

# Cuyahoga Valley National Park












## Junior Ranger, Jr. Cards



These activity cards are designed to help adults visiting with children ages 3 - 6 enjoy their time outdoors together. To earn a Junior Ranger badge, complete any 10 activities and then stop at the visitor center or e-mail us at [cuva\\_info@nps.gov](mailto:cuva_info@nps.gov).

# Tips for Grown-Ups

-  Pick short trails with a nearby restroom.
-  Dress for the weather in sturdy shoes and comfortable clothes.
-  Pack drinks, bite-sized snacks, napkins, band aids, insect spray, and sunscreen.
-  Know how to avoid poison ivy.
-  Be flexible. Pace and adapt activities as needed.
-  Use your senses and celebrate nature's details.
-  Leave what you find for others to enjoy.
-  Ring this set together if you prefer.
-  Junior Ranger programs for ages 4 - 6 and 7 - 12 are listed at [www.nps.gov/cuva](http://www.nps.gov/cuva).  
Click on calendar.

