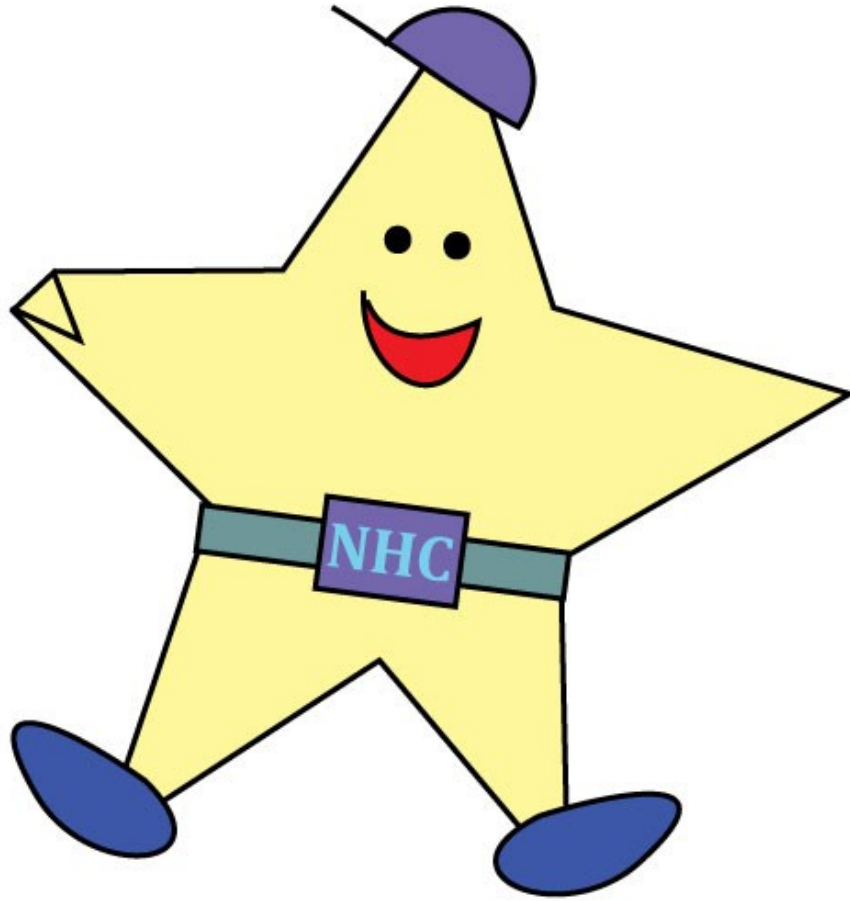


Twinkle Stars



Ages 0-5



This book belongs to:



WELCOME to the New Hanover County Parks & Gardens Parks Stars Youth Program!

What is a Parks Star?

Parks Stars are citizens who are dedicated to caring for and improving New Hanover County's parks. Parks Stars are good stewards. A steward is someone who helps take care of something that belongs to everyone. To become a good steward, you have to learn about the parks and how you can help take care of them. By becoming a good steward and sharing your knowledge with others at a young age, you can help make sure our parks are around for many years.

There are two levels of Youth Parks Stars based on age:

Twinkle Stars - Age 0-5

Junior Stars - Age 6-12

How do you become a Parks Star?

1. Complete all the activities in this booklet.
2. After completion, fill out the form on the last page of this booklet and take it to the Parks & Gardens office to receive your certificate and prize:

New Hanover County Government Center
230 Government Center Drive
Suite 120
Wilmington, NC 28403

3. Parks Stars will receive email newsletters, additional activities and invitations to upcoming Parks & Gardens events and programs.



