

# LNCI

*GUIDE TO*

**GETTING OUTSIDE**

leave no



child inside

Congratulations on getting connected with nature.

This guide will be a passport to a discovery of the wonders of nature around you.

### **Step One**

Sign the first page of the book so you don't lose it.

### **Step Two**

Visit as many places as you can in this book & complete the pages for the places you visit.

### **Step Three**

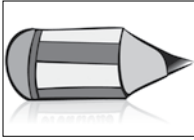
Use this guide to learn about your discoveries in nature.

### **Step Four**

Don't forget to turn in the last page of this book to your teacher by November 16, 2009.

### **Step Five**

Have fun & enjoy the outdoors!



## Step One: Your Name



School District 220 ♦ LNCI Consortium

**This book belongs to:**

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(Name)

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(Address)

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(Phone)



## Step Two: Visit

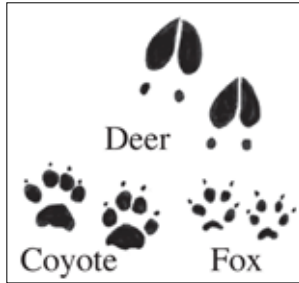
	Hiking	Biking	Playground	Picnic	Skiing	Birding	Visitors Center
In the Barrington Area:							
<b>Baker's Lake</b>	x					x	
<i>other: heron rookery</i>							
<b>Cuba Marsh/Citizens Park</b>	x	x	x	x	x	x	
<i>other: birding, cross country skiing, tree house, shelters, ampitheatre,</i>							
<b>Crabtree Nature Center</b>	x					x	x
<i>other: birding</i>							
<b>Fox River Preserve &amp; Marina</b>	x	x	x	x		x	
<i>other: boating, birding, shelters</i>							
<b>Stillman Nature Center</b>	x					x	
<i>other: birding</i>							
<b>Vehe Farm</b>	x			x		x	
<i>other: 1866 barn, original farmhouse &amp; outbuildings, butterfly garden, &amp; windmill, restored prairie and wetland, farming history.</i>							
<b>Wagner Fen/Grassy Lake</b>	x				x	x	
<i>other: cross country skiing, birding</i>							

Outside Barrington Area:							
<b>Lake County Discovery Museum</b>	x	x		x		x	x
<i>other: exhibits, archival center, birding, Farm Heritage Festival, Civil War Days</i>							
<b>Busse Woods</b>	x	x		x		x	
<b>Deer Grove Trail System</b>	x	x		x	x	x	
<i>other: horse back riding, cross country skiing, birding, model airplane lawn</i>							
<b>Ryerson Woods</b>	x	x			x	x	x
<i>other: Cross country skiing, birding</i>							
<b>Half Day &amp; Wright Woods</b>	x	x		x	x	x	
<i>other: cross country skiing, birding</i>							
<b>Grant Woods Forest Preserve</b>	x	x		x	x	x	
<i>other: covered shelters, cross country skiing, fishing, birding</i>							
<b>Volo Bog</b>	x			x	x		x
<i>other: birding</i>							



## Step Three: Your Discoveries

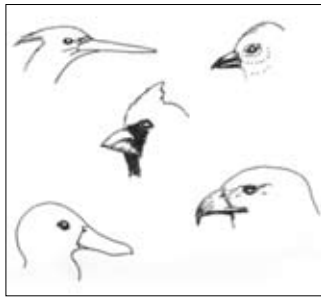
Things to look for in nature::



Animal tracks



Different leaf shapes



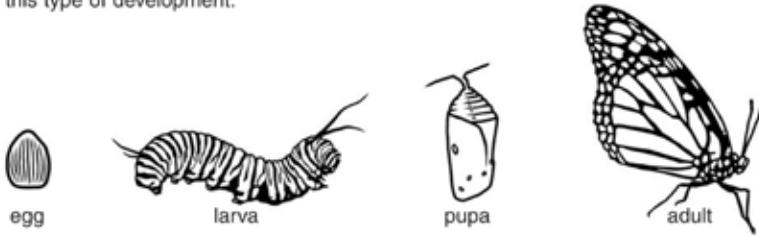
Beaks



Prairie Plants

## ■ Complete Metamorphosis Cycle

Complete Change – The insect must go through two stages between egg and adult. A butterfly has this type of development.

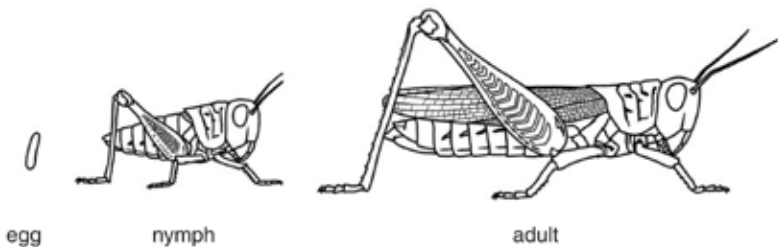


Insects often move, breathe and eat differently in each stage of development, helping them to survive changes in food supply, temperature or other harsh conditions.

