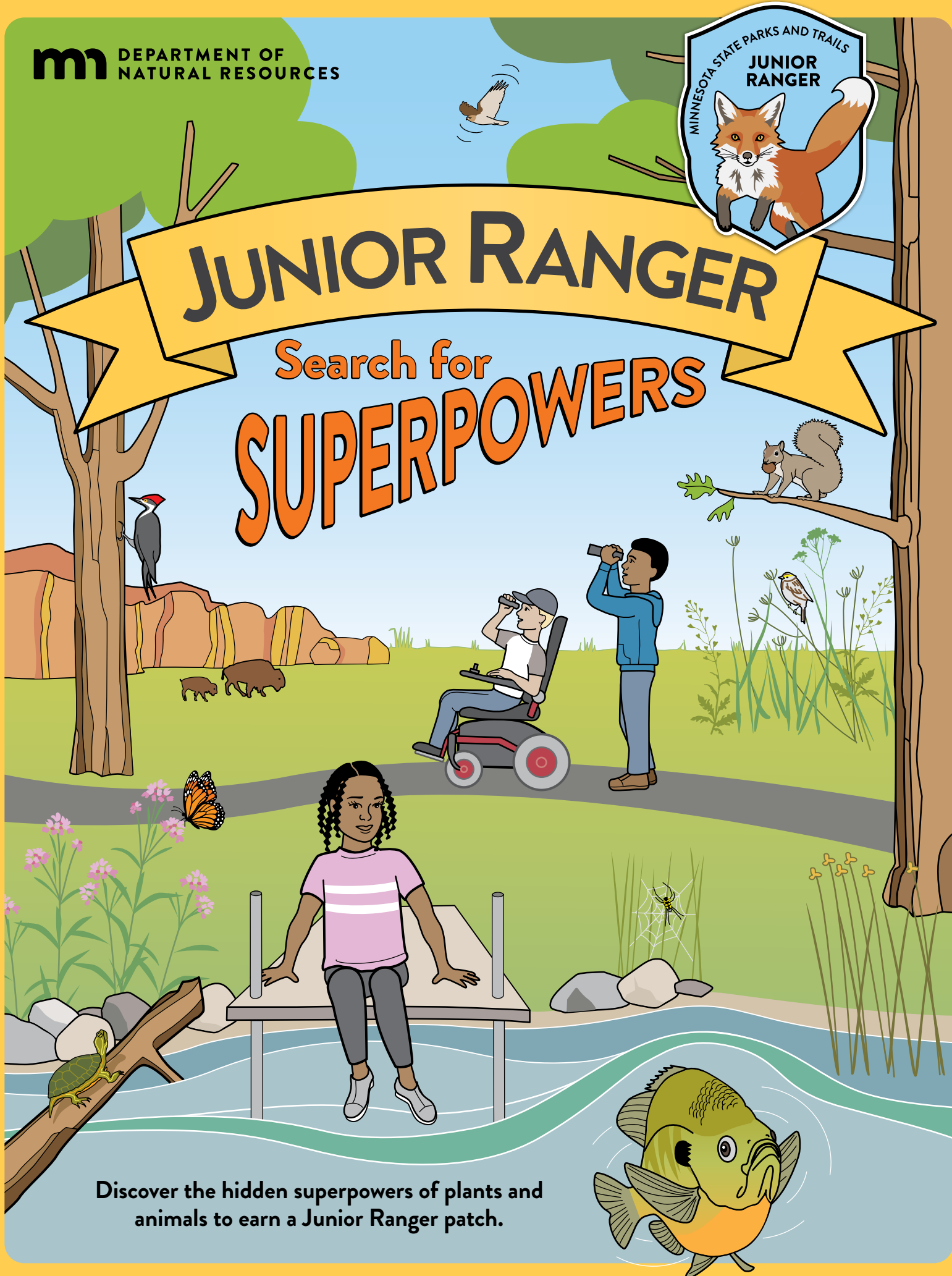




JUNIOR RANGER

Search for SUPERPOWERS

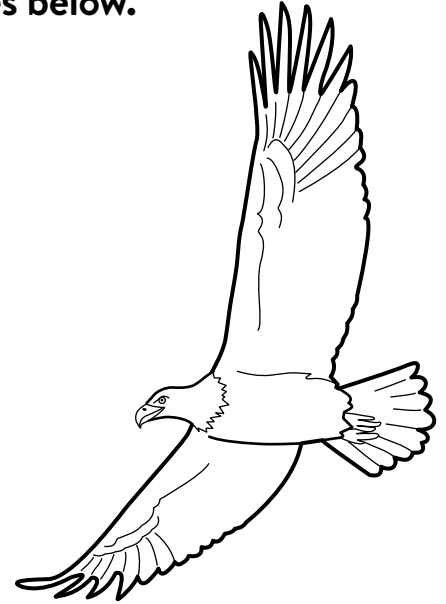


Discover the hidden superpowers of plants and
animals to earn a Junior Ranger patch.

Welcome! Adventure awaits on these pages as you explore the plants and animals that call this park home.

To collect your patch, visit a Minnesota state park and earn 6 points or more by completing any combination of the activities below.

- | | |
|---|----------|
| <input type="checkbox"/> Be a Park Protector | 1 point |
| <input type="checkbox"/> Move Like an Animal | 1 point |
| <input type="checkbox"/> Mix and Match | 1 point |
| <input type="checkbox"/> See Invisible Animals | 1 point |
| <input type="checkbox"/> Notice Powerful Plants | 1 point |
| <input type="checkbox"/> Use Your Super Senses | 1 point |
| <input type="checkbox"/> Outsmart Tricky Ticks | 1 point |
| <input type="checkbox"/> Search for Solar Power | 1 point |
| <input type="checkbox"/> Habitat Hike BINGO | 1 point |
| <input type="checkbox"/> Go to a Park Program | 2 points |



Total points earned: _____

When you earn 6 points or more, bring this book to a state park office or visitor center to collect your Junior Ranger patch.



HAVE FUN AND CHALLENGE YOURSELF

Bravely try new activities.
Treat everyone and everything with respect.

Explore without breaking or
taking anything.

Minnesota Department of Natural Resources
500 Lafayette Road
St. Paul, MN 55155-4040
888-646-6367 or 651-296-6157
mndnr.gov

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Get ready for adventure!

Enjoy the powerful benefits of time spent in nature:

- A calm mind and relaxed body
- More creativity
- Stronger muscles from moving around as you explore
- Vitamin D from sunlight for strong bones and a healthy immune system



Stay safe with these tips:

- Stick together with your group.
- Stay on the trail to avoid poison ivy and ticks (see *Notice Powerful Plants* and *Outsmart Tricky Ticks* activities for more tips).
- Pack a map, water, snacks and the right clothes for the weather.

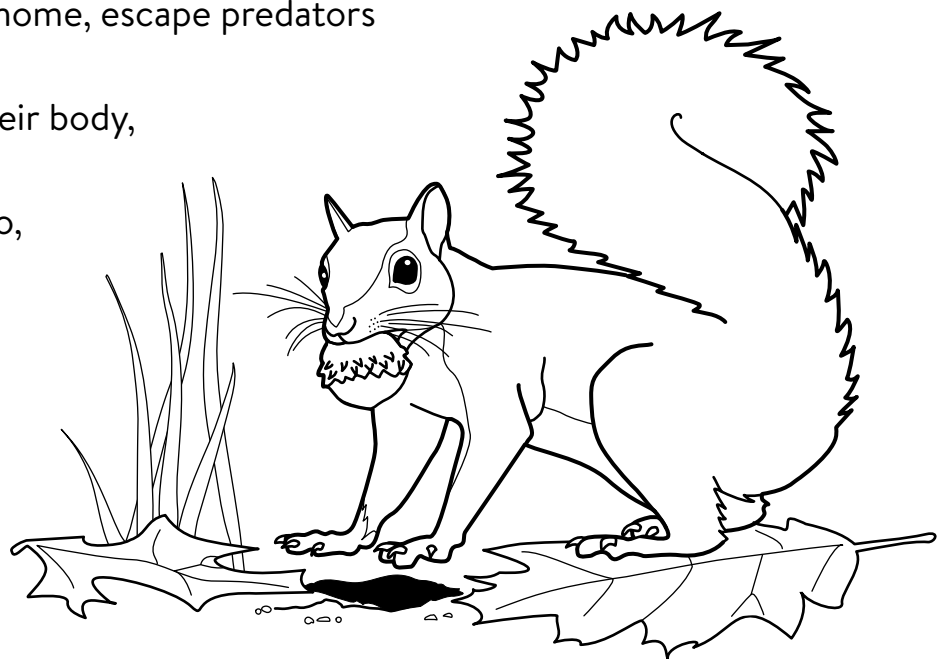
Find the hidden adaptations of park plants and animals.

