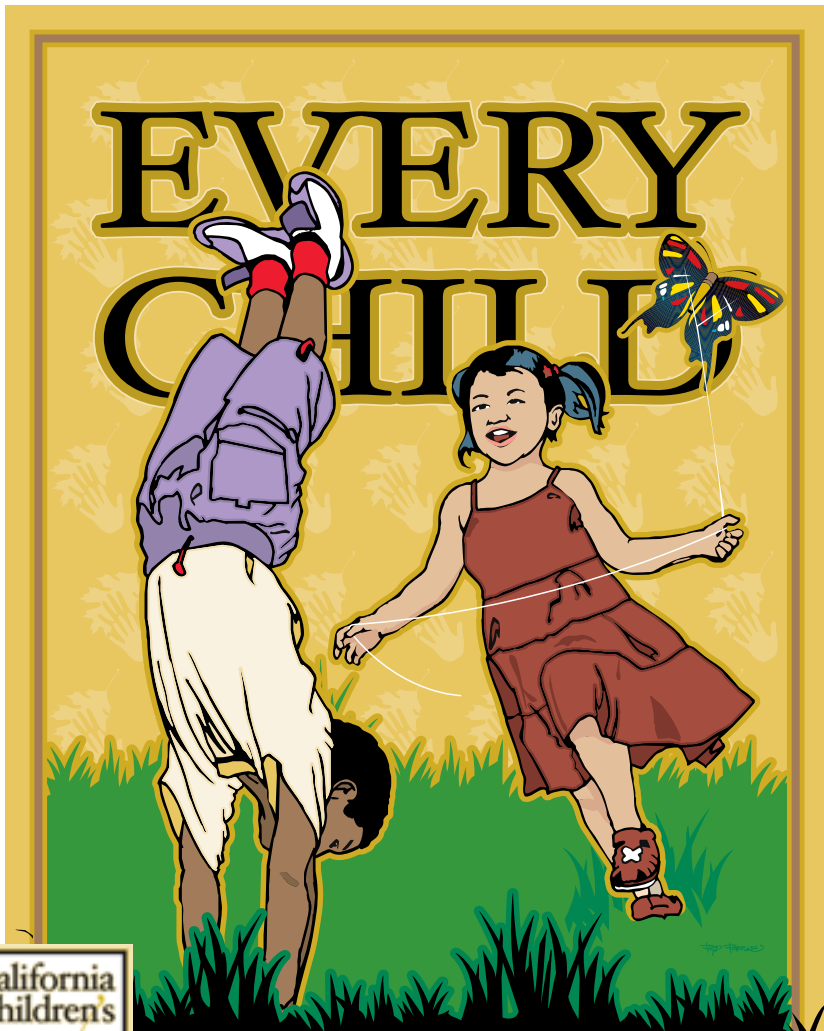


Ten amazing, inspiring, and fun things to do outdoors!

OUTDOOR PARKS PASSPORT



Every child should have the opportunity to:

- Discover California's Past
- Splash in the water
- Play in a safe place
- Camp under the stars
- Explore nature
- Learn to swim
- Play on a team
- Follow a trail
- Catch a fish
- Celebrate their heritage



**Win a
Bike!**



Take the Outdoor Challenge!

**Who: California State Parks and
Sonoma County Regional Parks**

What: The Outdoor Parks Passport

When: April 1, 2009 - October 31, 2009

**Where: All the State and County Parks in Sonoma County listed on the
websites - www.parks.ca.gov and www.sonomacountyparks.org**

The Directions for The Outdoor Parks Passport

Parent Instructions:

- #1 Download and print all 12 pages of the Passport.
- #2 Choose a park, or two, or three, to visit and complete the "right" on each page.
- #3 Complete the whole passport (all 10 pages!) and download the Finisher's Certificate.
- #4 Email (addresses in box below) child's first name and phone number to be in the drawing to win the bike.

Children's Instructions:

- #1 Go to the park, fill in the box on each page with either a drawing, rubbing, painting, or writing.
- #2 Finish all ten pages and download the Finishers Certificate!

**Hey Kids! e-mail us to tell us about your day in the park.
Here's our email address: cincinformation@parks.ca.gov or
parks@sonoma-county.org**

California Children's Outdoor Bill of Rights

With recent concerns about youth detachment from outdoor activities, lack of physical exercise and increased health risks, the California Roundtable on Recreation, Parks and Tourism adopted the California Children's Outdoor Bill of Rights for the purpose of recommending a fundamental list of experiences that every child in California would benefit from experiencing before entering high school.

Numerous studies document that children who do these things are healthier, do better in school, have better social skills and self-image, and lead more fulfilled lives.