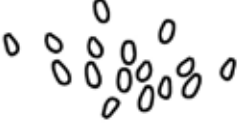


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## ■ Incomplete Metamorphosis Cycle

Incomplete Change – The nymph looks like a small adult, but it has no wings and cannot reproduce. A grasshopper develops this way.



## ■ Milkweed Bug Tally

# of eggs	# of nymphs	# of adults
 _____	 _____	 _____

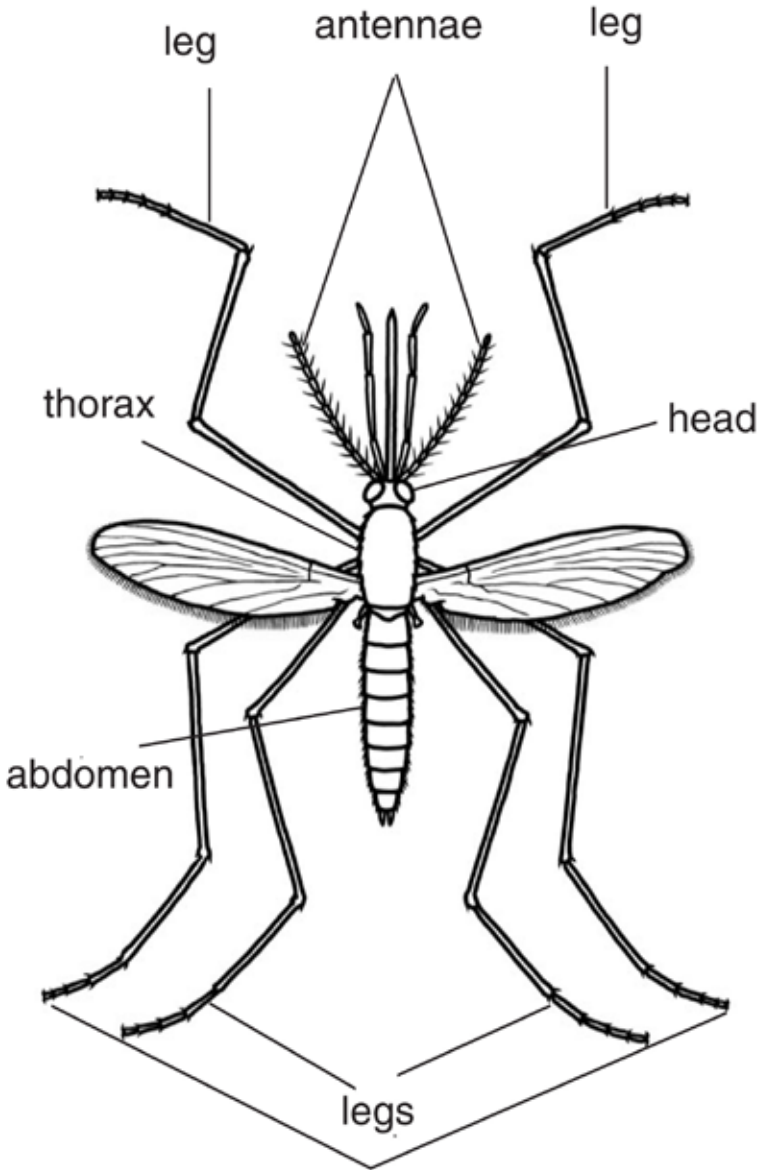
## ■ Climatic Data

Temperature \_\_\_\_\_ °

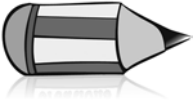
Sunny/Cloudy / Partly Cloudy / Rainy (circle one)

No Wind / Mild Wind / Very Windy (circle one)

Remember we know an organism is an insect if it has three body parts (head, thorax, abdomen) and six jointed legs.

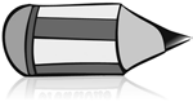






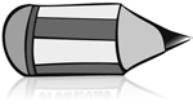
Draw Your Favorite Insect Discovery:

A large rectangular area defined by a dotted line, intended for drawing. The dotted line forms a complete rectangle, leaving a large white space in the center for the student to draw their favorite insect discovery.



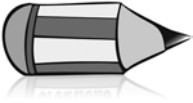
Draw Your Favorite Animal Discovery:

A large rectangular frame composed of small black dots, intended for drawing. The frame is empty and occupies most of the page below the text.



Draw Your Favorite Plant Discovery:

A large rectangular frame composed of small black dots, intended for drawing. The frame is empty and occupies most of the page below the text.