An adaptation is like a plant or animal's superpower. It helps them get food, make a home, escape predators and more.

An adaptation can be part of their body, like a squirrel's thick, warm fur.

It can also be something they do, like a squirrel burying nuts so it will have food in the winter.

Look closely and you'll find plants and animals using amazing adaptations all around you at the park.



Be a Park Protector

This park is full of plants and animals with incredible superpowers. Your good choices can help protect them as you explore today.

START

Pick the best choices and you'll make it to the finish.

Stay on the trail during your hike.

Walk off the trail and step on plants.

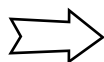
Put your trash in a trash can.

Throw your trash in the woods.

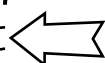
Pick flowers at the park.

Take a photo and leave the flowers for the bees.

Give wildlife
space so they
feel safe in
their home.

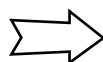


Get as close
to wildlife as
you can.

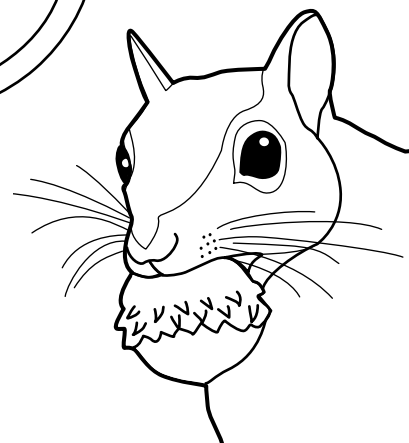


Leave what you find
at the park, because
a plant or animal
might need it.

Keep the rocks and
plants you find
along your hike.



**You protected plants and
animals at the park. Keep
up the good work.**

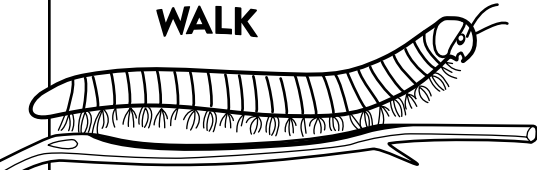


**How else could you protect plants and animals at the park today?
Write or draw your idea here.**

Move like an ANIMAL

The way an animal moves is a superpower that helps it catch food or get away from hungry predators. Special body shapes help animals move in different ways.

WALK



A millipede uses many legs to **walk**. A snake uses strong muscles and grippy scales to **slither**.



SLITHER

Try the animal super moves below and **circle your favorite**.

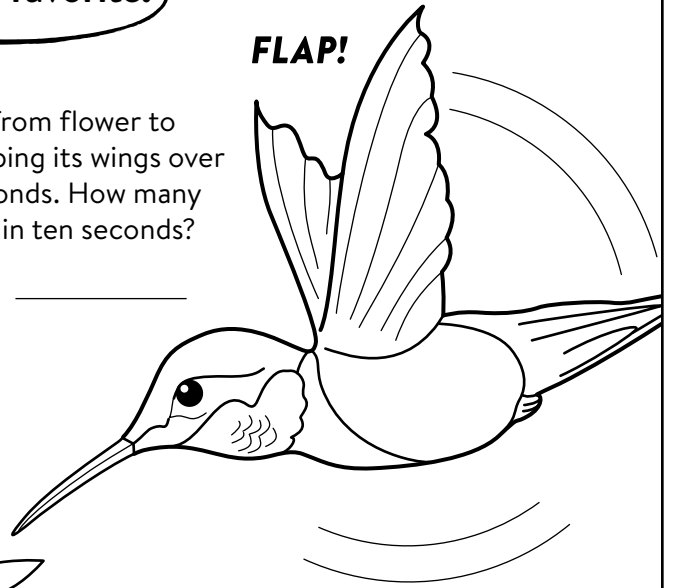
A leopard frog's long back legs help it jump three feet in the air to escape predators. Try jumping as high as you can.

JUMP!



A hummingbird zips from flower to flower for food, flapping its wings over 500 times in ten seconds. How many arm flaps can you do in ten seconds?

FLAP!



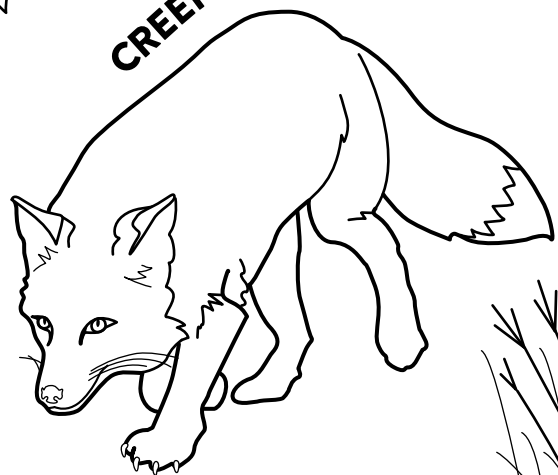
A katydid insect hides from predators by moving very slowly like a leaf. Try moving as slowly as you can.

HIDE!



A fox moves silently to catch its food. How quietly can you walk? Have a teammate turn their back and see how close you can get before they hear you coming.

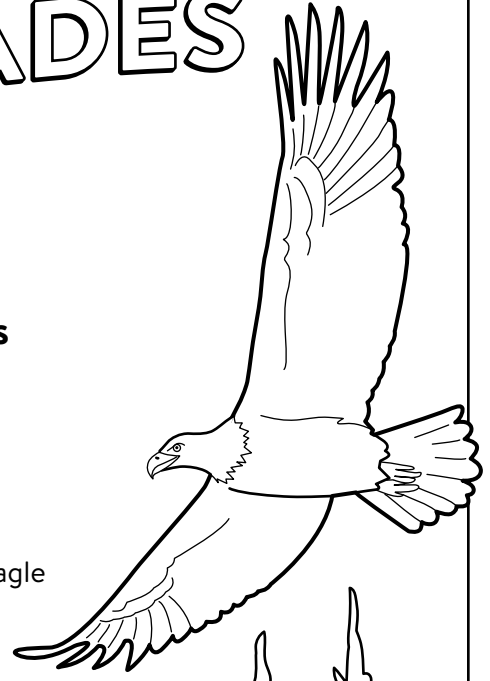
CREEP!



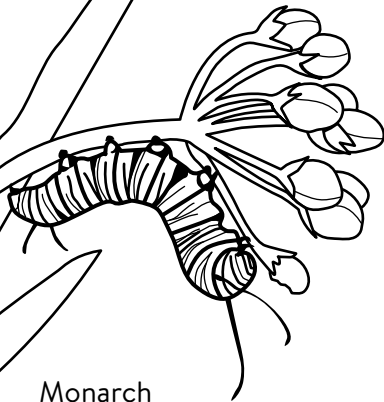
Play a game of ANIMAL CHARADES

Pick an animal from this page.
Act out how it moves and have others
guess which animal you picked.