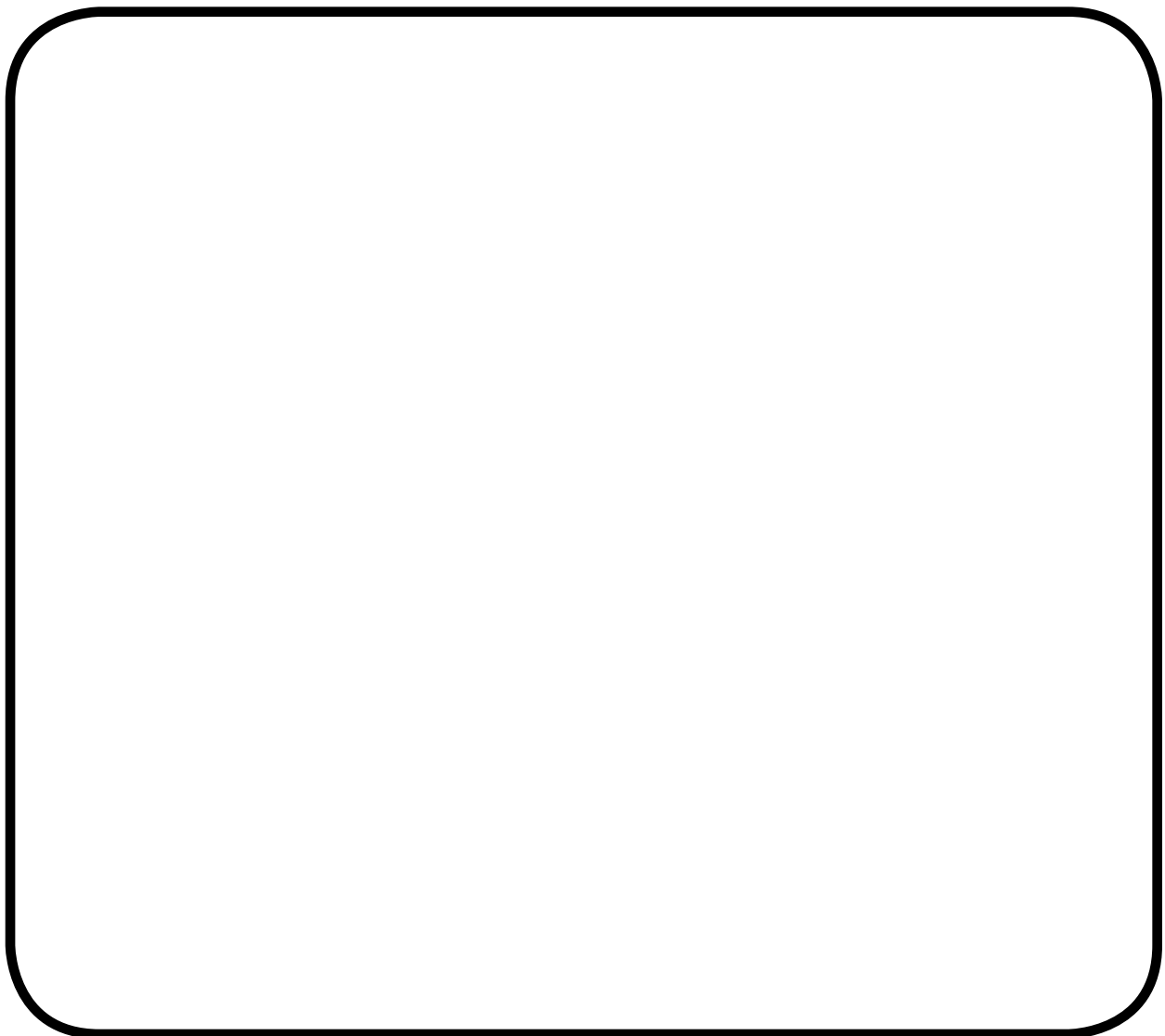
1. Discover California's Past

Enjoy one of these parks to learn about California's rich cultural past: Sonoma State Historic Park, Petaluma Adobe State Historic Park, Running Fence/Watson School, Fort Ross State Historic Park, General Vallejo's Home, Jack London State Park.

Children's Instructions:

While you are in the park, fill in the box on this page with either a drawing, rubbing, painting, or writing. Or, glue a photo of yourself enjoying the park in the box.

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A community is enriched by its culture and recreational offerings. Although some consider this aspect of community life less important than economic and health indicators, others believe that a community cannot be truly healthy unless it has a rich culture and recreational heritage. (Community Report Card)

