

# 25 THINGS TO DO BEFORE YOU'RE 12½



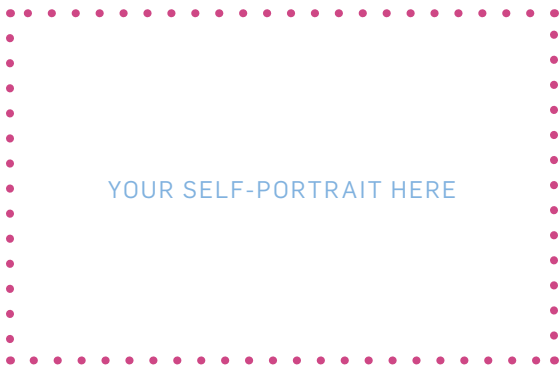
EXPLORE THE OUTDOORS

ADVENTURE JOURNAL

[THETRUSTEES.ORG](http://thetrustees.org)



# THIS TRUSTEES ADVENTURE JOURNAL BELONGS TO



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**NAME**

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**MY TOWN & STATE**

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**AGE**

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**FAVORITE COLOR**

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**FAVORITE INSECT**

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**FAVORITE ANIMAL**

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**FAVORITE SEASON**

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**FAVORITE TRUSTEES PROPERTY**

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# OUTDOOR ADVENTURE JOURNAL

Hi there!

We at The Trustees are big fans of the outdoors, and hope you are too! We have over 100 places all across Massachusetts that are perfect for outdoor adventures—and they're just waiting for you to visit. There's tons to do and explore outside, and this handy Trustees Adventure Journal gives you lots of great ideas—25 of them, in fact! Can you do all 25 things before you're 12 ½? Give it a try! Don't forget to get a little dirty, learn something new, and have a blast outside!

## SOME THINGS YOU MIGHT WANT TO PACK FOR YOUR ADVENTURE:

- Water and healthy snacks
- Sun protection – hat, sunscreen, and sunglasses
- Magnifying lens, binoculars, bug box, or other investigative tools
- Pencil or crayons for your journal
- First aid kit
- Camera to photograph cool things you'll see and do
- A grown-up or two

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BE A HILLBILLY:

# ROLL DOWN A HILL

Roll down fast or roll down slow:  
you might get a little dizzy and grassy but  
it's worth a go!

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How many rolls does it take to get to the  
bottom?

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How many times did you roll down the hill?

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Draw a picture of yourself rolling down the hill.

## GET YOUR THRILLS ON THESE HILLS:

- Castle Hill, Ipswich (Try the Grand Allée!)
- Governor Oliver Ames Estate (behind the house), Easton
- Fruitlands Museum, Harvard
- William Cullen Bryant Homestead, Cummington

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# CATCH A FIREFLY



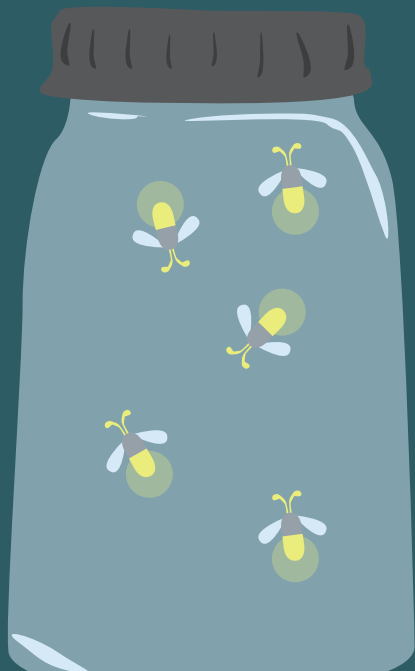
Fireflies are flashy insects. See them blink on a summer night in fields, at the edge of woods, or even in your own backyard.



Each species has a different flashing pattern. Watch closely, can you tell them apart?



Use a jar with holes in the top to catch a firefly, and remember to release them before you go inside.



Write a poem about your firefly or draw a picture.