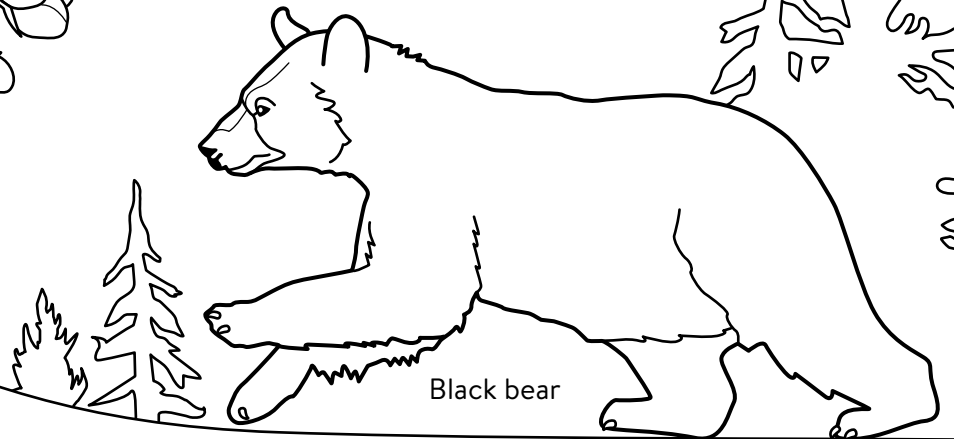
Bald eagle



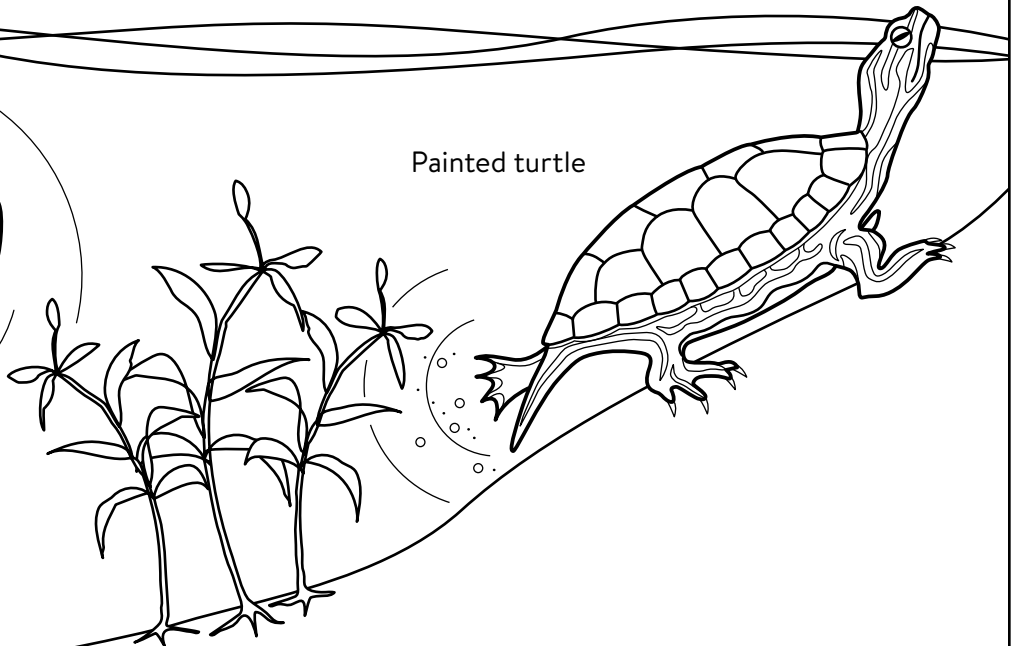
Monarch
caterpillar



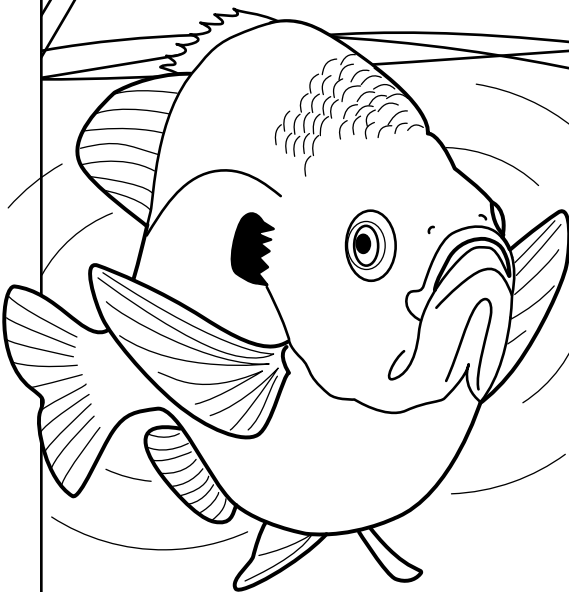
Black bear



Painted turtle



Bluegill fish

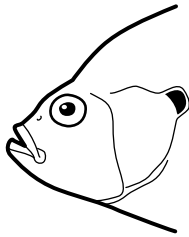


You've earned **1** point!

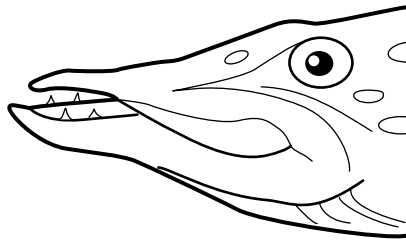
Mix and Match FISH SUPERPOWERS

Minnesota has over a hundred different kinds of fish in its waters. Each has its own underwater superpowers called adaptations. Explore a few below.

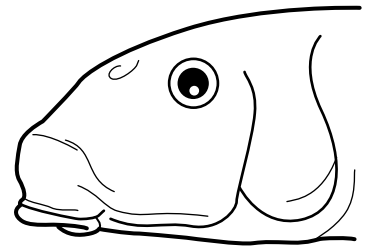
**If all fish ate the same thing, there wouldn't be enough food to go around.
Special mouth shapes help different fish eat different foods.**



A bluegill's small mouth is great for eating insects.

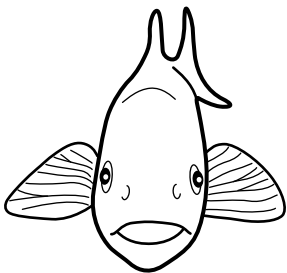


A northern pike's big mouth and sharp teeth grab other fish.

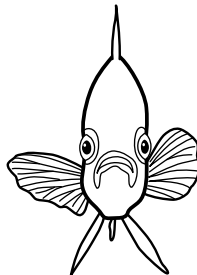


A white sucker's mouth points down to slurp up algae and insects at the bottom of a lake or river.

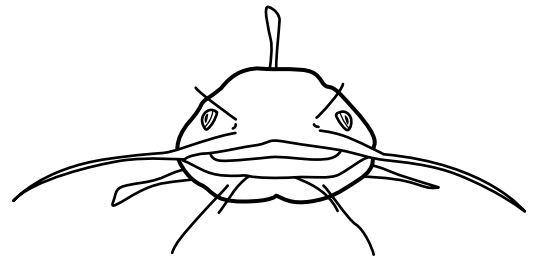
A fish's body shape can help it escape danger or catch food.



A trout's long, rounded body helps it move quickly to catch smaller fish and insects.

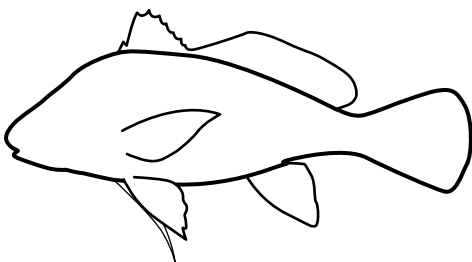


A crappie's tall, flat body helps it swim and hide near underwater plants.

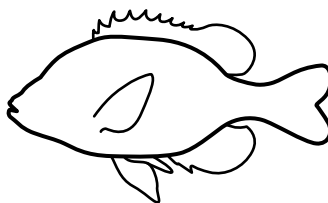


A catfish's flattened belly helps it feed near the bottom of a lake or river.

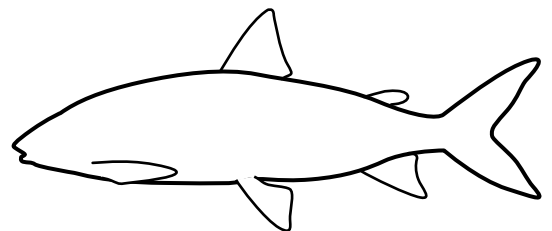
A fish's tail fin shape helps it steer and move forward.



A freshwater drum's round tail fin is slow-moving.



A pumpkinseed's heart-shaped tail fin is a little faster.



A lake whitefish's forked tail fin moves a fish the fastest.

Fish Superpowers continued...

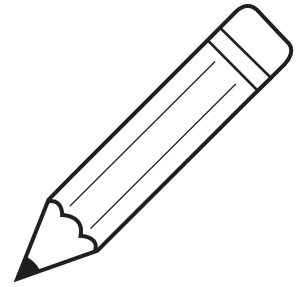
Imagine a make-believe fish with any adaptations you choose.