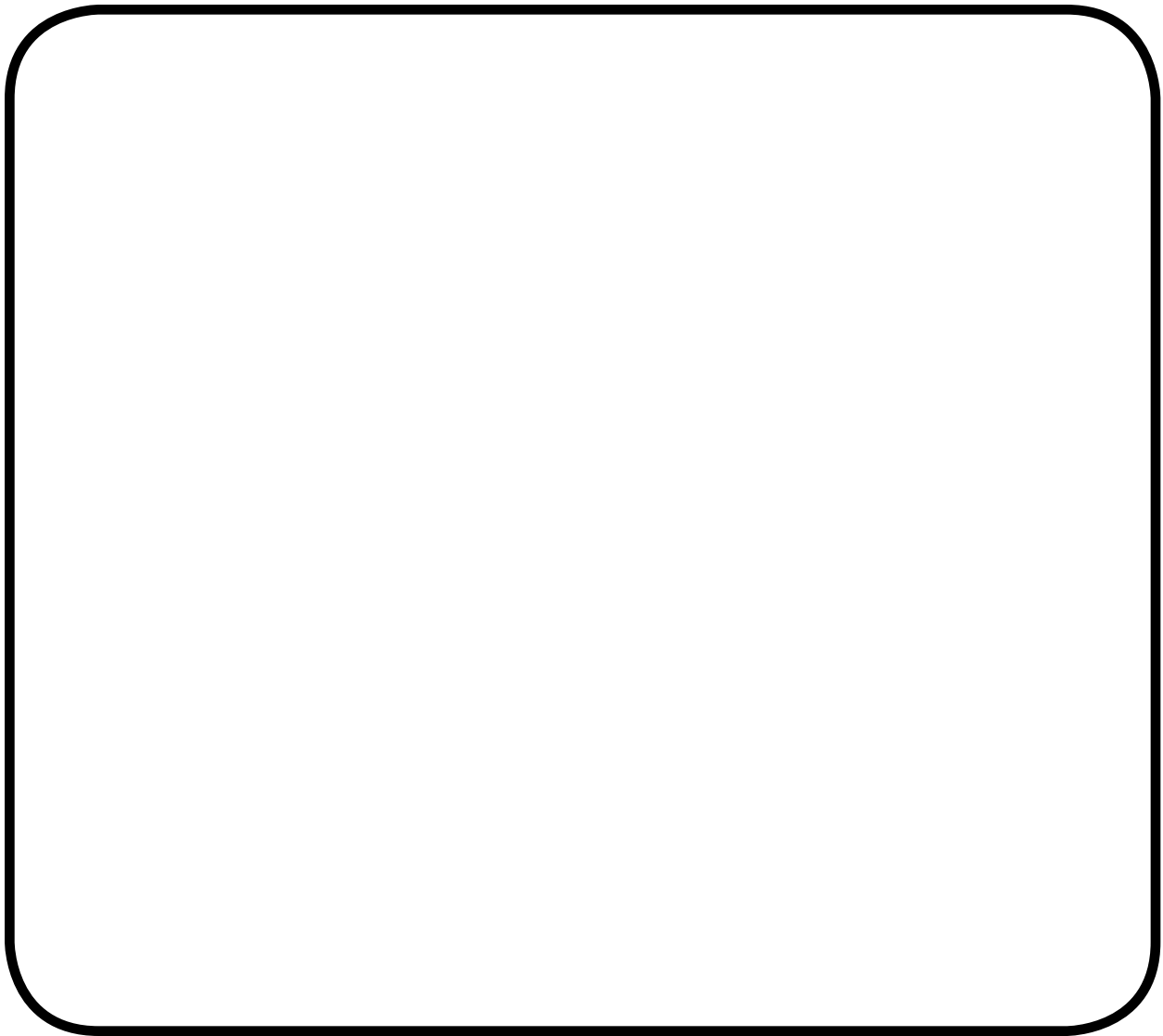
2. Splash in the Water

Enjoy one of these parks to Splash in the Water: Spring Lake Regional Park, Steelhead Beach Regional Park, Doran Park, Mom's Beach Regional Park, Guerneville River Park, Austin Creek State Recreation Area

Children's Instructions:

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Be it in a small backyard or in the wilderness, most of the activities - from climbing trees for berries or looking at a bird's nest, to splashing around in a stream looking for fish - taught one in very subtle ways to appreciate the intricacies of nature. (Govt. of India, Science and Technology Department, 2004)

3. Play in a Safe Place

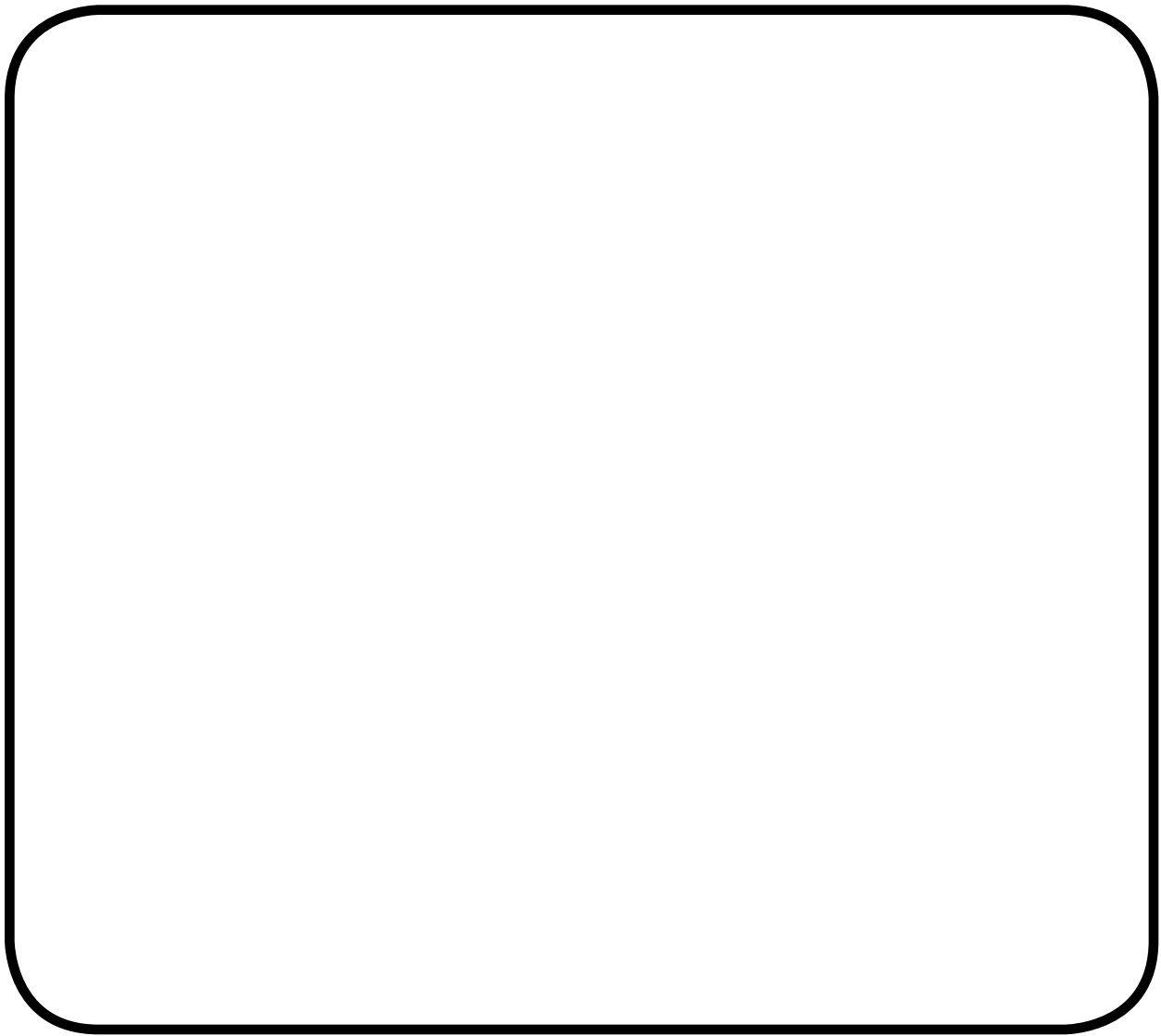
Enjoy any one of the parks to Play in a Safe Place:

All parks at www.sonomacountyparks.org and www.parks.ca.gov

Children's Instructions:

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Early experiences with the natural world have been positively linked with the development of imagination and a sense of wonder. "Wonder" is important as a motivator for life-long learning. In the area of human relations, children who play in nature are more likely to have positive feelings about each other. (Sheila Silverberg, *The Why and How of Returning Children to Nature*)