**Fireflies are a type of beetle that are bioluminescent, meaning that they can produce their own light.**

## **FIREFLY LOCATIONS:**

Any Trustees property with fields and woods – spot them in the summer months!





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# BE KING OR QUEEN OF THE MOUNTAIN

Lace up and set out on an upward bound adventure: trek to the top of a big hill (or small mountain!) At the top, take in the view and pat yourself on the back.

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Do you see a lake or a river below?

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How far can you see?

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## CONQUER THESE COOL PEAKS:



Monument Mountain, Stockbridge – 1,642 feet



Peaked Mountain, Monson – 1,227-foot summit



Hurlburt's Hill at Bartholomew's Cobble, Sheffield – 1,000 feet



Mount Warner, North Hadley – 500 feet



Draw a picture of the view you see – is it woody? Mountain-y?



Pegan Hill, Natick – 410 feet



Noon Hill, Medfield – 370 feet



Weir Hill, North Andover – 305-foot drumlin\*

**Trek Tip:**  
The highest point in  
Massachusetts is  
Mount Greylock  
at 3,489 feet

\* A drumlin is a small hill molded by glaciers long ago.

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# STAR GAZE




Look up to the dark sky to see what you can see. Constellations are groups of stars that form pictures when connected, like the Big Dipper. Can you find it?



Draw your own constellation using the stars you see.





Can you find the North Star, also known as Polaris?



What would you name your new constellation?

## SWEET SPOTS FOR STAR GAZING PROGRAMS:

- Crane Beach, Ipswich
- Powisset Farm, Dover
- Weir River Farm, Hingham
- Notchview, Windsor

Keep your eyes peeled for the Perseid meteor shower in August and the Leonids meteor shower in November, every year.

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# GO PONDING



Put your rubber boots on (or go barefoot) and investigate these watery wonders. Ponds are alive with frogs, insects, turtles, plants, snails, birds, and many more cool critters.

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Describe the sounds you hear.

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Who or what do you think is making the sounds?

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How many different shades of green can you find?

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Draw your favorite pond critter.

## PERFECT PLACES FOR A POND ADVENTURE:

- Francis William Bird Park, Walpole
- Governor Oliver Ames Estate, Easton
- Coolidge Reservation, Manchester-by-the-Sea
- Farandnear, Shirley
- Field Farm, Williamstown



# GRAB A CRAB

Crabs come in all shapes, sizes, and colors – spider crabs, hermit crabs, blue crabs. Find them at low tide along a rocky shore. Peek under rocks, by jetties, and near clumps of seaweed. Start out with a small crab (they're easier to catch and don't pinch too hard!) Feeling brave? Bigger crabs have strong claws – beware of their pinchers.

**Did you know crabs molt their shell when they grow? Their shell is called an exoskeleton.**



Write a poem about your crab's latest adventure  
or draw a picture of your crab.

**Trek Tip: It's  
best to hold a  
crab from the  
back or on the  
sides.**

## FAB CRAB SPOTS:

- Halibut Point Reservation, Rockport
- Crane Beach, Ipswich
- Long Point Beach, Martha's Vineyard
- World's End, Hingham

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# CAMP OUT IN THE WILD

Spend a whole night outside. You can pitch a tent or sleep under the stars in a sleeping bag. Want to practice? Sleep in a tent in your backyard!





Write about your experience or draw a picture.

## TRUSTEES CAMPING SPOTS:

- Tully Lake Campground, Royalston
- Dunes' Edge Campground, Provincetown
- Rocky Woods, Medfield

# BE A WATER WIZARD

Put on your rubber boots and slicker and play in the rain. Be a puddle jumper!

Does the rain feel colder or warmer than the air?