New Hanover County Parks

Airlie Gardens - 300 Airlie Road, Wilmington, NC 28403

Arrowhead Park - 720 Arnold Road, Wilmington, NC 28412

Blue Clay Bike Park - 3840 Juvenile Center Drive, Castle Hayne, NC 28429

Hugh MacRae Park - 314 Pine Grove Drive, Wilmington, NC 28409

Kings Grant Park - 5027 Lord Byron Road, Wilmington, NC 28405

Monterey Heights Park - 401 Cathay Road, Wilmington, NC 28412

Northern Regional Park - 4700 Old Avenue, Castle Hayne, NC 28429

● **Ogden Park** - 615 Ogden Park Drive, Wilmington, NC 28411

● **Parkwood Park** - 4827 Canetuck Road, Wilmington, NC 28411

● **River Road Park** - 6500 River Road, Wilmington, NC 28412

Riverside Park - 6710 Old Bridge Site Road, Castle Hayne, NC 28429

Smith Creek Park - 633 Shenandoah Street, Wilmington, NC 28411

Snows Cut Park - 9420 River Road, Wilmington, NC 28412

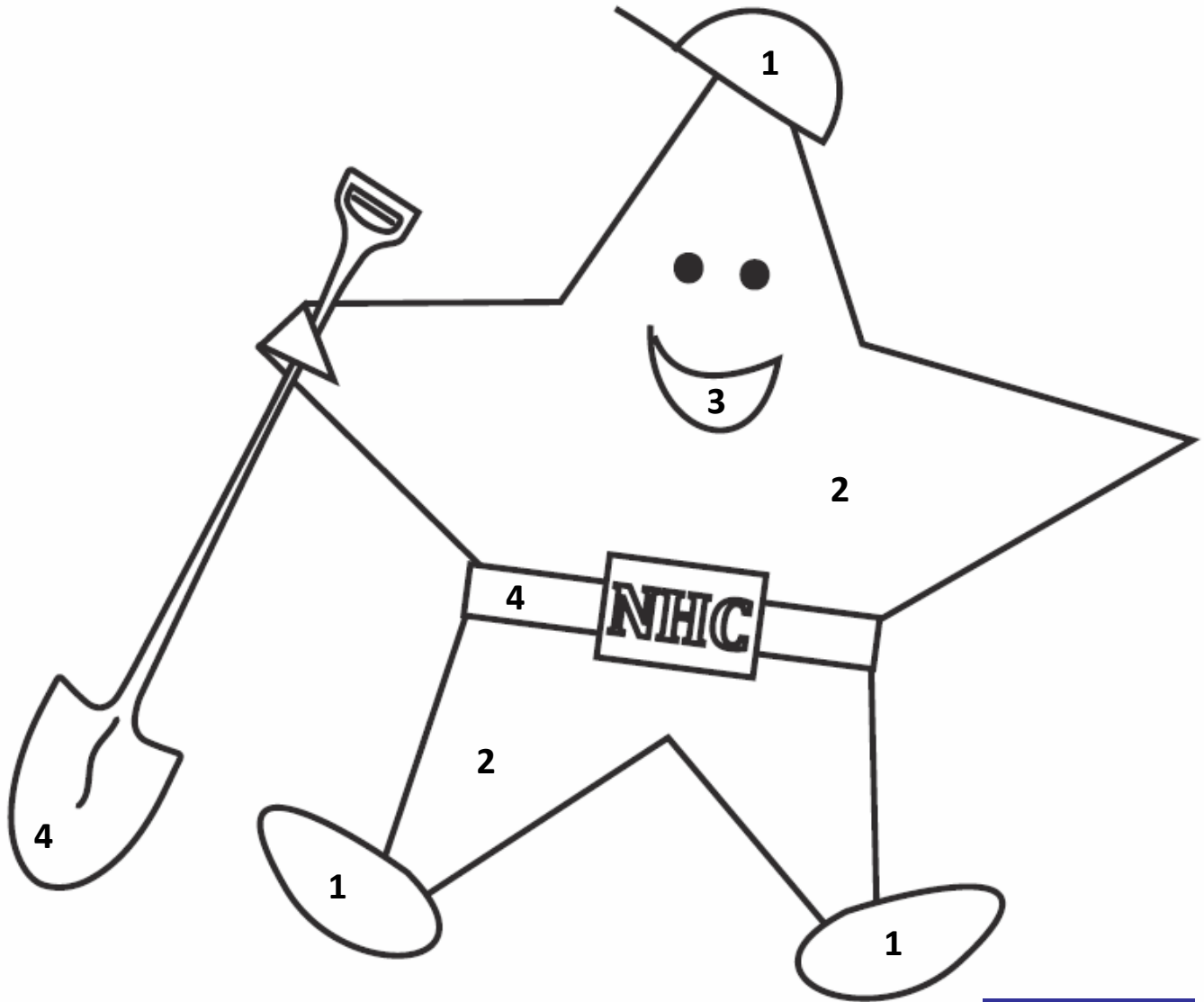
Summer Rest Trail - 423 Summer Rest Road, Wilmington, NC 28403