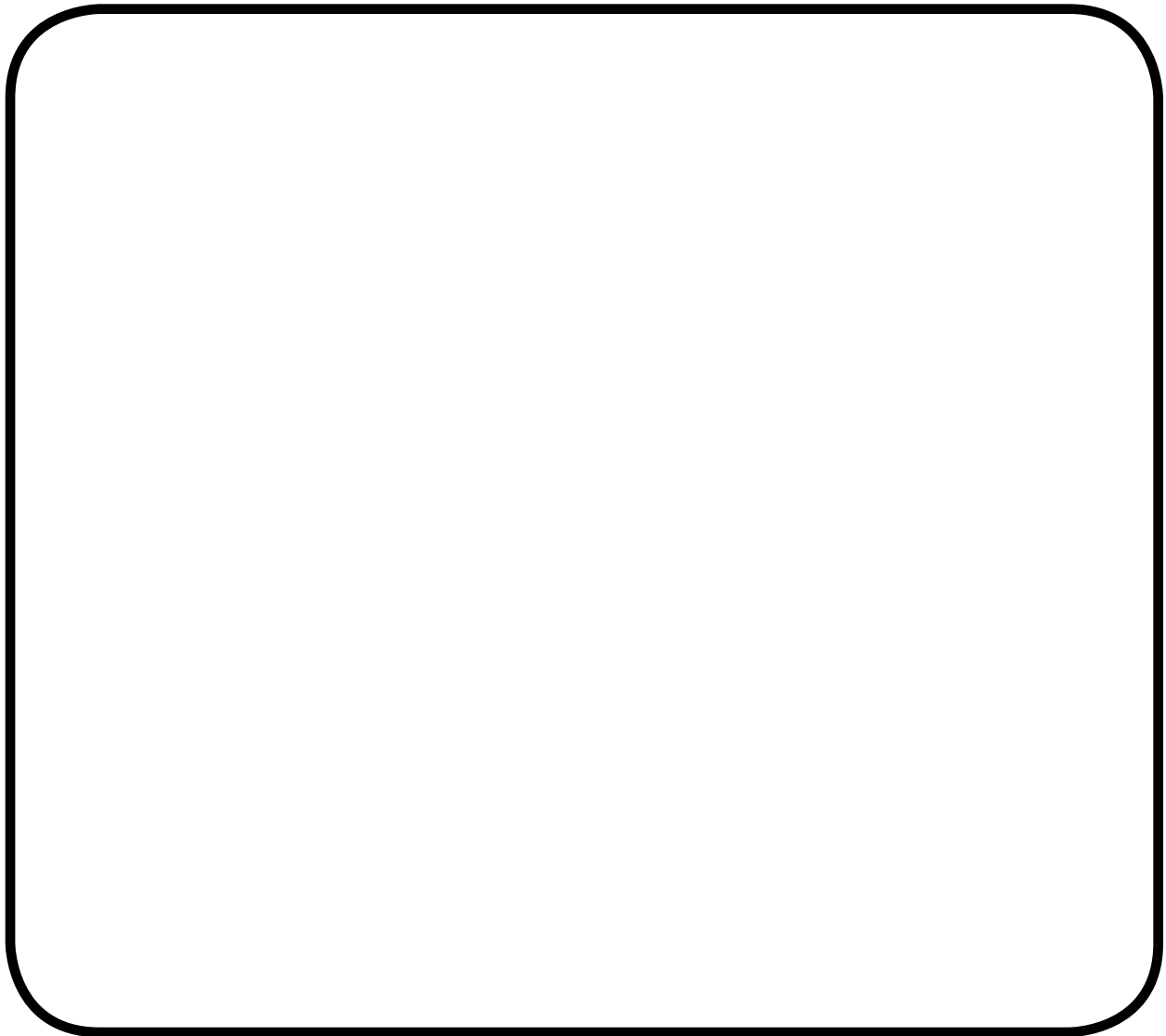
4. Camp Under the Stars

Enjoy one of these parks to Camp Under the Stars: Sonoma Coast State Park, Sugarloaf Ridge State Park, Spring Lake Regional Park, Doran Regional Park, Salt Point State Park, Gualala Point Regional Park, Stillwater Cove Regional Park.

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Camping has a positive influence on self-image in relatively short periods of time across all age groups, but particularly among younger campers. (Marsh, 1999)

