

Frederick Douglass
National Historic Site

National Park Service
U.S. Department of the Interior



National Capital Parks—East



Frederick Douglass Junior Ranger Activity Book



This book belongs to:

Welcome to National Capital Parks-East!

Welcome Junior Ranger!

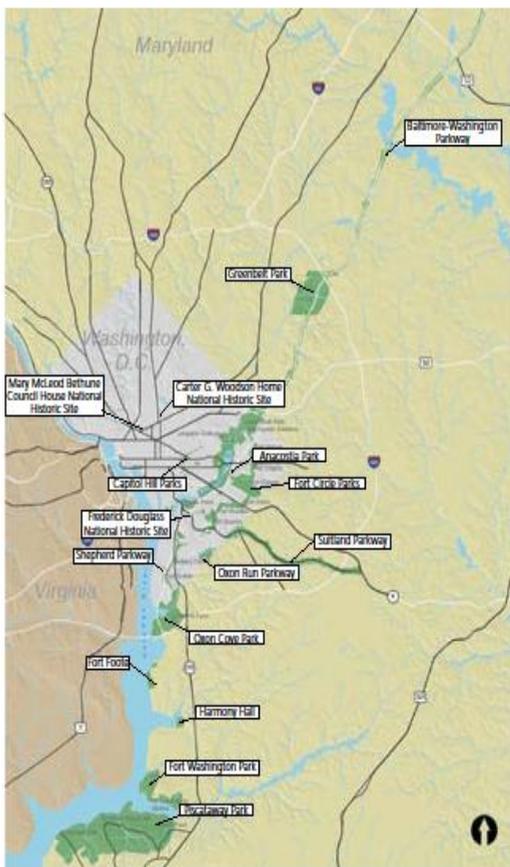
National Capital Parks-East (NACE) welcomes you as a Junior Park Ranger. NACE is one of the many jewels of the National Park System dedicated to conserving resources and providing safe and enjoyable experiences for this and future generations. NACE consists of 16 major park sites, parkways and statues of more than 8,000 acres of natural, cultural, historical and recreational parklands located in Washington, D.C. and Maryland. For more information, visit www.nps.gov/nace.

NACE Jr. Ranger books and programs are stepping stones to learn more about the National Park Service, while making a difference for years to come. Any comments or questions about this booklet or Jr. Ranger programs are welcomed and should be sent to:

Ms. Lori M. Spillman
National Capital Parks-East
1900 Anacostia Drive, SE
Washington, DC 20020
202-692-6036

lori_m_spillman@nps.gov

We thank you for your interest in National Capital Parks-East and hope that this booklet sparks an interest for you to explore, learn and protect your national parks.



Alexy Romero

Alexy Romero
Superintendent

Becoming a Junior Ranger



As a Junior Ranger at the Frederick Douglass National Historic Site, you will Learn about the life of Frederick Douglass, Explore his home, and discover how to Protect this historic site.

Follow the instructions on each page. Complete 8 or more activities in this book and return the book to a Ranger in the visitor center, where you will be awarded an official Junior Ranger Badge. Some of the activities require you to visit the Historic Site, but you can skip those ones if you are not able to visit.

Remember that being a Junior Ranger means Learning, Exploring, and Protecting our National Park sites.



If you have any questions feel free to contact the Frederick Douglass National Historic site at:
Frederick Douglass NHS
1411 W Street, SE
Washington, DC 20020
202-426-5961
<http://www.nps.gov/frdo>

Let's have some fun!



About Frederick Douglass

Frederick Douglass was one of America's most outspoken African American leaders. He was born enslaved on a plantation in Talbot County, Maryland around 1818. When he was enslaved Douglass was not allowed to attend school, but he knew education was the key to freedom. He took any chance he could to learn and taught himself how to read and write. When he was twenty years old Frederick Douglass made a daring escape from slavery with the help of his first wife Anna Murray.

Once he arrived in the North, Frederick Douglass joined the abolitionist movement, working to end slavery. He became a famous activist, fighting against discrimination towards African Americans and women. Because of his great talent as an orator (public speaker), newspaper editor, and writer, Frederick Douglass became internationally known and respected. He spent his life working for justice and equal rights for all people.

When he was 59 years old he moved to a house he called Cedar Hill, in Washington D.C. After his death in 1895, his second wife, Helen Pitts, made plans to turn Cedar Hill into a **museum so people could learn about Frederick Douglass's life and work.** Now Cedar Hill is part of the National Park Service, which means all Americans can visit and honor Frederick Douglass's legacy.

Books Are Power



Frederick Douglass understood the power of knowledge. When he was enslaved, his master had the power to take the shirt off his back, but no one could ever take the knowledge he learned.