Trails End Park - 613 Trails End Road, Wilmington, NC 28409

Veterans Park - 835 Halyburton Memorial Parkway, Wilmington, NC 28412

Activity 1: Color Time

Bring Stewy, the Park Steward, to life by following the color key below.



1 Purple

2 Yellow

3 Red

4 Blue

Activity 2: Nature Exercises

Can you....

Flap like a bird for 1 whole minute



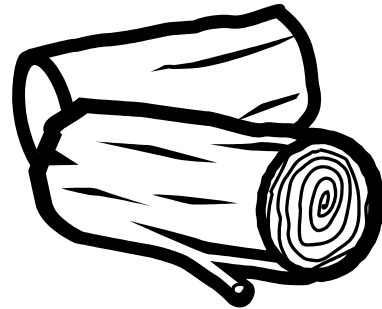
Act like a tree while counting to 10



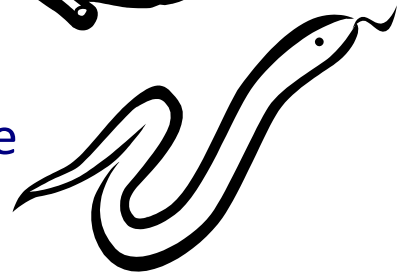
Hop like a frog 10 times



Roll like a log down a hill



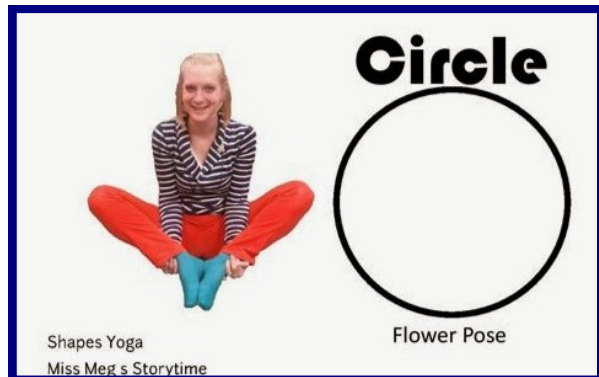
Slither like a snake for 1/2 minute



Now do it 2 more times!