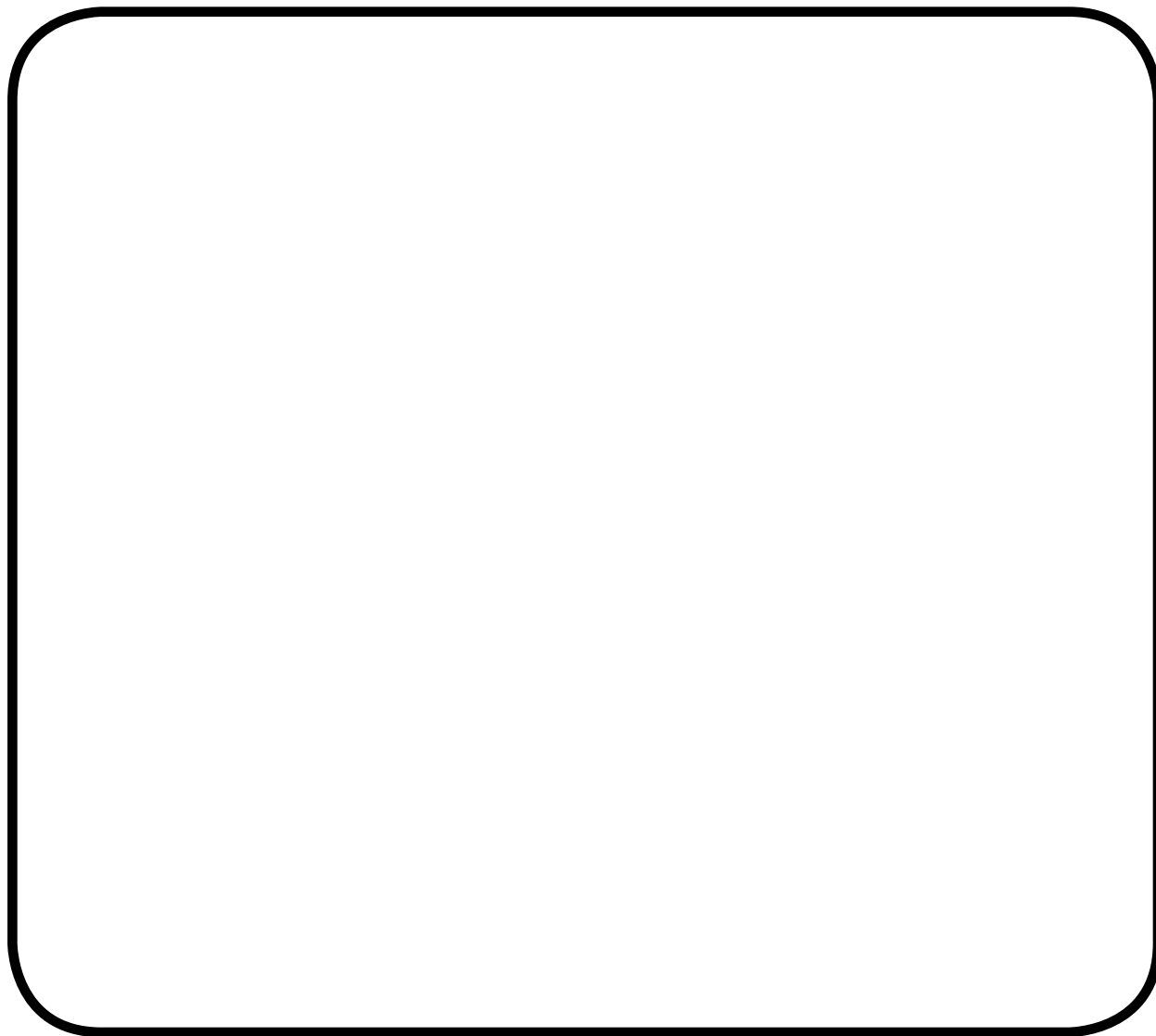
5. Explore Nature

Enjoy one of these parks to Explore Nature: Annadel State Park, Austin Creek State Recreation Area, Kruse Rhododendron State Park, Shiloh Ranch Regional Park, Sonoma Valley Regional Park, Colgan Creek Trail, Armstrong Redwoods State Natural Reserve

Children's Instructions:

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A large, empty rounded rectangular box with a thick black border, intended for children to draw, write, or paste a photo of themselves enjoying a park.

Outdoor adventure programs can obtain notable outcomes and have particularly strong, lasting effects. These positive affects occur in the dimensions of academic performance, leadership, self-concept, personality development, interpersonal skills and adventuresomeness. (Hattie et al., 1997)

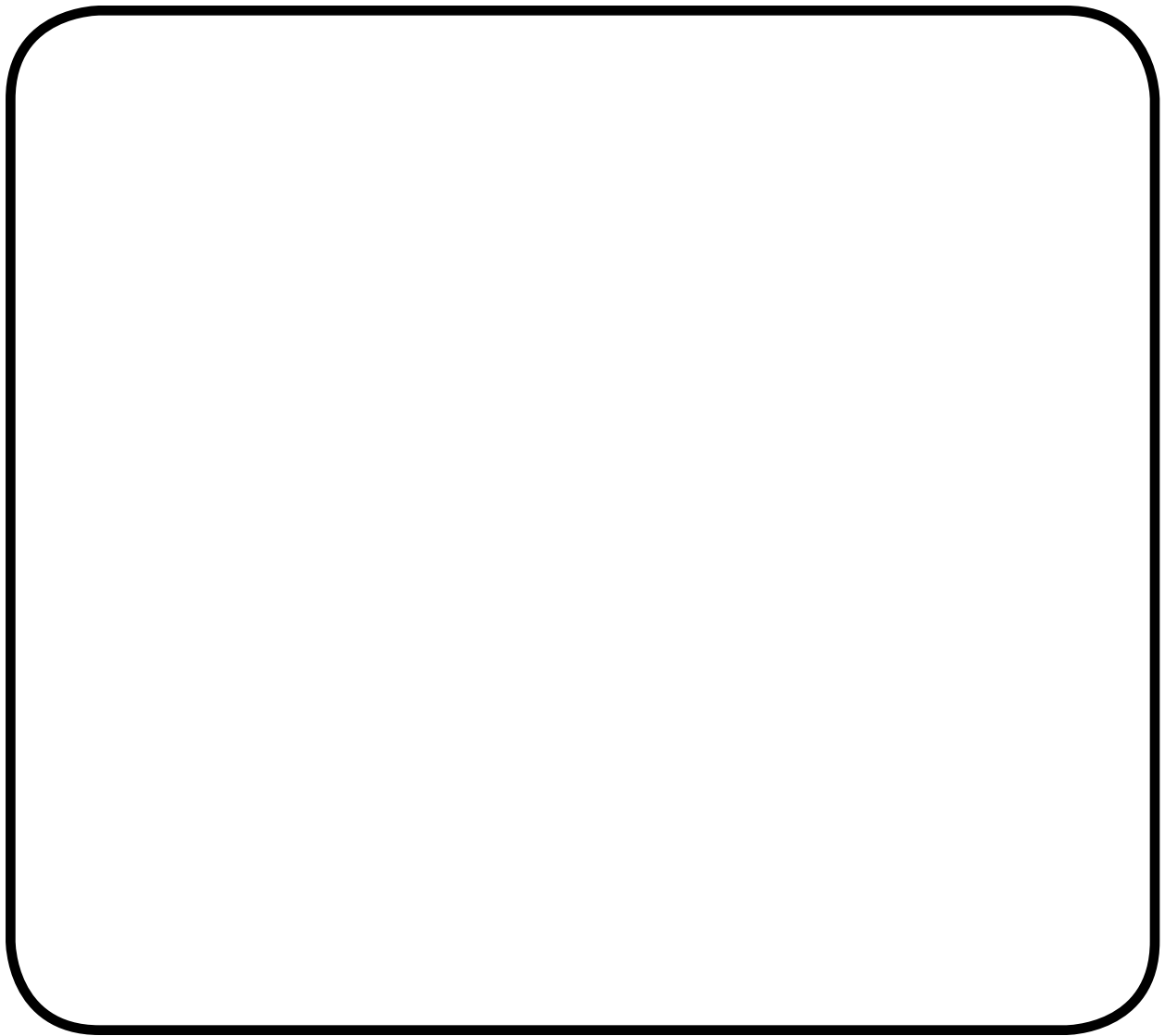
6. Learn to Swim

Take this opportunity to have fun in the water. Be safe, only swim with an adult in these parks: Spring Lake Regional Park, Healdsburg Veterans Memorial Beach