Frederick Douglass continued to teach himself and learn new things throughout his entire life. At Cedar Hill, he had a library built to hold his books. He owned over 800 books!

If you visited Frederick Douglass, he would probably ask you about what you like to read! Answer the questions below so you would know what to talk about.

1. What is the name of your favorite book?
2. Who is the author?
3. Why do you like this book?
4. When was the last time you visited the library near your home?
5. What book would you like to read next?



Becoming an Orator

An orator is someone who has great skill as a public speaker. Frederick Douglass's powerful speeches against slavery and racism moved many Americans to join his cause.

An orator's most important tool is his voice. Follow the instructions below to learn how to use your voice like an orator.

- Say Frederick Douglass as **loud** as you can
- Say Frederick Douglass as **soft** as you can
- Say Frederick Douglass as **sad** as you can
- Say Frederick Douglass as **mad** as you can
- Say Frederick Douglass as **slowly** as you can

Now you are ready to practice your oratory skills. On the next page is part of a speech Frederick Douglass gave against slavery. Using the symbols above, mark which words you would say loudly, softly, sadly, mad, or slowly.

Practice giving this speech, and then let an adult or Park Ranger hear you deliver your oratory. Remember: your voice must be POWERFUL!



From the speech "What to the Slave is the Fourth of July?" delivered July 5, 1852

"Whether we turn to the declarations of the past, or to the professions of the present, the conduct of the nation seems equally hideous and revolting. Standing with God and the crushed and bleeding slave on this occasion, I will, in the name of humanity which is outraged, in the name of liberty which is fettered, in the name of the Constitution and the Bible, which are disregarded and trampled upon, dare to call in question and to denounce, with all the emphasis I can command, everything that serves to perpetuate slavery—the great sin and shame of America!"



Douglass's Autobiography

Another way that Frederick Douglass taught people about the struggle against slavery was through writing. He wrote his autobiography, or the story of his life, which told about his life in slavery, his escape, and his work as an abolitionist.

Instructions: Match the number to the letter in the key to discover the title of Frederick Douglass' autobiography.

 19 26 13 13 26 6 17 7 18 2 15 6 10 18 4 17 15 18

 2 15 15 13 18 14 18 13 17 8 23 14 2 16 3 4 26 22 22 26 19

 26 12 18 13 17 8 26 19 22 4 26 7 18

KEY

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
26	11	8	14	18	15	3	10	17	9	23	4	12	19	2	5	1	13	22	6	16	7	20	25	21	24

Your Autobiography



Instructions: Answer the questions about yourself to create your own autobiography.

1. Where and when were you born?

2. Who do you live with?

3. Do you have siblings?

4. What are your three favorite holidays?

5. What is the name of your school?

6. What is your favorite subject in school?

7. What are you passionate about?

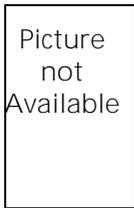
8. What do you want to be when you grow up? _____



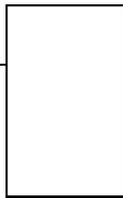
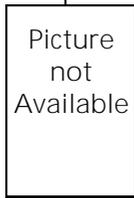
Frederick Douglass's Family Tree

Enslaved people could not receive birth certificates, and thus had no legal record of who their parents were or when they were born. Frederick Douglass never knew when his birthday was, and the only record of his birth was in a list kept by his master. It was important for enslaved families to name their children after relatives, and remember who they were descended from, because they had no other records of their family ties.

Betsey
(Grandmother)



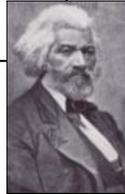
Harriet
(Mother)



Douglass
never
knew his
father



1st Wife
Anna Murray



Frederick Douglass



2nd Wife
Helen Pitts Douglass



Rosetta



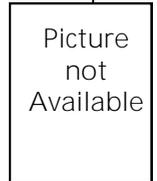
Lewis



Frederick, Jr.