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**Fresh water is only 2.5% of all the earth's water supply. Most is in the form of salt water (97%).**



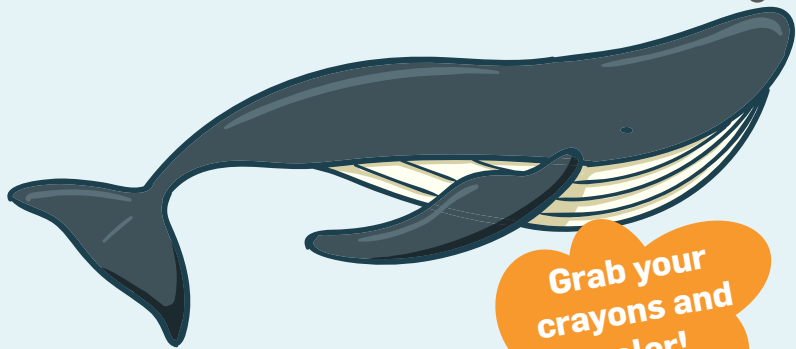
Grab your  
crayons and  
color!

ANY TRUSTEES PROPERTY  
IS FUN IN THE RAIN

# TAKE A SALTY DIP

Head to the beach and get a little salty in the ocean this summer. Body surf, boogie board, or jump the waves as they roll in toward the shore. Don't forget the sunscreen (and a grownup.)

Did you know? The largest animal in the ocean is the Blue Whale at 100 feet long!



Grab your  
crayons and  
color!

## THINGS TO DO:

- Build a sandcastle
- Make a footprint trail
- Write your name in the sand



Write about your experience or draw a picture.

## NOTHING BEATS THESE BEACHES:



Crane Beach, Ipswich



Long Point Wildlife Refuge, Martha's Vineyard

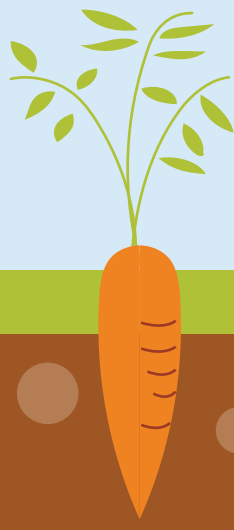
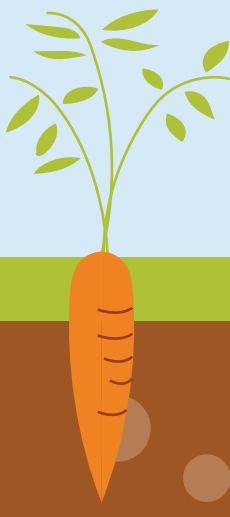
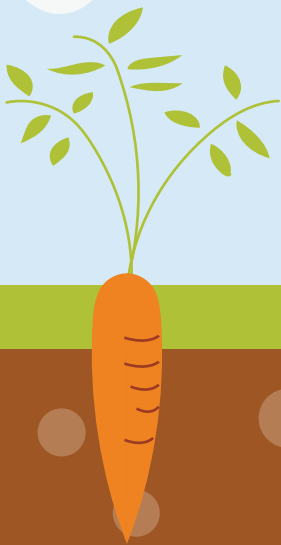


Norton Point Beach, Martha's Vineyard

# DIG A FARM

Visit a farm to see where your vegetables grow, learn how you get milk from a cow, discover where chickens lay their eggs, and lots more.

Taste a vegetable you've never tried before.  
Did you like it? Describe what it tasted like.

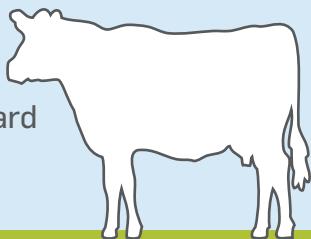


Write about your farm experience or draw a picture.  
Include the animals or farm equipment you saw.

## FUN FARMS:

- Appleton Farms, Ipswich
- Chestnut Hill Farm, Southborough
- Powisset Farm, Dover
- The FARM Institute, Martha's Vineyard
- Weir River Farm, Hingham

Grab your  
crayons and  
color!



# BE AN ARCHAEOLOGIST: DISCOVER DINO FOSSILS

Did you know dinosaurs lived in Massachusetts? Take a road trip to **Dinosaur Footprints** in Holyoke to see for yourself. You can even walk where the dinosaurs walked – follow their tracks!

