



Earn your



Outdoor Adventurer Certificate

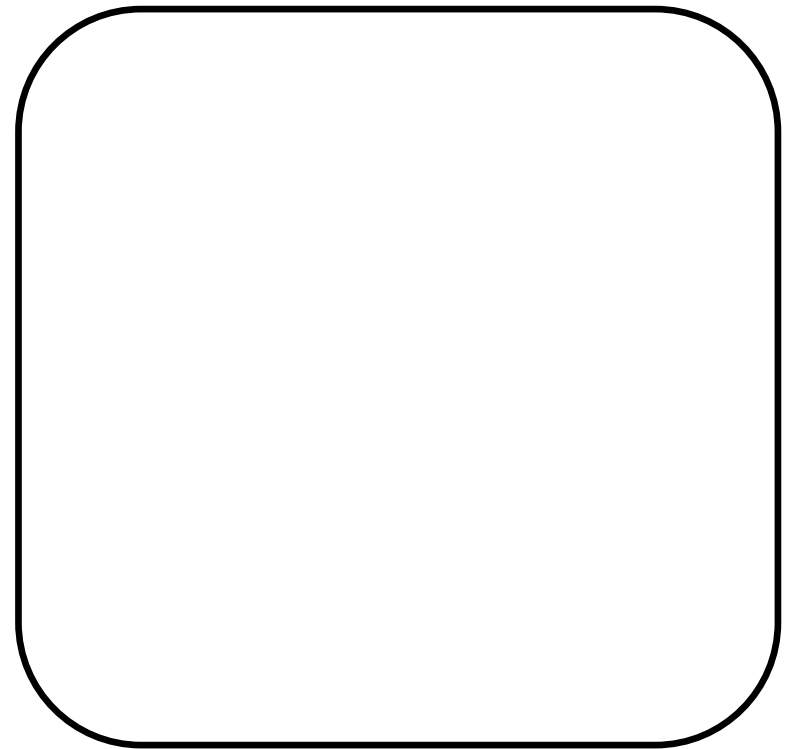
(Print first and last name)

(Child's birthdate)

Name of Park, Trail, or Pool visited:

Date of visit: _____

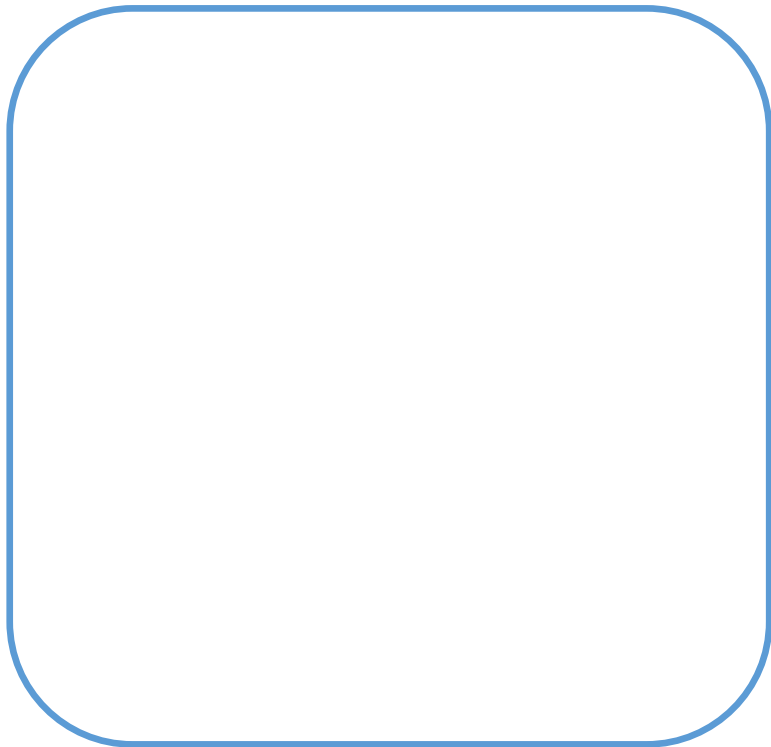
Children's Instructions: While you are in the park, on the trail, or at the pool fill in the box below with a drawing, writing, or photo of yourself having fun.