Will your fish be fast or slow? _____

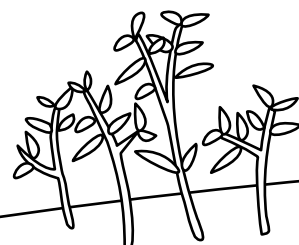
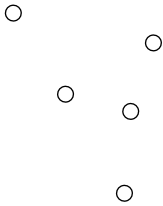
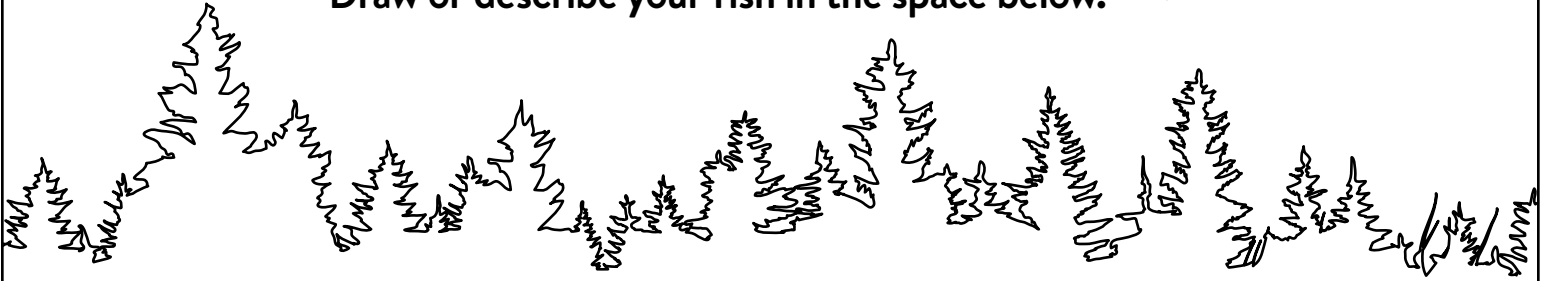
What will your fish eat? _____

Will it hide in the weeds or be in open water? _____

What is the name of your fish? _____



Draw or describe your fish in the space below.



You've earned **1** point!



Invisible Animals

Every creature has special adaptations that help it do its job. For some, that means being almost invisible! Barred owls use camouflage to blend into their home. Their feathers look like tree bark.

How could blending in help an owl?

Can you circle two barred owls hiding on this page?

Freeze!

A gray squirrel blends in with the trees, but it will also freeze if a predator is watching. When an animal sits still, it is harder to spot.

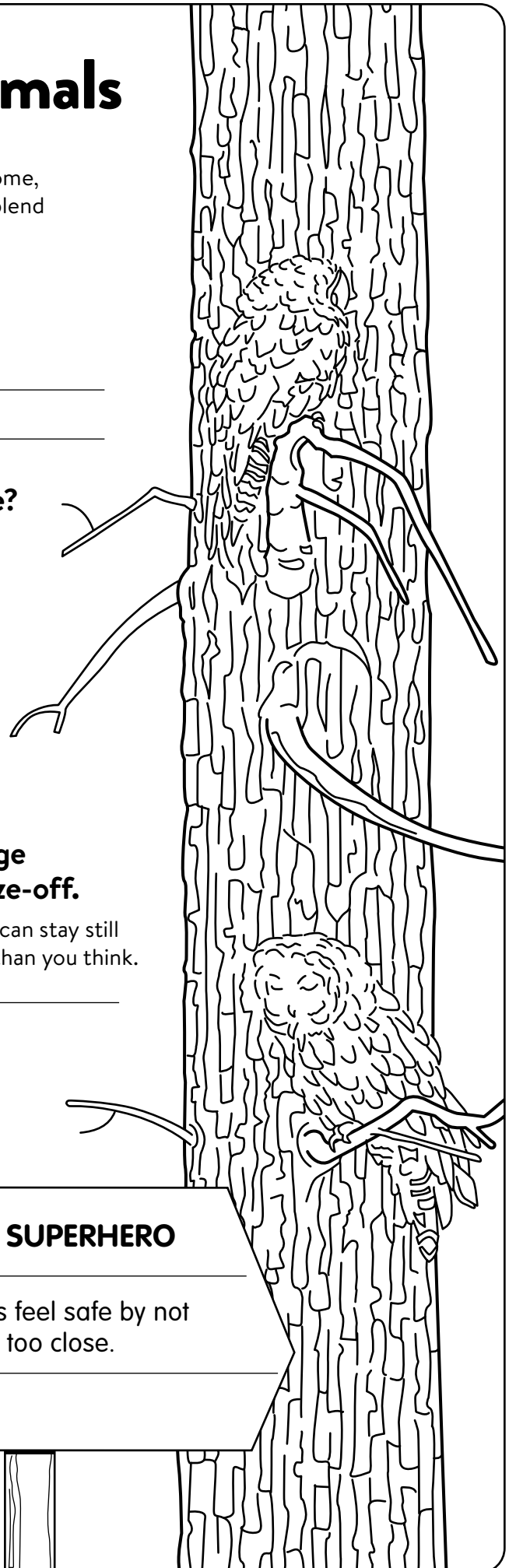
**Try it! Challenge
someone to a freeze-off.**

On the count of three, see who can stay still the longest. It might be harder than you think.

Who stayed still the longest? _____

BE A PARK SUPERHERO

Make animals feel safe by not
getting too close.



Can you find and circle the camouflaged animals hidden here?