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How big are the fossil footprints?

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What kind of dinosaur made these prints?

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Are they bigger than your footprint?

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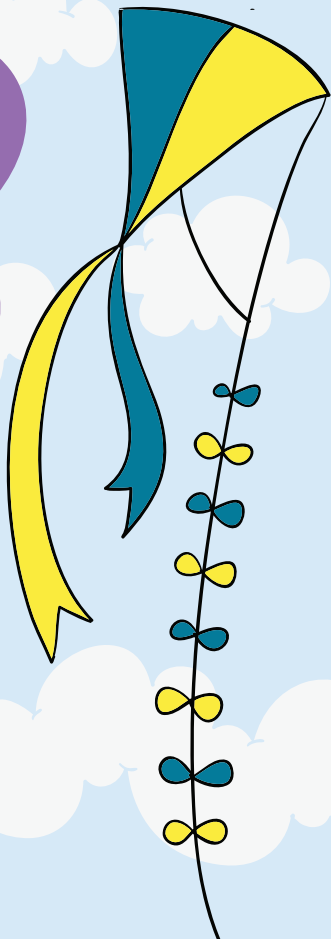
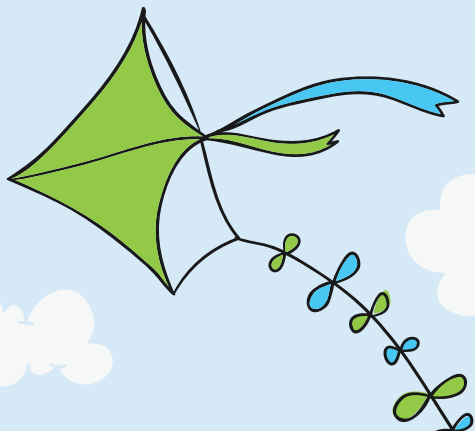


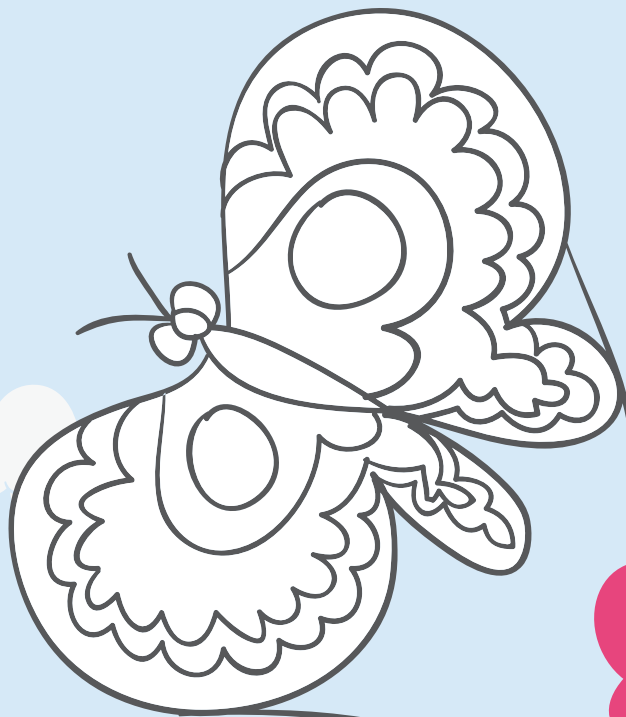
Draw what you found.

# FLY A KITE

Let's go fly a kite, up to the highest heights...All you need is a little wind, a kite, and an open field to have a fun-filled day.

The world record for the highest a kite has ever flown is 16,009 feet – that's more than 3 miles.  
(Wow, that's a lot of string.)





Grab your  
crayons and  
color!

## WHERE'S THE WIND?

- World's End, Hingham
- Francis William Bird Park, Walpole
- William Cullen Bryant Homestead, Cummington
- Charles W. Ward Reservation, Andover
- Fruitlands Museum, Harvard

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# BUILD A FORT

Whether it's mini or monster, you can forage around the forest floor for materials to make a fantastic fort – tree branches, sticks, bark, and leaves.