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Children who play outside are more physically active, more creative in their play, less aggressive and show better concentration. (Burdette and Whitaker, 2005; Ginsburg et al., 2007)

Source: <https://www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside.aspx>

Take the **Outdoor Adventurer Challenge!**

Visit your Poplar Bluff Parks

May 15, 2017 through October 1, 2017

See complete list of parks on next page:

Directions for the Outdoor Adventurer
Challenge:

1. Pick up the 10 page booklet from the Park Department Office.
2. Choose one or more parks, walking trails, or pools to visit.
3. Complete the booklet and return to:

Poplar Bluff Parks and Recreation

430 North Second Street

Poplar Bluff, Missouri 63901

Phone: 573-686-8645

Website: <http://www.poplarbluff-mo.gov/168/Parks-Recreation>

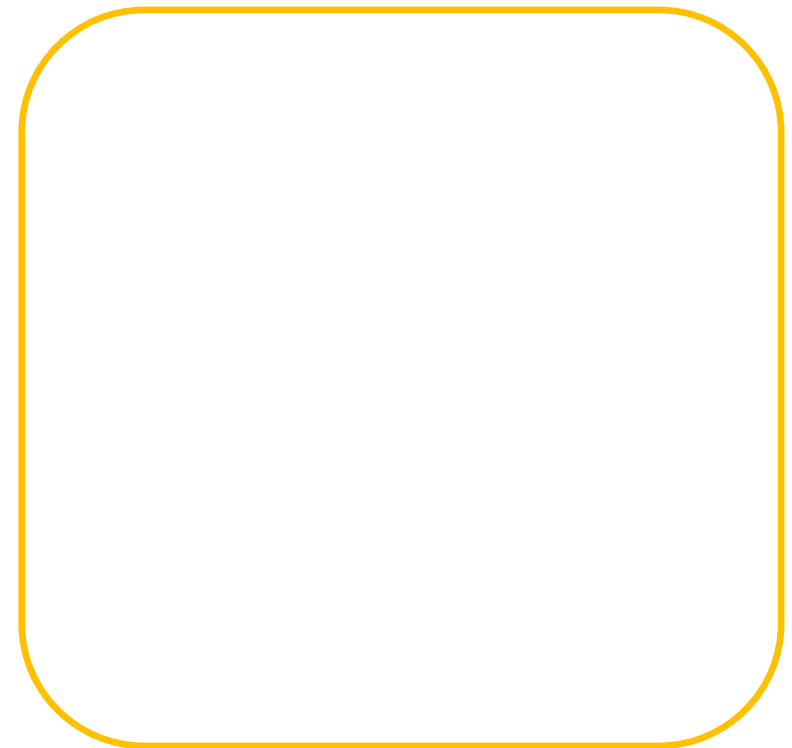
Complete list of Parks and Trails in the City of Poplar Bluff

- Black River Park— Black River Industrial Park Road
- Downtown Park—Poplar Street
- Downtown Skate Plaza—300 Moran Street
- Ferguson Grove—Ninth and Maud Streets
- Hendrickson Park—12th and Davis Streets
- Hillcrest Park—Second & Relief Streets
- Huntington Municipal Pool—Second Street
- Kiwanis Bacon Park—Harper Street
- Linc Park—D Street
- McLane Park—474 Hwy W
- Ozark Ridge Golf Course—3045 Cravens Road
- Ray Clinton Park—B Street
- Shelby Trail—Shelby Road
- Sportsman’s Park - Business Hwy 60 E.
- Wheatley Park—921 Garfield
- Whiteley Park—Hwy 53 & 142
- Wiseman Park—South Second Street
- Wolf Creek Trail - Entrances on either PP Hwy or Hwy 67 N

