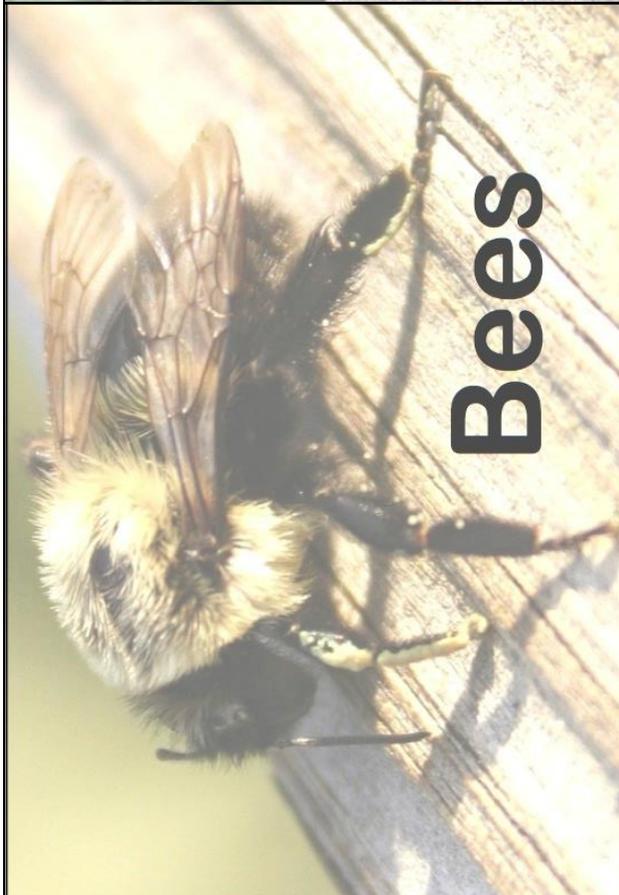
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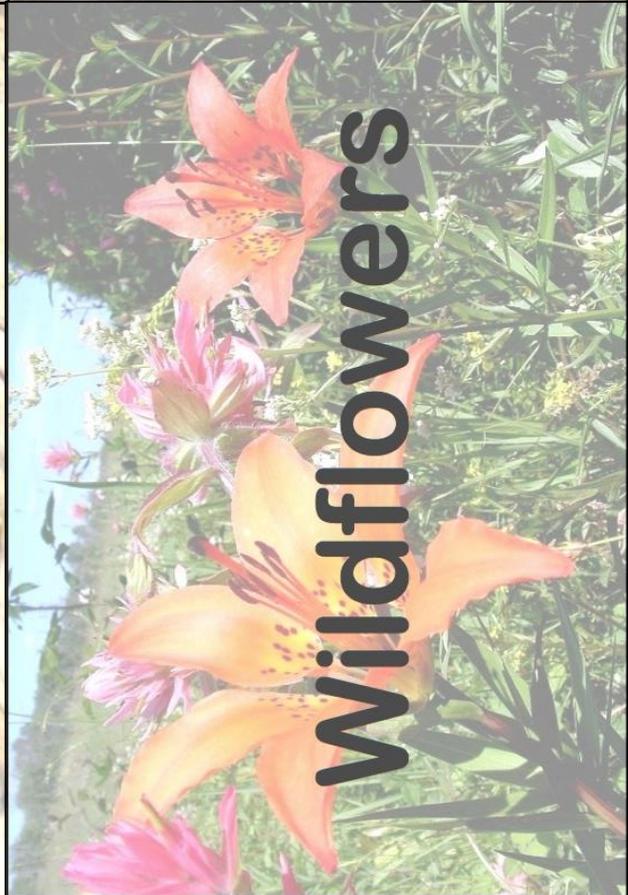
Rodents



**Nuts and
Acorns**



Bees



Wildflowers



Feather



Bird



Shell



Crab