Try building a miniature fort for a forest fairy or gnome.



Sketch your fort design.

## FUN FORT BUILDING SPOTS:

- Ravenswood Park, Gloucester
- Cormier Woods, Uxbridge
- Farandnear, Shirley
- Tyringham Cobble, Tyringham
- Bullitt Reservation, Ashfield



You can fish on a pond, lake, river, or even the ocean. Spend a morning or a day catching and releasing. Be sure to handle all fish with care. (P.S. Fresh fish don't stink!)



Write a fish tale. How big? What kind?

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Draw a picture of the fish you caught.

## FUN FISHING HOLES:



Rocky Woods, Medfield



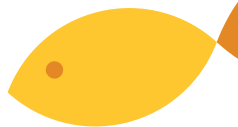
Chapel Brook, Ashfield



Royalston Falls, Royalston



Cape Poge Wildlife Refuge, Martha's Vineyard



# HUNT FOR BUGS

Insects are cool critters. Head outside to discover how many different insects you can find.

Write about the bugs you found. How many legs do they have? What color are they? Can they fly?



**Did you know the praying mantis is a carnivore? They eat other insects for dinner (and breakfast and lunch!)**

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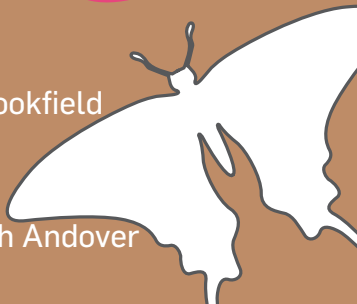
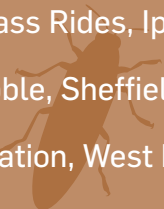
Draw your new insect friends.



## PRIME BUG HUNTING PLACES:

- Appleton Farms Grass Rides, Ipswich
- Bartholomew's Cobble, Sheffield
- Rock House Reservation, West Brookfield
- Copicut Woods, Fall River
- The Stevens-Coolidge Place, North Andover

Grab your  
crayons and  
color!



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# TRACK WILD ANIMALS

When animals wander, they leave signs behind – tracks, chews, and rubbings. Look for footprints in the sand, mud or snow.

Can you identify the animal from their track?

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Draw the tracks you find.

## TRACK ANIMALS ANYWHERE - BUT HERE ARE SOME TRIED-AND-TRUE TRUSTEES SPOTS:

- Ravenswood Park, Gloucester
- Noanet Woodlands, Dover
- Bartholomew's Cobble, Sheffield
- Crane Estate, Ipswich

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# PLANT A SEED & WATCH IT GROW

Plant a seed in a flowerpot or in the ground. It needs water and sunlight to grow – make sure it has both!



What kind of seed did you plant?  
Measure its growth each day.

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Use this space to draw a picture of your plant.

## STOP AND SMELL THE FLOWERS AT ONE OF OUR GARDENS:

- Haskell Public Gardens, New Bedford
- The Stevens-Coolidge Place, North Andover
- Long Hill, Beverly
- Naumkeag, Stockbridge
- Eleanor Cabot Bradley Estate, Canton



# BIRD WATCH

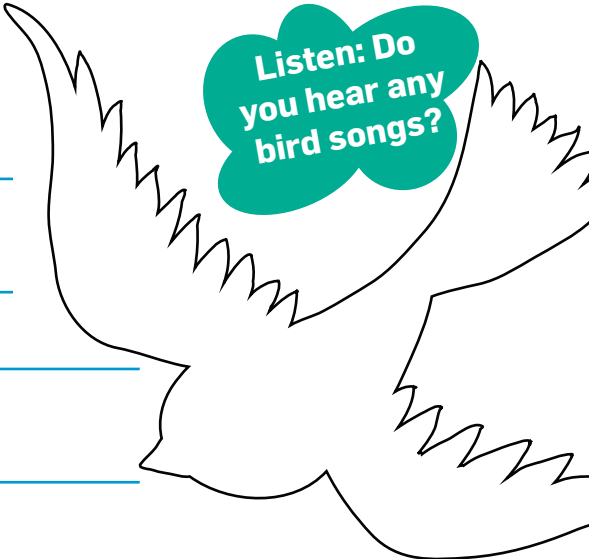


Keep your eyes peeled for our flying feathered friends. They come in all sizes, shapes, and colors.