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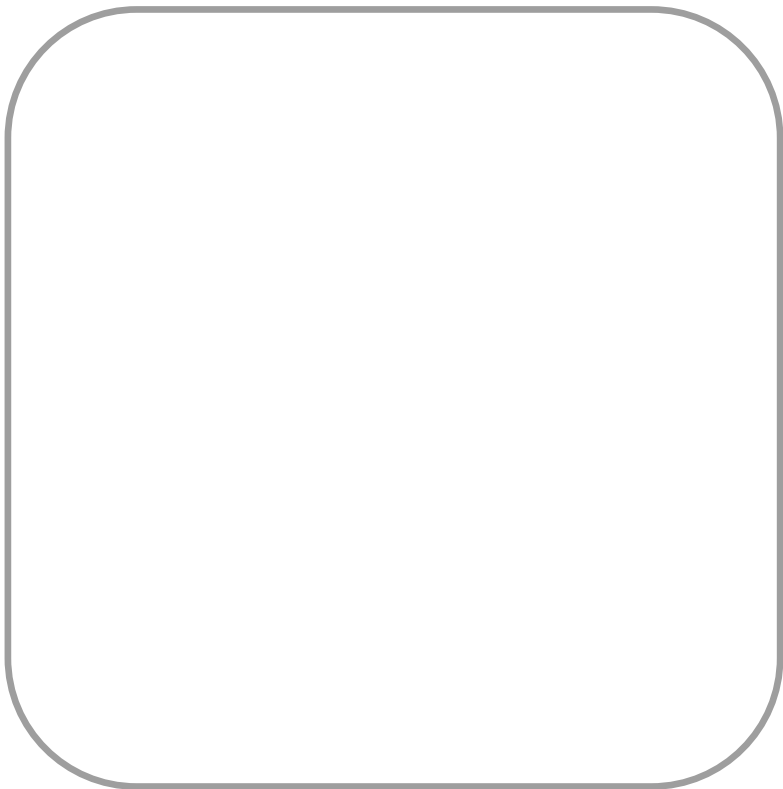
Sixty minutes of daily unstructured free play is essential to children’s physical and mental health. (American Academy of Pediatrics, 2008)

Source: <https://www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside.aspx>

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Things you can do in the parks, on the trails

or at the pool:

Walk, hike, bike, skate, frisbee, disc golf, tennis, basketball, play a game of horse, swing, climb, picnic, family swim night, swim lessons, swimming, skateboarding, walk your dog, discovery zone at Hendrickson, walk across a bridge, attend a ballgame, run, play catch, run bases, identify a tree, wildflower viewing, bird watching, look for insects, slide, look for butterflies, look at rocks, take in a movie in the park, drive the school bus at Whiteley, kick a soccer ball, jump rope, play hop scotch, fly a kite, play tag, look for fish, look for frogs, sit in the gazebo at McLane Park, golf, have your picture made with the caterpillar at Hendrickson, put on an impromptu play on the stage at Hendrickson, make a new friend, visit the park office, look at cloud shapes, do some exercises, have a race, play hopscotch, participate in a team sport, look for the frog and turtle at Hendrickson Park, pick up trash, roll down a hill, play pickleball, play whiffleball, blow bubbles, take a nap, daydream, play leap frog, play I spy, be creative, use your imagination, but

MOST OF ALL HAVE FUN!!!