Walking stick



Garter snake



White-tailed deer fawn



Coyote



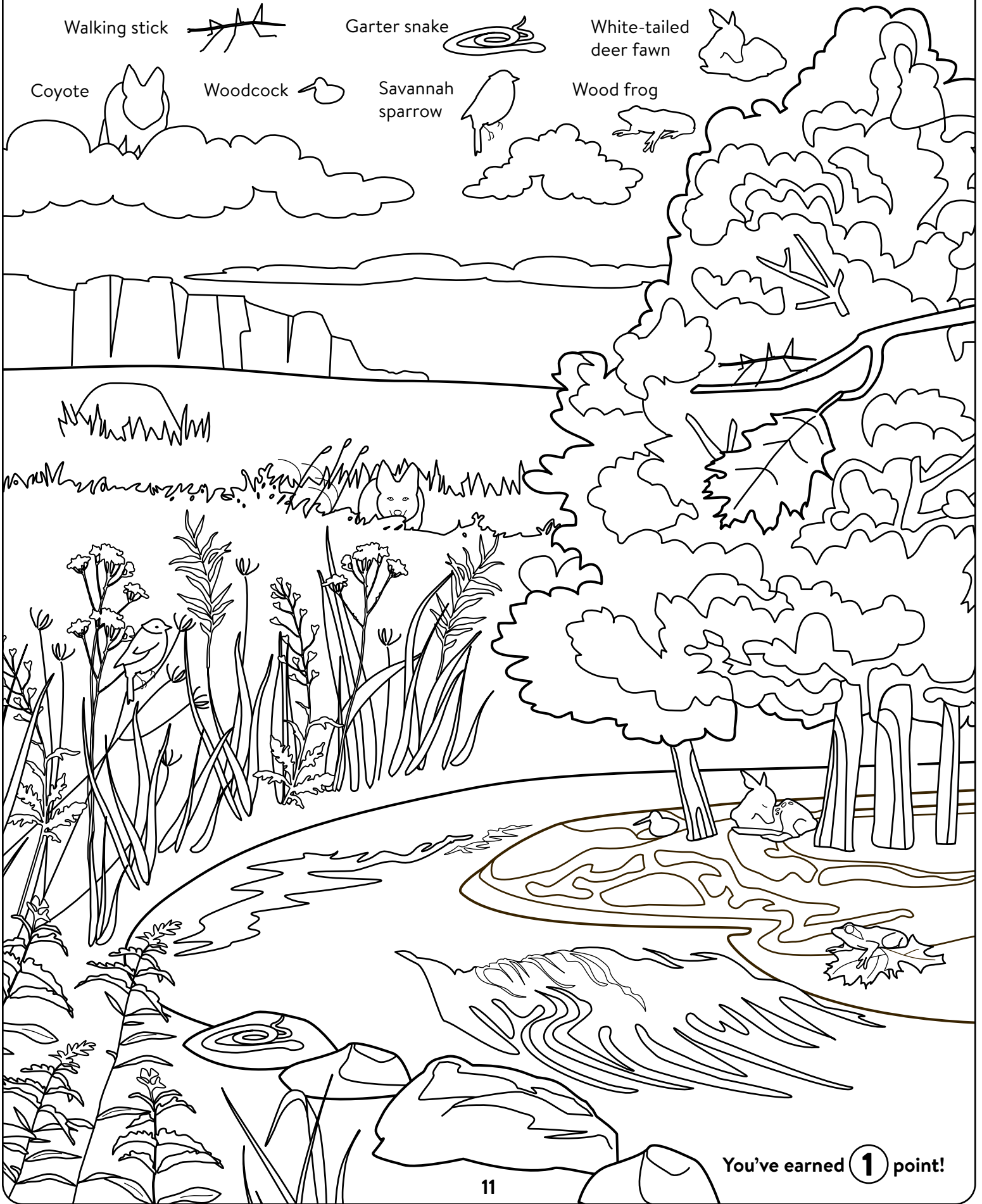
Woodcock



Savannah sparrow



Wood frog

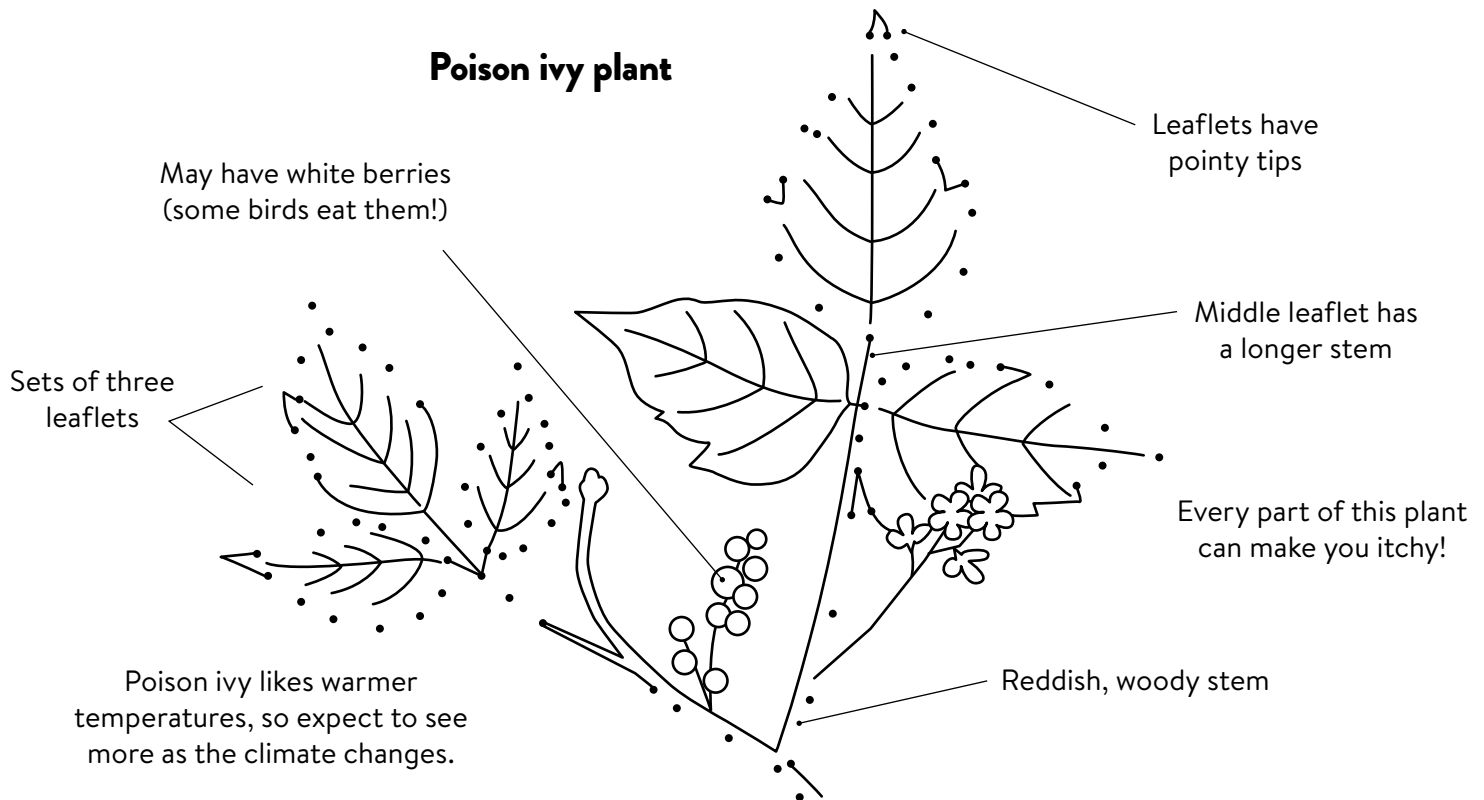


You've earned **1** point!

Notice **POWERFUL** Plants!

Plants have amazing superpowers, but here is one you'll want to stay away from. Poison ivy is covered in a special oil called **urushiol** (sounds like yr-oo-shee-aal). If the plant gets hurt, the oil could protect that spot like a bandage. Unfortunately, the oil may also make your skin itchy if you touch it.

Leaves of three, let it be! Connect the dots and get to know poison ivy.

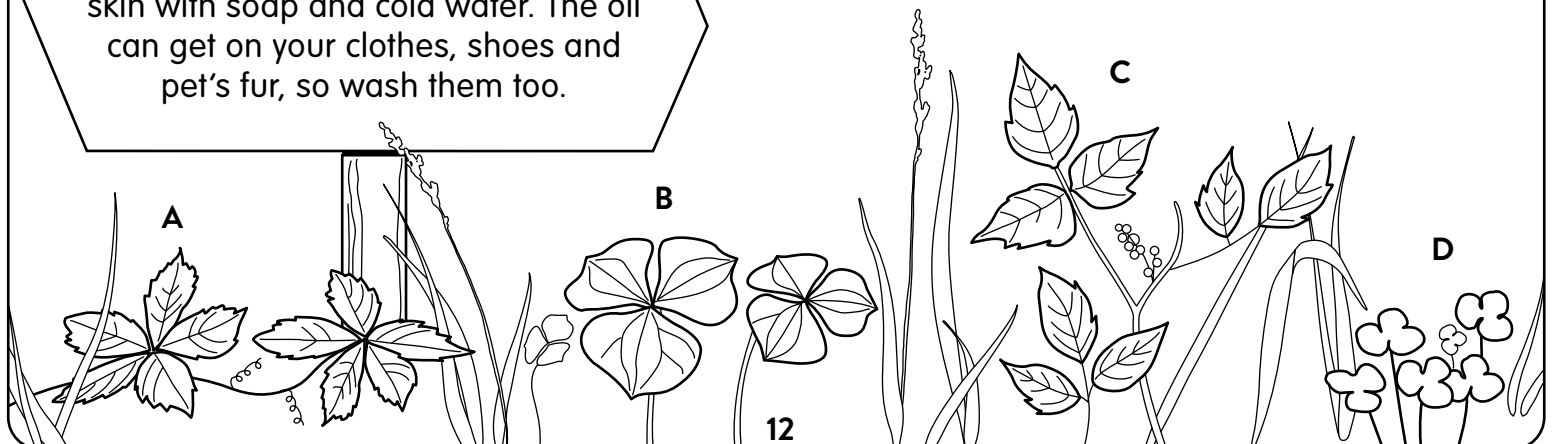


OOPS! DID YOU GET TOO CLOSE?

If you touch poison ivy, wash your skin with soap and cold water. The oil can get on your clothes, shoes and pet's fur, so wash them too.

Can you circle the poison ivy plant below?

Find the answer and each plant's name at the bottom of the next page.



Powerful Plant Match-Up

Many plants have superpowers that protect them from hungry wildlife.
Can you draw a line from each plant to its matching protection?

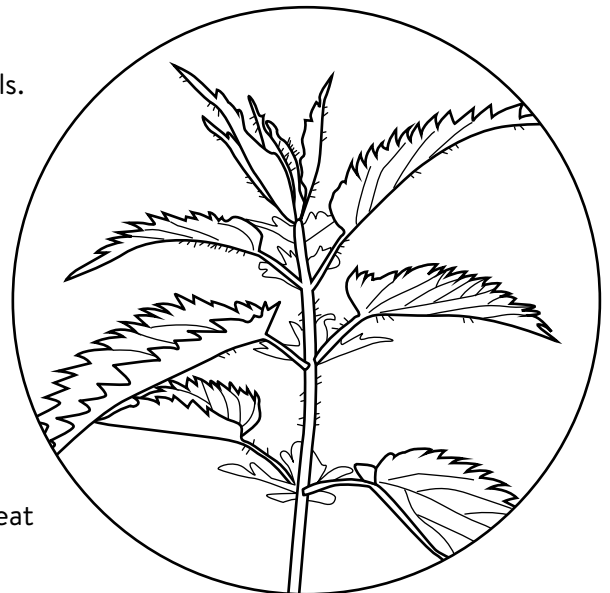
Common milkweed



E

Thick bark can protect this plant from hungry animals. Some insects have their own superpowers and sneak through.