How many different birds did you see?

Can you identify any?

What were they doing?



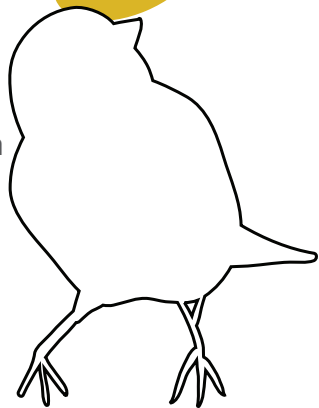
Listen: Do you hear any bird songs?

Use this space to draw one of the birds you discovered.

## BEST BIRDING LOCATIONS:

- World's End, Hingham
- Bartholomew's Cobble, Sheffield
- North Common Meadow, Petersham
- Moose Hill Farm, Sharon
- Chestnut Hill Farm, Southborough
- Halibut Point Reservation, Rockport

Grab your  
crayons and  
color!

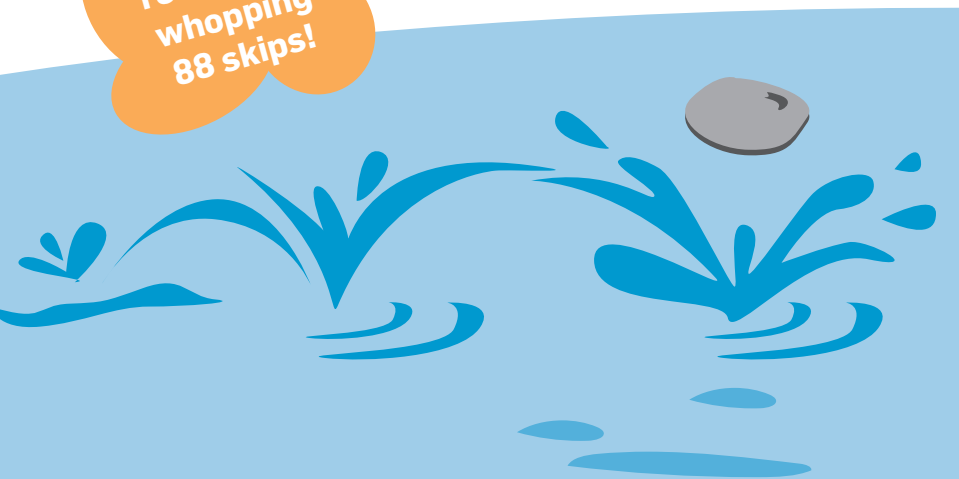


# SKIP A STONE

Skip, skip, skipping stone. How many skips can you get?

To skip a stone, try skimming a small flat rock across the water so it bounces off the surface many times. The secret to stone skipping is a calm surface – ponds and lakes might be best.

The world record is a whopping 88 skips!





Draw your favorite place to skip rocks

## EXCELLENT SKIPPING SPOTS:

- Chickering Pond at Rocky Woods, Medfield
- Shovelshop Pond at Governor Oliver Ames Estate, Easton
- Concord River at The Old Manse, Concord
- Tully Lake Campground, Royalston

# LEAP INTO LEAVES

Fall in New England means loads of falling leaves. Help rake leaves into a really big pile then take turns jumping in!

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Circle the shapes you spot in your pile. Do any of the leaves in your pile match these shapes?



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What is your favorite color leaf?

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Use this space to do a leaf rubbing.

## GREAT LEAF JUMPING SPOTS:

- Ashintully Gardens, Tyringham
- Rocky Woods, Medfield
- William Cullen Bryant Homestead, Cummington
- Farandnear, Shirley
- Your backyard

# GO ON A BIKE RIDE

Use your pedal power for a short trip or a longer trek. Don't forget to wear a helmet.

