

# Discover the Power of Parks Programs: August

## **Morning Meditation**

Start your day out right with 45 minutes of deep breathing, meditation, and gentle stretching.

## **Sustainable Crafts: Nature Journals**

Tune into the natural world and create your own nature journal.

## **Campfire Story Hour: Gluscabi and the Game Animals**

Find out how Gluscabi, a prominent figure in Abenaki folklore, learned an important lesson about New Hampshire's native wildlife. Arrive 15 minutes early for a brief lesson on campfire-building and fire safety.

## **Treetastic**

Learn more about New Hampshire's native trees and learn to use a dichotomous key.

## **Composting 101**

Find out one of the best ways of reducing landfill waste and nurturing our planet.

## **Pelts, Skulls, and Tracks, Oh My!**

Check out some New Hampshire animal artifacts while you check into camp at the front office.

## **Campfire Story Hour: Gluscabi and the Wind Eagle**

Find out how Gluscabi, a prominent figure in Abenaki folklore, met the mighty Wind Eagle who creates New Hampshire's weather patterns. Arrive 15 minutes early for a brief lesson on campfire-building and fire safety.

## **Sustainable Crafts: Abenaki Buzzer Toys**

Learn to make a Native American noise-maker toy using only natural and recycled materials.

## **Becoming Bear Aware**

Bears are often-frightening symbols in our popular culture, but how much do we really know about them? Learn the best ways to prepare for bears with Ranger Joy.

## **Sensory Evening Hike**

Engage all your senses on this evening hike and learn how your body and brain adjust when the sun goes down.

## **Sustainable Camping**

Our state parks do amazing things for us. Find out how to treat them well in return with the seven principles of Leave No Trace.

## **Recycling is Rad!**

Test your knowledge of what can and cannot be recycled.

## **Campfire Story Hour: Bone-Chiller Edition**

Prepare for an evening of hair-raising spooky stories with Ranger Joy. Arrive 15 minutes early for a brief lesson on campfire-building and fire safety.

## **Pondemonium**

Discover the aquatic macroinvertebrates at Beaver Pond and learn about their freshwater ecosystems. Meet at Camper's Beach.

## **Water, Life, and Abenaki Culture**

The Western Abenaki people have been in New Hampshire for approximately 11,000 years. Learn about their intimate connection with the state's rivers and lakes.

## **Birds of a Feather**

Learn behavioral adaptations of some of New Hampshire's birds.

## **The Science of Storms**

How does lightning form? What can the clouds tell us? Learn all about the science of storms in a brief lesson with Ranger Joy.

## **Constellation Observations**

Look at constellations and learn some practical ways to reduce light pollution with Ranger Joy.

## **Invasive Species**

How can one tiny plant or insect place an entire ecosystem in jeopardy? Learn about the negative impacts of invasive species and what you can do to stop the spread.

## **Sustainable Crafts: Papermaking**

Learn how to turn your paper scraps into handmade works of art.

## **Campfire Story Hour: New England Ghost Stories**

Look back at the history of New England and learn about some of its most prolific spooky tales.

## **The Fungus Among Us**

Fungi contribute to our ecosystems in more ways than we can count! Learn all about the world of yeasts, molds, and mushrooms.

## **Abenaki Artistry**

Find out how New Hampshire's indigenous peoples traditionally represented the world around them through the arts.



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