Draw Your Favorite Scenery Discovery:

A large rectangular area defined by a series of small black dots. The dots form a continuous border around a central white space, intended for a drawing. The box is oriented vertically and occupies most of the page's width and height.



## Step Four: Return Page

### LNCI Explorer visit record

*It is very important that you turn this form into your teacher by November 16th.*

Visit as many places as you can and turn it in with whatever you have completed.

Child's name \_\_\_\_\_

School \_\_\_\_\_

Teacher \_\_\_\_\_

Please have an adult initial and date next to each location after you have visited it.

Please detach sheet and return by November 16th

Locations	Date	Initials
Baker's Lake		
Cuba Marsh		
Crabtree Nature Center		
Fox River Preserve		
Stillman Nature Center		
Vehe Farm		
Wagner Fen		
Lake County Discovery Museum		
Busse Woods		
Deer Grove Trail System		
Ryerson Woods		
Half Day and Wright Woods		
Grant Woods Forest Preserve		
Volo Bog		

**Congratulations LNCI Explorer! You have successfully completed your journey into the great outdoors.**

# **Chicago Wilderness Children's Outdoor Bill of Rights**

A growing body of research indicates that time spent outdoors in nature is critical to children's physical, social and emotional development. Research also shows that unstructured play in nature – child-centered, exploratory, imaginative play – fosters creativity, emotional well-being, independent learning and problem solving.

An increasing body of evidence also shows that positive childhood experiences in the outdoors, coupled with the presence of an adult role-model, are important contributing factors to a lifelong concern with the health of the environment.

- 1. Discover wilderness - prairies, dunes, forests, savannas, and wetlands**
- 2. Camp under the stars**
- 3. Follow a trail**
- 4. Catch and release fish, frogs, and insects**
- 5. Climb a tree**
- 6. Explore nature in neighborhoods and cities**
- 7. Celebrate heritage**
- 8. Plant a flower**
- 9. Play in the mud or a stream**
- 10. Learn to swim**

Enjoying the outdoors with your children is fun, healthy and a great way to spend quality time with your family. Visit [www.funoutside.org](http://www.funoutside.org) and [www.kidsoutside.info](http://www.kidsoutside.info) for more information and activity suggestions.

## **Step Five: Go explore!**

**Credits:**

Brian Mathien & BHS printing, *Graphic Design & Production*

Mary Jo Cusack, Kathleen Garness, Patricia Hayes,  
Susan Lenz, and Dr. Anne Reichel, *for graphics and text*

*With Appreciation to the  
Barrington Education Foundation for their support.*

For a more detailed description of many of the locations listed in this booklet please visit the following websites:

Leave No Child Inside [www.funoutside.org](http://www.funoutside.org)

Chicago Wilderness [www.chicagowildernessmag.org](http://www.chicagowildernessmag.org)

Lake County Forest Preserves [www.lcfdp.org](http://www.lcfdp.org)

\*BAKER'S LAKE NATURE PRESERVE - Barrington, IL  
[www.Chicagowildernessmag.org](http://www.Chicagowildernessmag.org)

\*CUBA MARSH FOREST PRESERVE - Barrington, IL  
[www.Lcfpd.org](http://www.Lcfpd.org)

\*CRABTREE NATURE CENTER - Barrington, IL  
[www.fpdcc.com](http://www.fpdcc.com)

\*FOX RIVER PRESERVE AND MARINA - Port Barrington, IL  
[www.Lcfpd.org](http://www.Lcfpd.org)

\*STILLMAN NATURE CENTER - South Barrington, IL  
[www.stillmannnc.org](http://www.stillmannnc.org)

\*VEHE FARM - Barrington, IL  
[www.vehefarmfoundation.org](http://www.vehefarmfoundation.org) or [www.funoutside.org](http://www.funoutside.org).

\*WAGNER FEN/GRASSY LAKE - Lake Barrington, IL  
[www.Lcfpd.org](http://www.Lcfpd.org)

\*LAKE COUNTY DISCOVERY MUSEUM - Wauconda, IL  
[www.lakecountydismuseum.org](http://www.lakecountydismuseum.org)

\*BUSSE WOODS - Elk Grove, IL  
[www.fpdcc.com](http://www.fpdcc.com)

\*DEER GROVE TRAIL SYSTEM - Palatine, IL  
[www.fpdcc.com](http://www.fpdcc.com)

\*RYERSON WOODS - Deerfield, IL  
[www.ryersonwoods.org](http://www.ryersonwoods.org)

\*HALF DAY AND WRIGHT WOODS - Lincolnshire, IL  
[www.Lcfpd.org](http://www.Lcfpd.org)

\*GRANT WOODS FOREST PRESERVE - Lake Villa, IL  
[www.Lcfpd.org](http://www.Lcfpd.org)

\*VOLO BOG - Ingleside, IL  
[www.Dnr.state.il](http://www.Dnr.state.il)