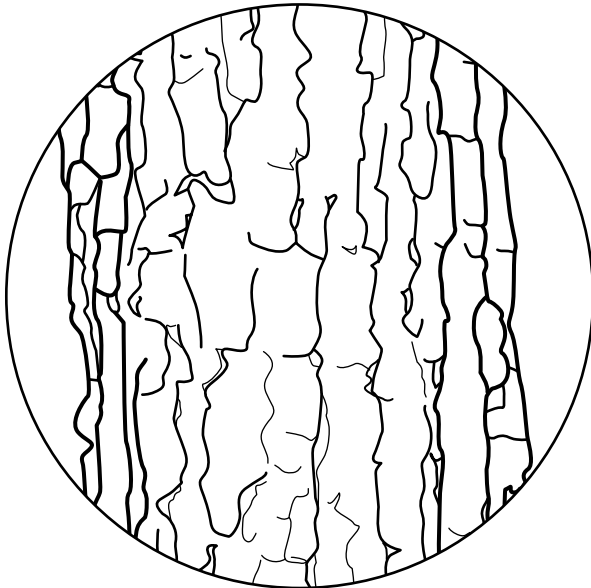
Stinging nettle



F

Thorns protect the stem and leaves of this plant. Animals eat its tasty berries.

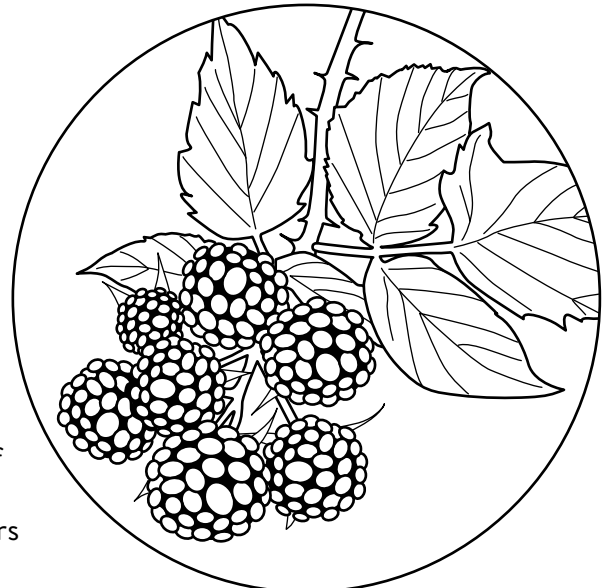
Oak tree



G

Tiny hairs cover this plant's stem and leaves and will make your skin itch and sting if you touch them.

Black raspberry



H

Milky sap makes most animals sick if they eat this plant. Monarch caterpillars don't seem to mind and eat this plant's leaves.

Use your **SUPER SENSES**

Animals use their super senses to find food and escape danger. Take some mindful moments to focus on the world around you. By concentrating on each of your senses, you may notice things that you hadn't before.

Find a spot outside where you can sit quietly for a few minutes. Get comfortable. Take five deep breaths to power on your senses.



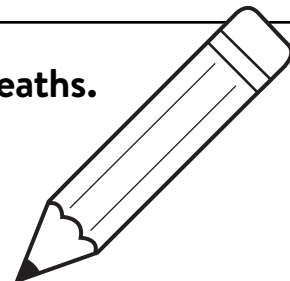
**Gently press your hands to the ground. What do you feel there?
Draw or describe below.**



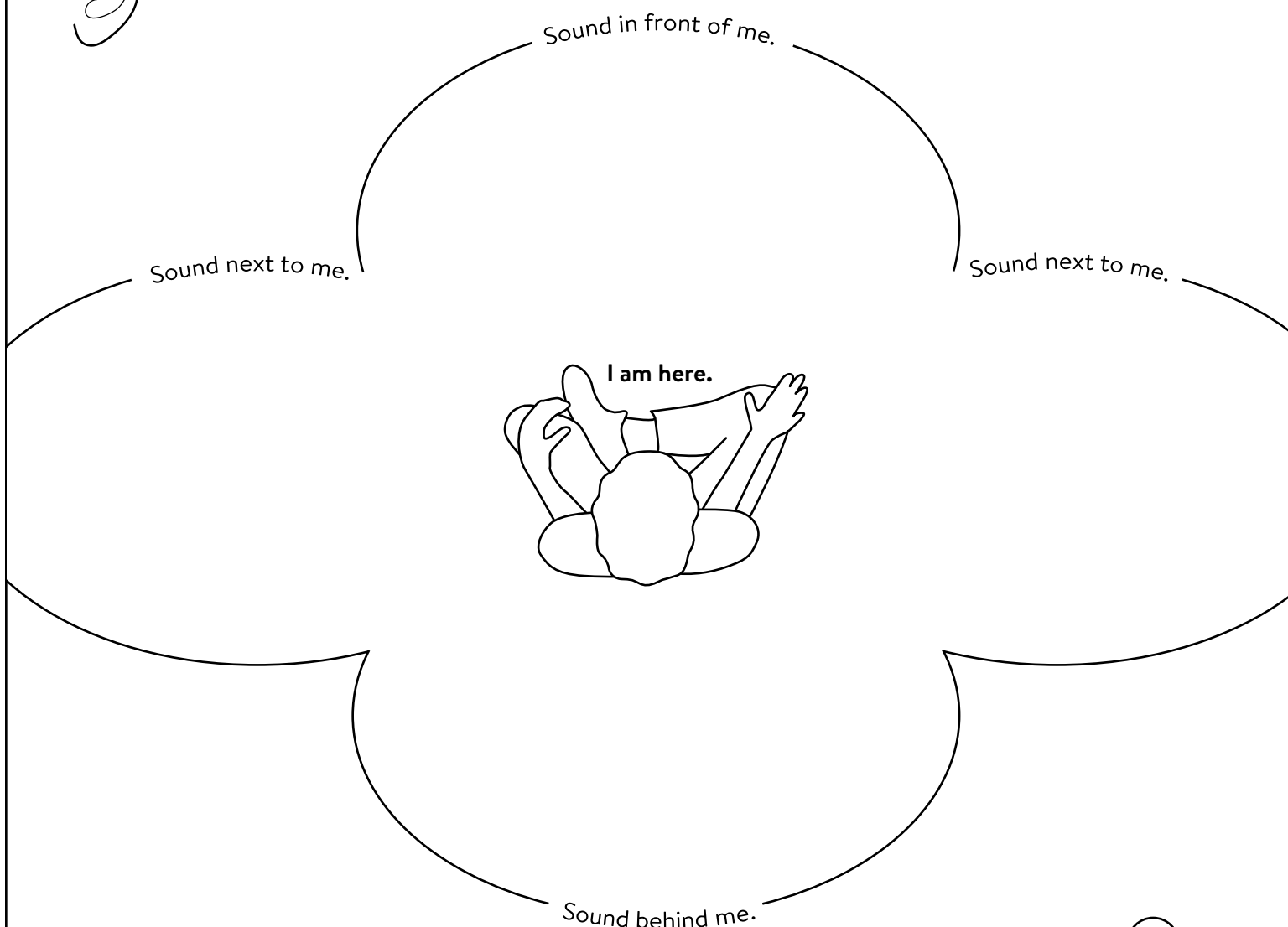
Look all around you. Notice everything. Look up, high above you. Draw or describe something you see there.



**Now, close your eyes and sniff the air. Take ten deep breaths.
Draw or describe what you smell.**



Close your eyes again and listen for a whole minute. Then, draw or describe what you heard around you using the circles below.



You've earned 1 point!

Outsmart **TRICKY** Ticks

Ticks are little creatures with superpowers you'll want to avoid. Some carry diseases that might make you sick if they bite you. But don't worry, you can outsmart ticks if you know the secrets of their powers.

Close-up of a blacklegged tick (deer tick)

Hooked claws on eight legs help a tick climb up plants and grab onto passing animals.

Tiny size helps a tick hide.

They can be as small as this * or as large as this.



Adult American dog tick (wood tick)

Camouflage helps a tick hide from birds and other animals that eat it.

Pointy mouth parts help a tick attach to an animal's skin for a blood meal.

Ticks can feel vibrations from an animal walking nearby and can even detect their breath.

Warmer winters make it easier for ticks to survive. Expect to see more in coming years.

Now that you know what ticks look like, circle all six in the picture below.

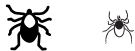


You can outsmart a tick's superpowers!