Charles

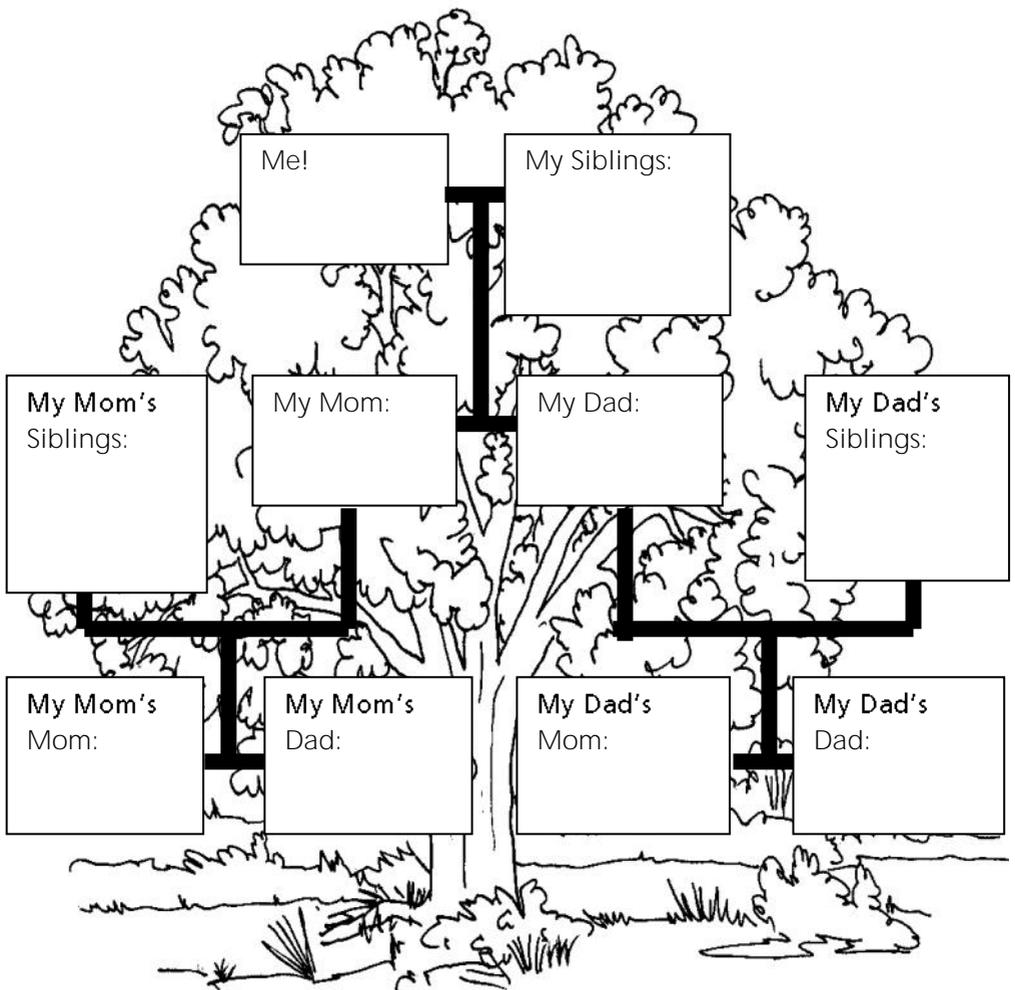


Annie

Your Family Tree



Do you know who you are descended from? Try to fill out this family tree. You will probably have to talk to your parents and grandparents in order to finish the tree. This is a great way to learn about your family!





Working Together

Frederick Douglass worked with a number of people to help with his mission to end slavery and gain voting rights for women. Can you match these famous people with their descriptions?

Born a slave and helped free other slaves using The Underground Railroad



Elizabeth Cady Stanton

An abolitionist and editor of *The Liberator* newspaper



Abraham Lincoln

Leader of the women's rights movement



Harriet Tubman

Served as the 16th President of the United States, and ended slavery



William Lloyd Garrison

Visiting the Historic Site



You can learn a lot about Frederick Douglass's life from the exhibits in the visitor's center at the Frederick Douglass National Historic Site. Look around the exhibit and see if you can find the answers to these questions.

1. How did Frederick Douglass help people to escape slavery?

2. What was Frederick Douglass' first newspaper called?

3. Who were two of the first men to join the 54th Massachusetts Regiment during the Civil War?

4. What did Mary Todd Lincoln send to Frederick Douglass?

5. How tall was Frederick Douglass?



Inside Douglass's Home

Instructions: Draw a picture of your favorite objects in Frederick Douglass's house.

1. Why did you choose these objects?

2. What do these objects tell you about Frederick Douglass?



Inside Your Home



Instructions: Draw a picture of your favorite room in your home.

A large rectangular frame with a blue border and a yellow double-line border. The frame is mostly empty, intended for drawing. At the bottom right corner of the frame, there is a small illustration of a yellow pencil with a pink eraser and a sharpened lead tip. The frame has small blue squares with white dots at each of the four corners.

1. Why did you choose these objects?

2. What do these objects tell people about you?





Artifacts at Cedar Hill

An artifact is anything that a human has made or used.