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Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture, and flexibility all at the same time. Your cardiovascular system in particular benefits because swimming improves your body's use of oxygen without overworking your heart. (The Endless Health Benefits of Swimming, August 2006)

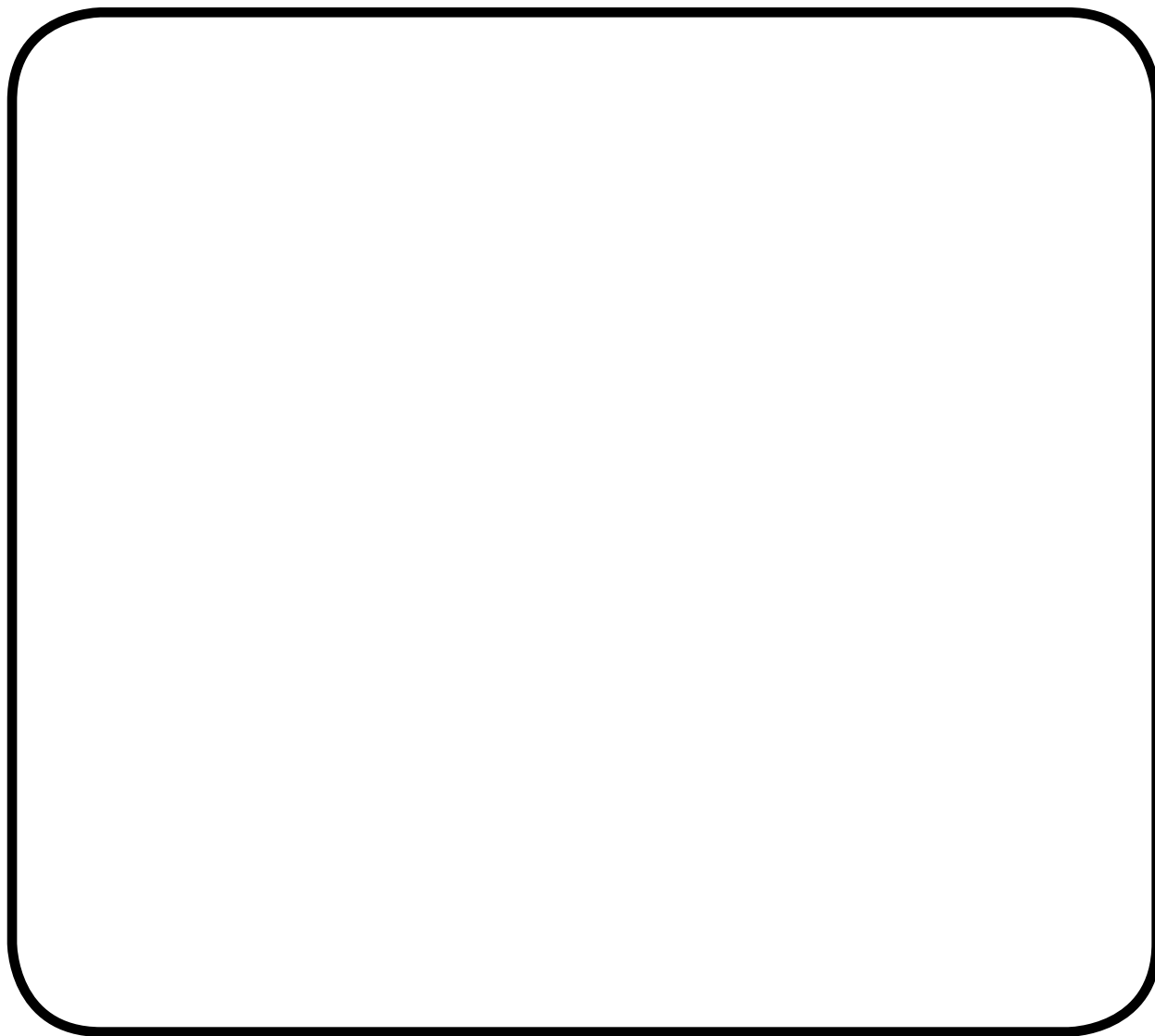
7. Play on a Team

Enjoy one of these parks to Play on a Team: Ragle Ranch Regional Park, Maxwell Farms Regional Park , Tom Schopflin Fields, Maddux Ranch Park

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Organized sports for children and preadolescents provide an opportunity for increased physical activity and an opportunity to learn sports and team skills in environment where risks of participation can potentially be controlled. (“Organized”, 2001)