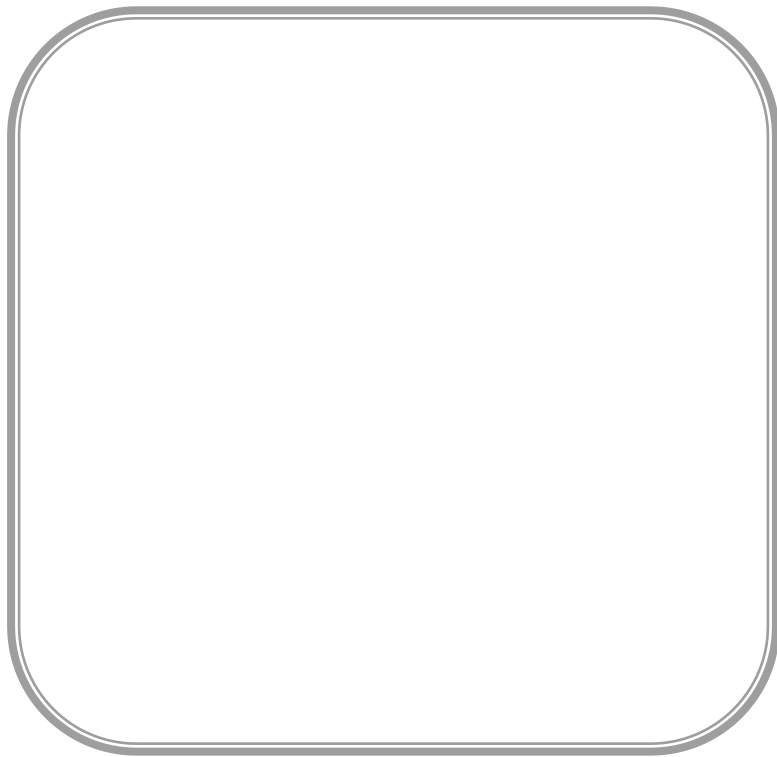
Children are spending half as much time outdoors as they did 20 years ago. (Juster et al 2004); (Burdette & Whitaker 2005); (Kuo & Sullivan 2001)

Source: <https://www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside.aspx>

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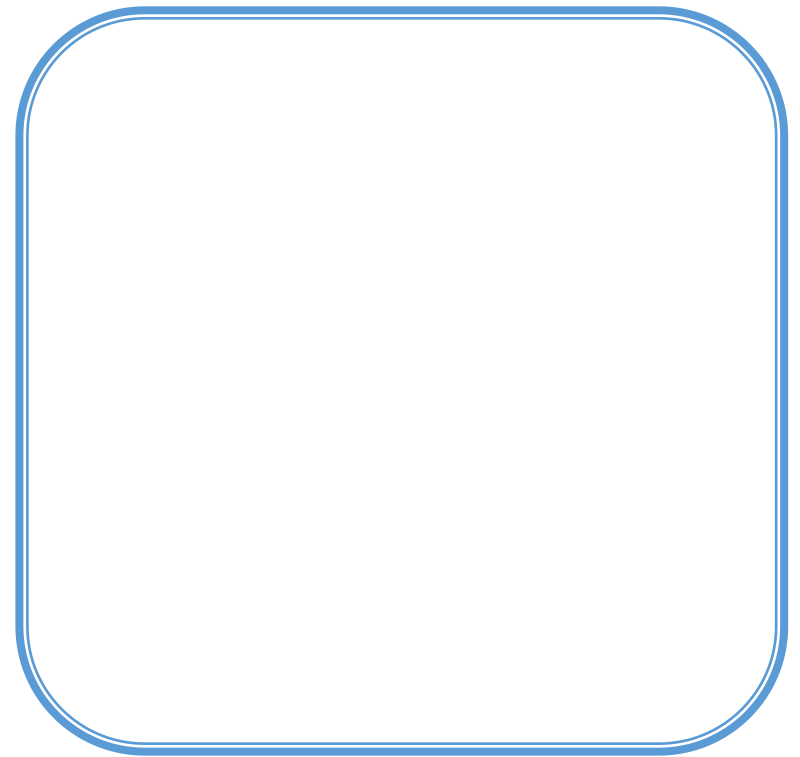
The most direct route to caring for the environment as an adult is participating in "wild nature activities" before the age of 11. (Wells and Lekies, 2006)

Source: <https://www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside.aspx>

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Today, kids 8-18 years old devote an average of 7 hours and 38 minutes using entertainment media in a typical day (more than 53 hours a week). ([Kaiser Family Foundation](#))

Source: <https://www.nwf.org/What-We-Do/Kids-and-Nature/Why-Get-Kids-Outside.aspx>