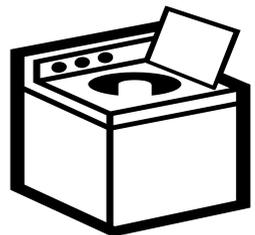
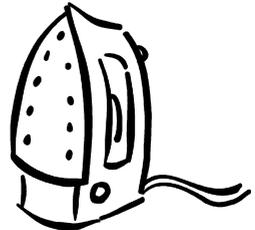
Instructions: What do these artifacts tell us about Frederick Douglass' life at Cedar Hill?



Matching Artifacts



Instructions: Draw a line matching the artifacts used in the Frederick Douglass House to objects we use today. Please feel free to color the objects.





Health and Fitness

Frederick Douglass believed it was important to keep both your body and mind in shape. He exercised on his front lawn and walked five mile to his offices in D.C

every day. Can you keep up with Frederick Douglass's workout? Check the box after completing each exercise activity.

1. Do 20 jumping jacks

2. Do 5 push ups

3. Jog in place for 60 seconds

4. Do 5 sit ups

5. Do 20 arm circles



Fitness Challenge: There are 85 stairs from the street to Frederick Douglass's front door!

6. Walk up 85 stairs



Douglass Word Search



Instructions: There are 15 words related to Frederick Douglass hidden in the puzzle below. Circle each word as you find it. Words may be listed straight, across, up, down, backwards, or diagonally.

C A C T I V I S T Q P D Y I V
Y A I N U X O Y W U F B A C M
Z D B S Y V G H R X R U M W A
L G O O D K C W I Q E A B T R
S E C U L X E O T H D D A N S
T F Z S G I U Y E Y E V S Y H
A S E H J L T Z R V R O S N A
T T N Y F Q A I C H I C A A L
E R W J J F I S O E C A D R O
S U J G Z A R B S N K T O R S
M G O J V N W E Z Z U E R A C
A G R H O V O T E C O Q W T K
N L V V H M N C K D G H G I R
B E E D I T O R Y R O T B V B
O R A T O R P W U J P M Z E E

ABOLITION
ACTIVIST
ADVOCATE
AMBASSADOR
DOUGLASS

EDITOR
FREDRICK
FREEDOM
MARSHAL
NARRATIVE

ORATOR
STATESMAN
STRUGGLE
VOTE
WRITER



Protecting Cedar Hill

The artifacts at Cedar Hill are priceless, and over 100 years old. In order to protect the artifacts, the house is kept a constant temperature, and no bright lights, such as camera flashes, are allowed.

Instructions: To find out why bright lights are not allowed inside the historic house, do the following experiment.

What you will need:

Scissors Tape Dark Construction Paper A Sunny Window

Instructions:

1. Cut out the shape on the next page, or design your own shape. It just need to be a solid design and black.
2. Tape the shape on a piece of dark construction paper. Use just a little bit of tape, because you will remove the shape later.
3. Tape your picture in a sunny window, and leave it there for one week.
4. After several days, take you picture down and remove the shape from the construction paper. What happened?

Why do you think no bright lights are allowed inside Cedar Hill?



Checklist



Use this checklist to keep track of your points. Put a check beside all of the activities that you have completed. After you complete at least 8 of the 14 activities in the booklet, fill out the information at the bottom with an adult. Then cut out this page and turn it over. Fold on the lines, tape the flap down, add a stamp, and drop it in the mail. A Park Ranger will review your work and send you your official Junior Ranger material.

Activities

- | | |
|---|-------------------------------------|
| Escape to Freedom_____ | Working Together_____ |
| Books are Power_____ | Visiting the Historic Site_____ |
| Becoming an Orator_____ | Inside Douglass's Home _____ |
| Douglass's Autobiography _____ | Inside Your Home_____ |
| Your Autobiography_____ | Artifacts at Cedar Hill_____ |
| Frederick Douglass's Family Tree _____ | Matching Artifacts_____ |
| Your Family Tree_____ | Health and Fitness_____ |
| Douglass Word Search_____ | Protecting Cedar Hill_____ |

Complete this part with an adult

Junior Ranger's Name: _____

Address: _____

Email: _____

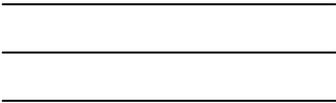
I certify that the person named above has completed the tasks necessary to be considered a Frederick Douglass National Historic Site Junior Ranger.

To be added to the Junior Ranger Mailing List for updates on park events, check this box.

This information will not be shared with any third parties.

Tape Closed Here

Fold Here



**Don't
Forget A
Stamp!**

Frederick Douglass NHS
1411 W Street, SE
Washington, DC 20020

Fold Here