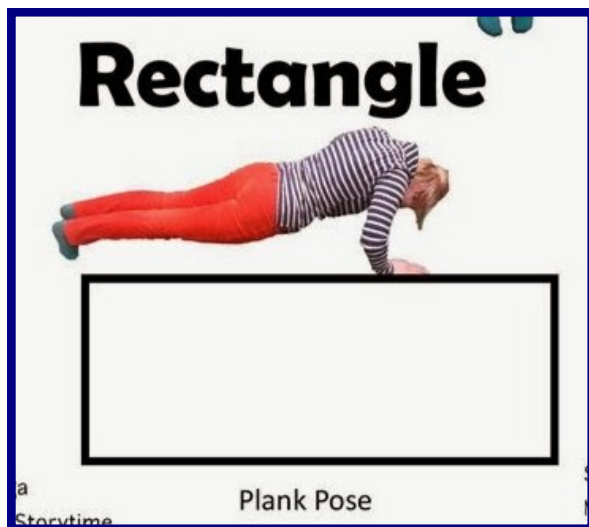
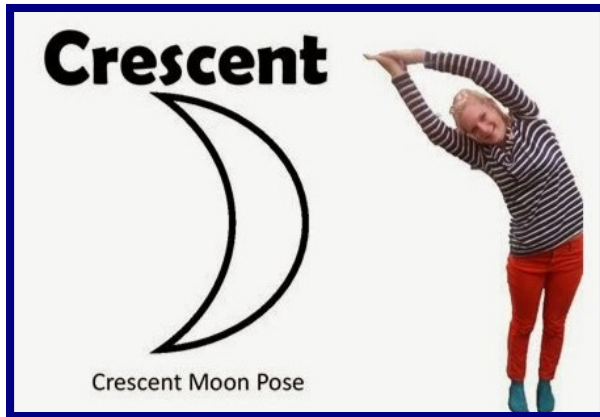
Activity 3: Shapes Yoga

Yoga is a great exercise that can also be fun! Go to any county park with an adult and see how many yoga poses you can make. After that, see how many of these shapes you can find in the park.



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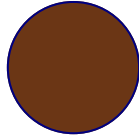
Shapes Yoga

With Miss Meg's Storytime
missmegsstorytime.com

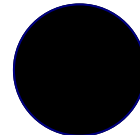
Activity 4: I Spy...

Go to a county park with an adult and see if you can spy things that match each of the colors below.