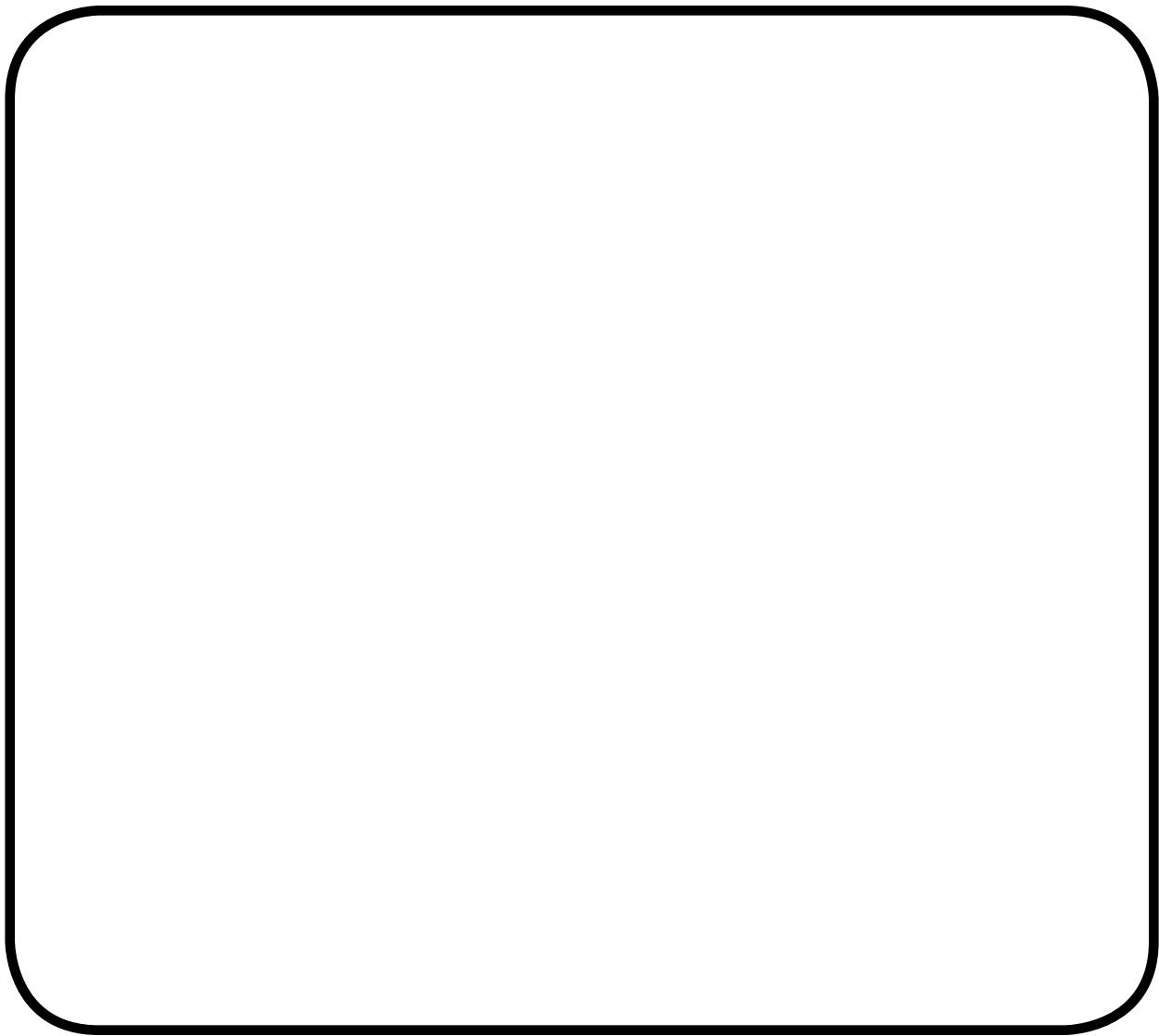
8. Follow a Trail

Enjoy one of these parks to Follow a Trail: Annadel State Park, Hunter Creek Trail, Foothill Regional Park, Helen Putnam Regional Park, West County/Joe Rodota Trails, Armstrong Redwoods State Natural Reserve

Children's Instructions:

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Eighty-nine percent of children {asked in this survey} enjoy the feeling of accomplishment after participating in an outdoor activity and sixty-seven percent of the children said that participating in outdoor activities strengthens their family's relationship with one another. (Harris, 2003)