Use the tips below to avoid ticks during your outdoor adventure.

- Stay on the trail.
- Wear light-colored clothes.
- Wear long pants and sleeves.
- Tuck your pants into your socks.
- Use insect repellent.
- Check yourself after every outdoor adventure.

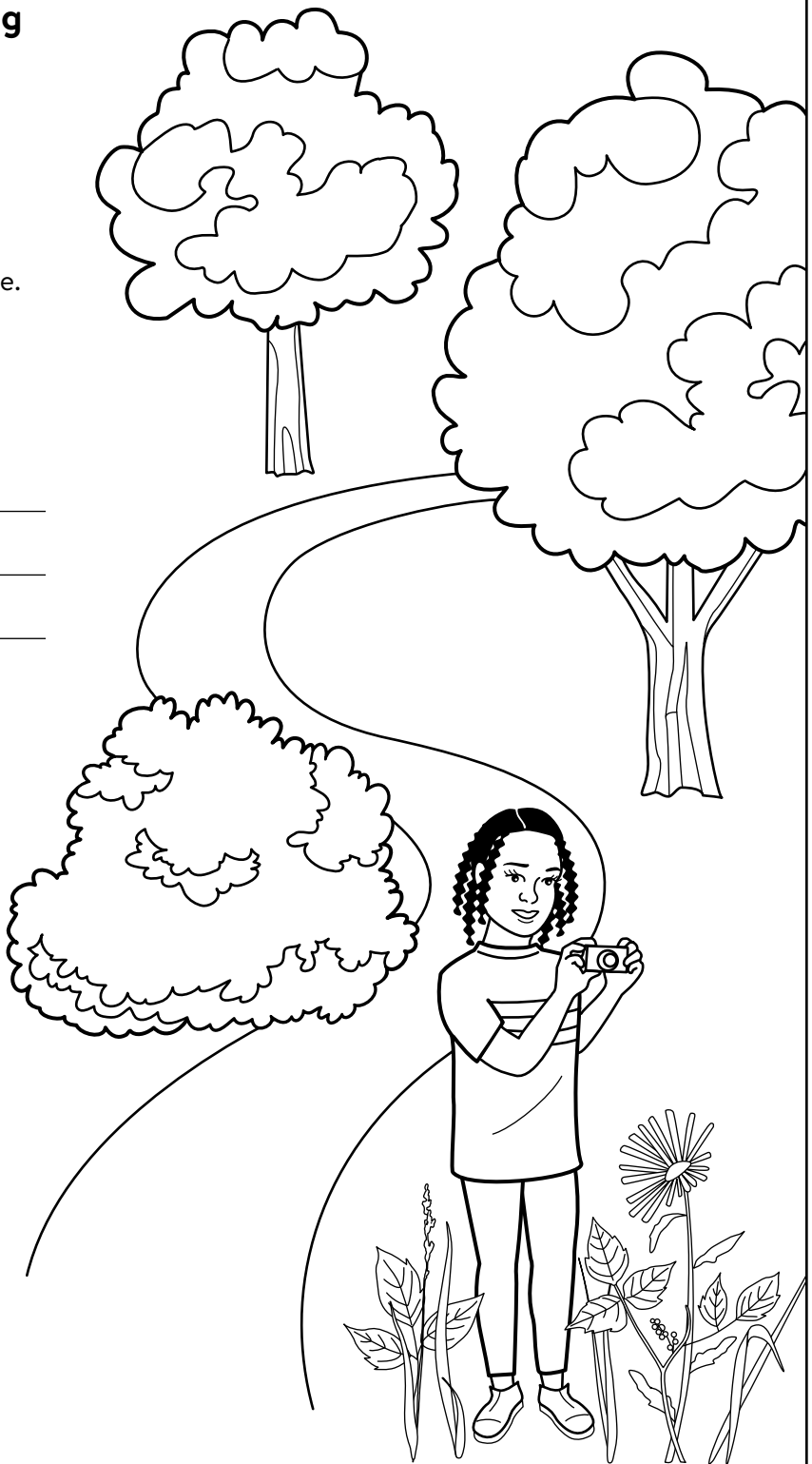
What three things could this hiker do better to outsmart ticks?



Did a tick outsmart you?

If you find a tick attached to you, don't worry. Ask an adult to help you remove it.

Adults, use tweezers to grab the tick by its head, close to the skin. Pull the tick out with a slow and steady upward motion (do not squish or twist). Wash the tick bite with soap and water. Visit the Minnesota Department of Health's website for information and instructional videos.



☐ Tick check

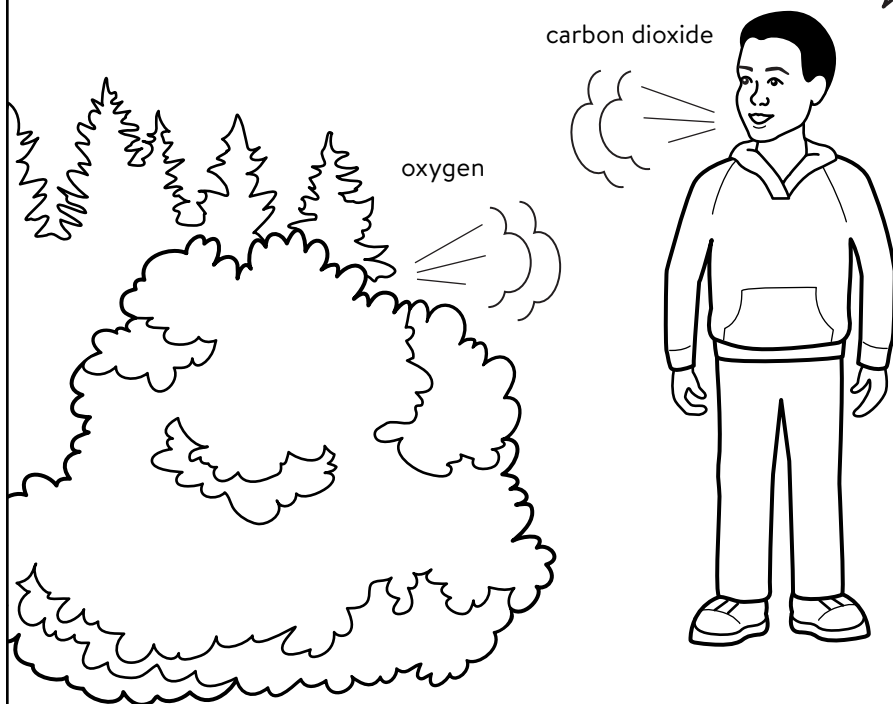
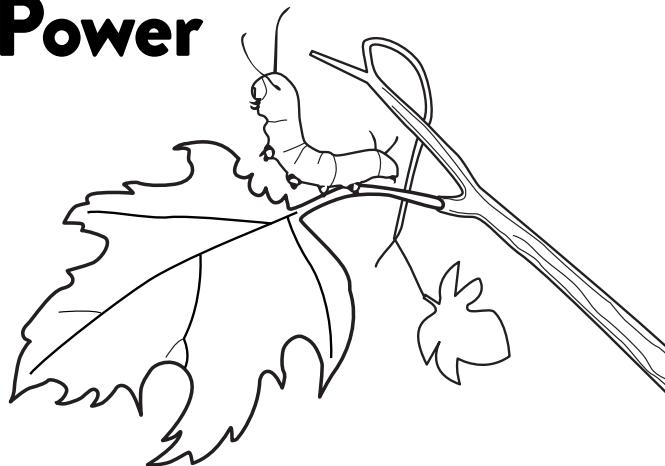
Did everyone in your group check for ticks after your outdoor adventure today?

Check the box if you checked for ticks.

You've earned **1** point!

Search for SOLAR Power

Plants have a superpower that helps you. Their green leaves capture sunlight and turn it into food. This adaptation is called **photosynthesis**. After sunlight becomes a plant's food, the plant can become an animal's food.



Take a deep breath...

Plants made the oxygen you breathed in.

Breathe out...

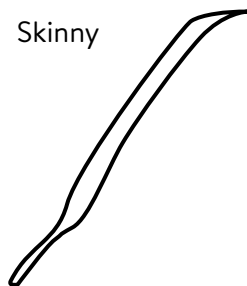
Plants can use the carbon dioxide gas you exhale.

Plants also help capture some of the carbon dioxide that factories, power plants and cars release.