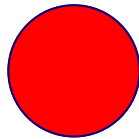
BROWN



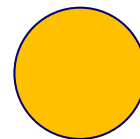
BLACK



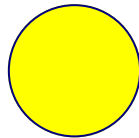
RED



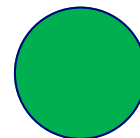
ORANGE



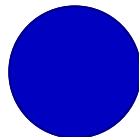
YELLOW



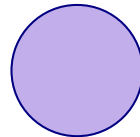
GREEN



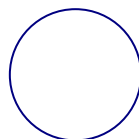
BLUE



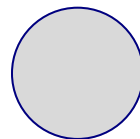
PURPLE



WHITE



GREY

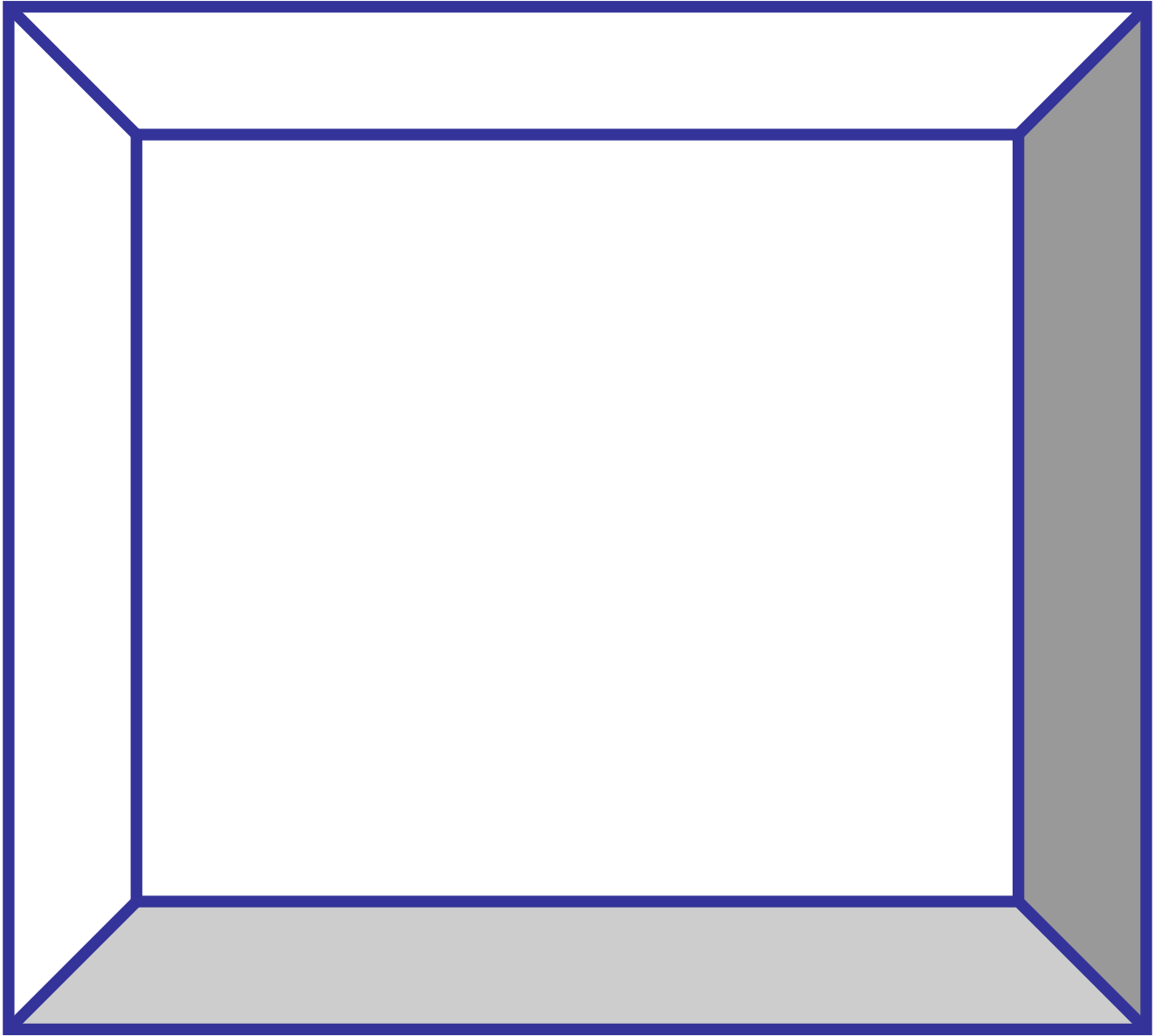


Activity 5: Story time

1. With an adult, go to Smith Creek Park at 633 Shenandoah Street off of Gordon Road in the Murrayville area in New Hanover County.
2. Read the StoryWalk® as you walk along the 1.3 mile trail. The StoryWalk at this location is titled Rainbow Stew by Cathryn Falwell.



Activity 6: Picture Time



Create a picture of your favorite memory in the parks.

Congratulations!

When you have completed your workbook, fill out the registration form below and take it to the Parks & Gardens office in the Government Center to pick up your certificate and prize:

230 Government Center Drive, Suite 120

Wilmington, NC 28405

Phone: 910-798-7620

Hours: Monday– Friday 8am-5pm

Registration Form

Child's Name: _____ Birthdate: _____

Parent Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email*: _____

**Parks Stars will receive email newsletters, additional activities and invitations to upcoming Parks & Gardens events and programs.*

Websites consulted in creation of this booklet:

www.algonquinpark.on.ca/pdf/jrp_2009_lrs.pdf

www.familyeducation.com

www.missmegsstorytime.com

www.nps.gov/biso/forkids/upload/Jr-Ranger-Book2011-updated.pdf

www.nps.gov/cana/forkids/upload/junior-ranger-activity-book_lr.pdf

www.nps.gov/meve/forkids/upload/meve_jr_ranger_booklet.pdf

www.nps.gov/bela/forkids/upload/off-site-jr-ranger-master-onlinelow-res.pdf

www.nps.gov/fost/forkids/upload/NPS_FOST_JRBooklet_11-12-Web.pdf

www.nps.gov/havo/planyourvisit/upload/Junior%20Ranger%20Workbook.pdf

www.parks.ca.gov/?page_id=24762