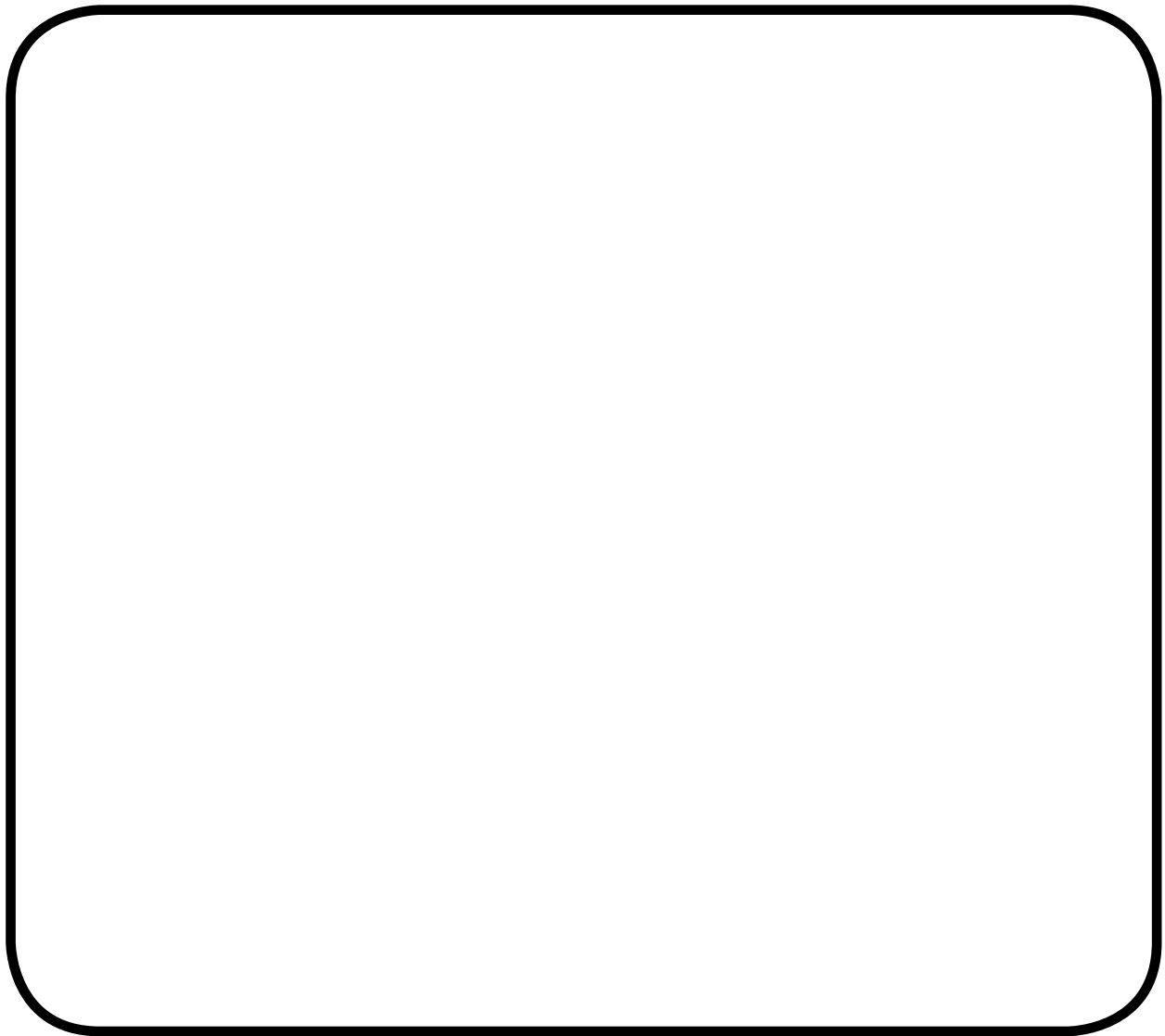
9. Catch a Fish

Enjoy one of these parks to Catch a Fish: Annadel State Park, Jack London State Historic Park, Westside Regional Park, Sea Ranch Access Trails, Wohler Bridge Fishing Access, Spring Lake Regional Park, Helen Putnam Regional Park

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Fishing gets you involved with nature. There's neat stuff to pick up and play with along the bank and in the water. Hawks and eagles soar overhead, turtles bask, and frogs hop. (Cwynar, 2006)

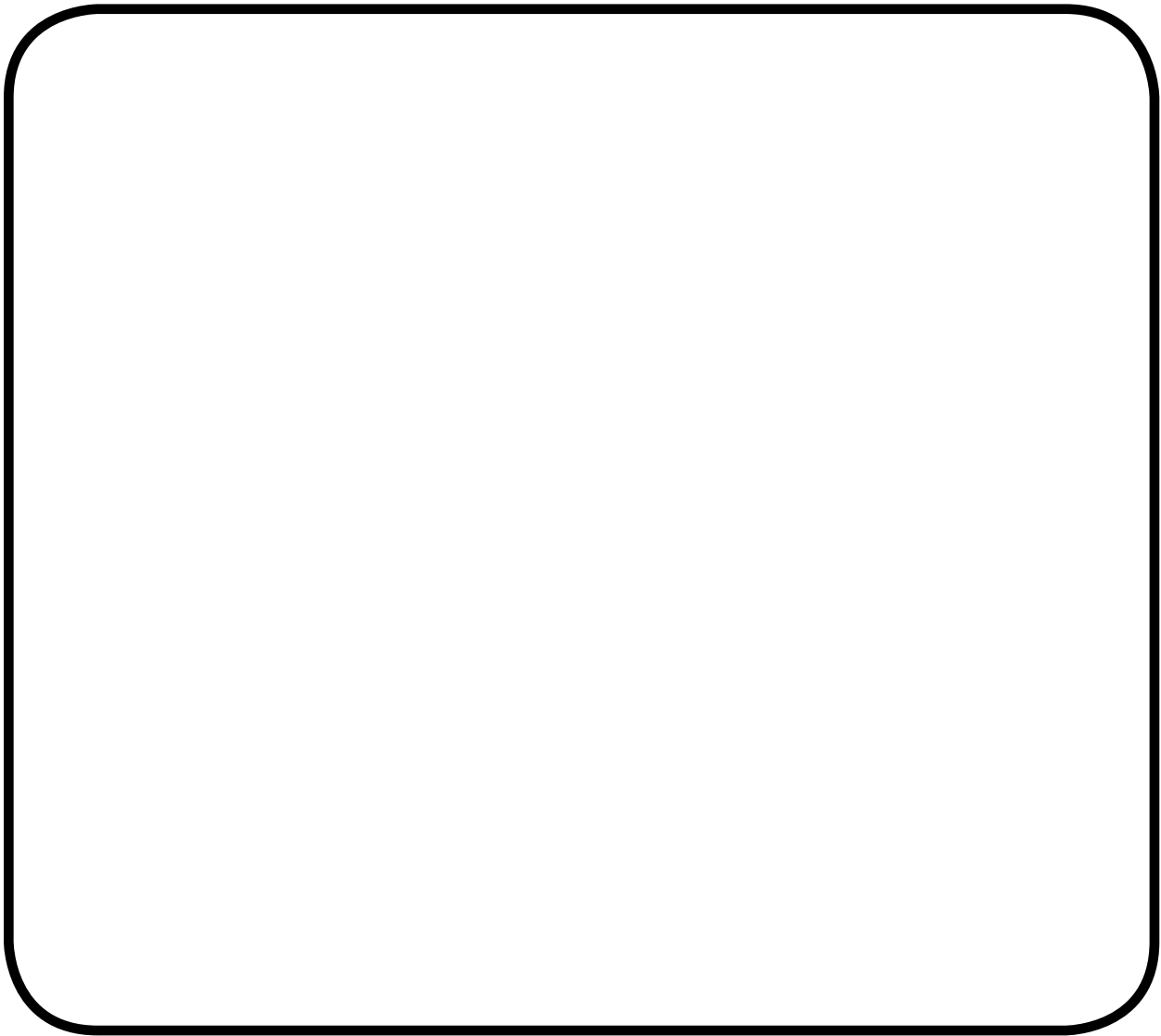
10. Celebrate their Heritage

Enjoy one of these parks to Celebrate their Heritage: Fort Ross State Historic Park, Sonoma State Historic Park, Petaluma Adobe State Historic Park, Running Fence/Watson School, Tolay Lake Regional Park

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Developing ethnic literacy fosters pride in one's own culture and a respect and appreciation for the uniqueness of others. (Education World, 2007)