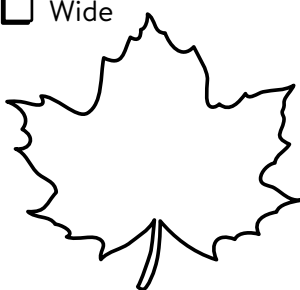
Move to a place with plants...

Can you spot the leaf shapes below? Check them off as you go.

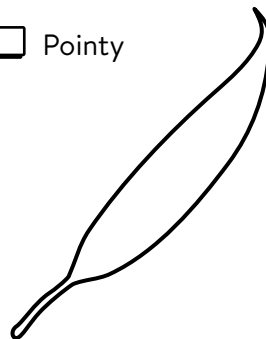
☐ Skinny



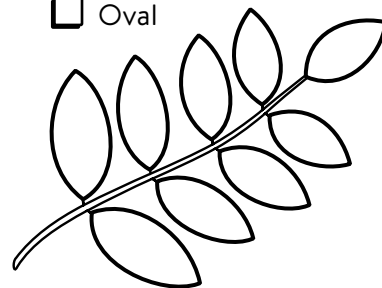
☐ Wide



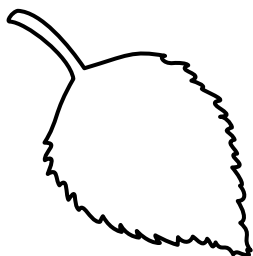
☐ Pointy



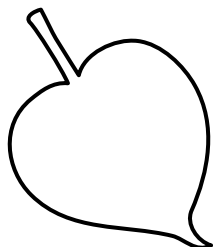
☐ Oval



☐ Toothed edges



☐ Smooth edges



How many different leaf shapes can you spot in one minute? _____

Leaves look different, but each of them helps a plant turn sunlight into food.

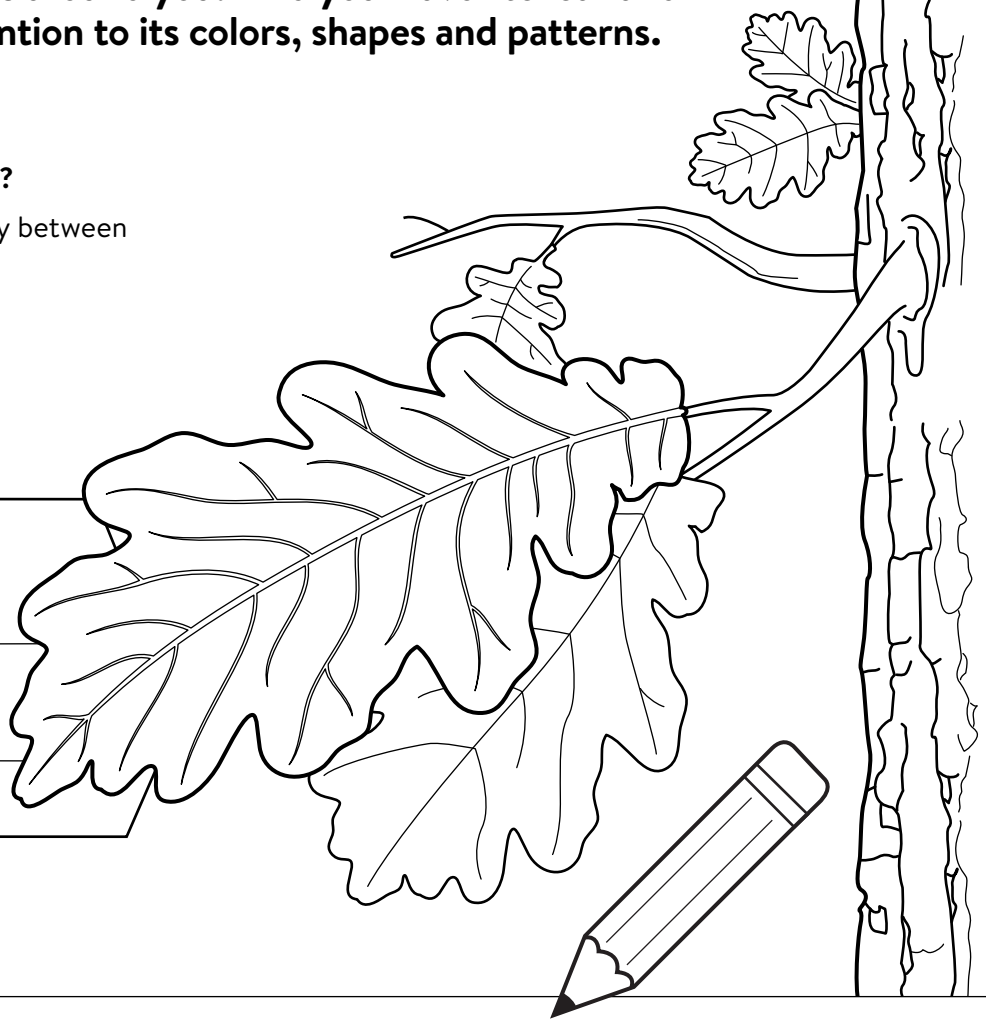
Look at the leaves around you. Find your favorite leaf and pay special attention to its colors, shapes and patterns.

Did you notice veins (lines) on the leaf?

Veins move water, nutrients and energy between the leaf and the rest of the plant.

BE A PARK SUPERHERO

Enjoy plants without
picking them.



Draw or describe your favorite leaf below, adding as many details as you can.

You've earned **1** point!

Habitat Hike BINGO

Each plant and animal has a habitat, or home, with everything it needs to survive. A habitat could look like a forest, a prairie, a lake, a river or a marsh. In the right habitat, a plant or animal's adaptations work like superpowers. In the wrong habitat, their adaptations might not work at all. Imagine a fish trying to swim in a forest instead of a lake!

Get ready to explore some habitats for clues about who might live there. Grab a map from the park or pull one up on a phone at mndnr.gov/geopdf. Pick a trail your group wants to travel.

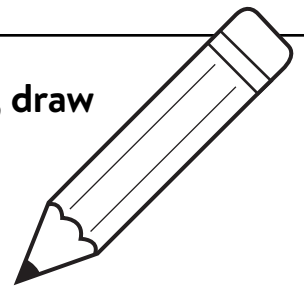
Go on a hike or a bike ride.



As you explore the trail, look for habitat clues for BINGO on the next page.

BINGO! When you find something in one of the boxes, draw a picture or describe what you found.

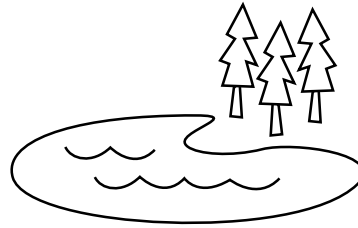
Keep going until you find and fill-in four boxes in a row (up/down, across or diagonal).



Something a plant-eating animal (herbivore) could eat

Soft soil where an ant could dig an underground home

A place with enough water for a fish to swim



Enough space for a large bird to fly

A place with enough soil for a tree to grow

A good hiding spot for a green-colored caterpillar

A quiet, sunny spot for a snake to warm up

A spot for a small bird to build a safe nest

A good hiding spot for a mouse

A tree where a woodpecker could find beetles to eat

Damp, fallen leaves that a land snail could hide in

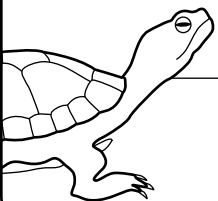
A sunny place where a tiny plant can grow

A sandy place near water where a turtle could lay her eggs

Something a meat-eating animal (carnivore) could eat

A flower that a bumblebee could visit for food

A good hiding spot for a deer



You've earned **1** point!

Go to a Park Program

Many parks have free naturalist programs to help you explore. Naturalists are park educators who can help you discover what makes a park special. Find information at the park office or visitor center or go to mndnr.gov/ptcalendar to see what is happening during your visit.

What program did you go to?

What was your favorite part of the program?

What is something new you learned?



Naturalist or adult's signature: _____

You've earned **2** points!

Keep exploring!

Minnesota's state parks and recreation areas are full of outdoor adventures.
Which have you visited?

Catch a fish, find an insect, listen for birds, discover plant names, explore a winter trail on snowshoes and so much more during a naturalist program at a state park. Find a program happening near you by visiting mndnr.gov/ptcalendar.





Junior Ranger Certificate

(Name)

I have discovered the hidden superpowers of park plants and animals. As a Junior Ranger, I promise to do my best to protect these plants and animals, to keep learning about them, and to share what I know with others.

Park name: _____

Staff signature and date: _____