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Describe your trip. Where did you ride?  
How far did you go? What did you see?  
Who went with you?



Draw a picture of you riding your bike.

## BEST PEDAL PLACES:



Francis William Bird Park, Walpole



Ravenswood Park, Gloucester (trail riding)



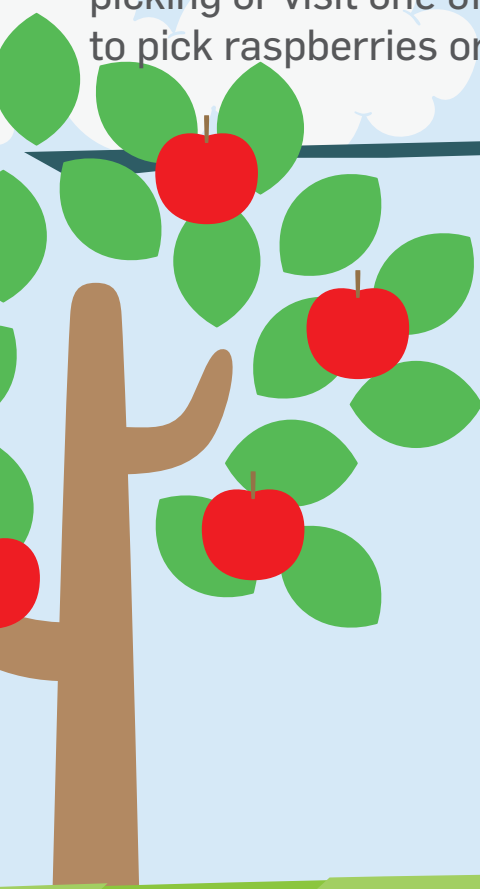
World's End, Hingham



Your neighborhood

# CRUNCH & MUNCH

Eat an apple straight from the tree or raspberries from the bush! This fall, head to a nearby apple orchard to go apple picking or visit one of The Trustees farms to pick raspberries or blackberries.



What's your favorite type of apple?

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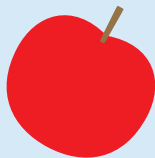
Was it fun to pick fruit right off the tree or vine?

**YES OR NO**

Describe your trip to the farm

## PRIME FRUIT PICKING SPOTS:

- The Old Manse, Concord
- Naumkeag, Stockbridge
- Powisset Farm, Dover
- Chestnut Hill Farm, Southborough
- Appleton Farms, Ipswich
- A nearby apple orchard



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# GO ON A NIGHT HIKE

Whoooo's afraid of the dark? Not you! Don't be scared: after a few minutes in the dark your eyes adjust to let you see better. This is called night vision.

Describe the different sounds you hear.

**Trek Tip: If you bring a flashlight, cover the light with a red bandana. Red light won't affect your night vision!**





How many stars can you count?

Animals that come out at night are called nocturnal. What's your favorite nocturnal animal?

## NIFTY PLACES TO JOIN US ON A NIGHT HIKE:



Francis William Bird Park, Walpole



Crane Wildlife Refuge, Ipswich



Cape Poge Wildlife Refuge, Martha's Vineyard



Bartholomew's Cobble, Sheffield



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# GO SLEDDING, SNOWSHOEING, OR SKIING



Bundle up, buttercup, and try a new winter adventure. Grab a sled and head to the hills. Strap on some snowshoes and hit the trails. Or give cross-country skiing a try.

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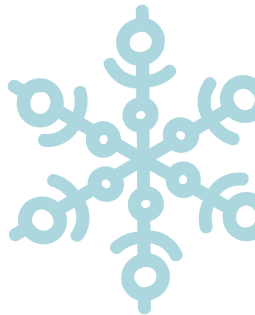
Each snowflake is one of a kind.  
Try catching one on your tongue.



Draw a snowman.

## PERFECT PLACES FOR A WINTER ADVENTURE:

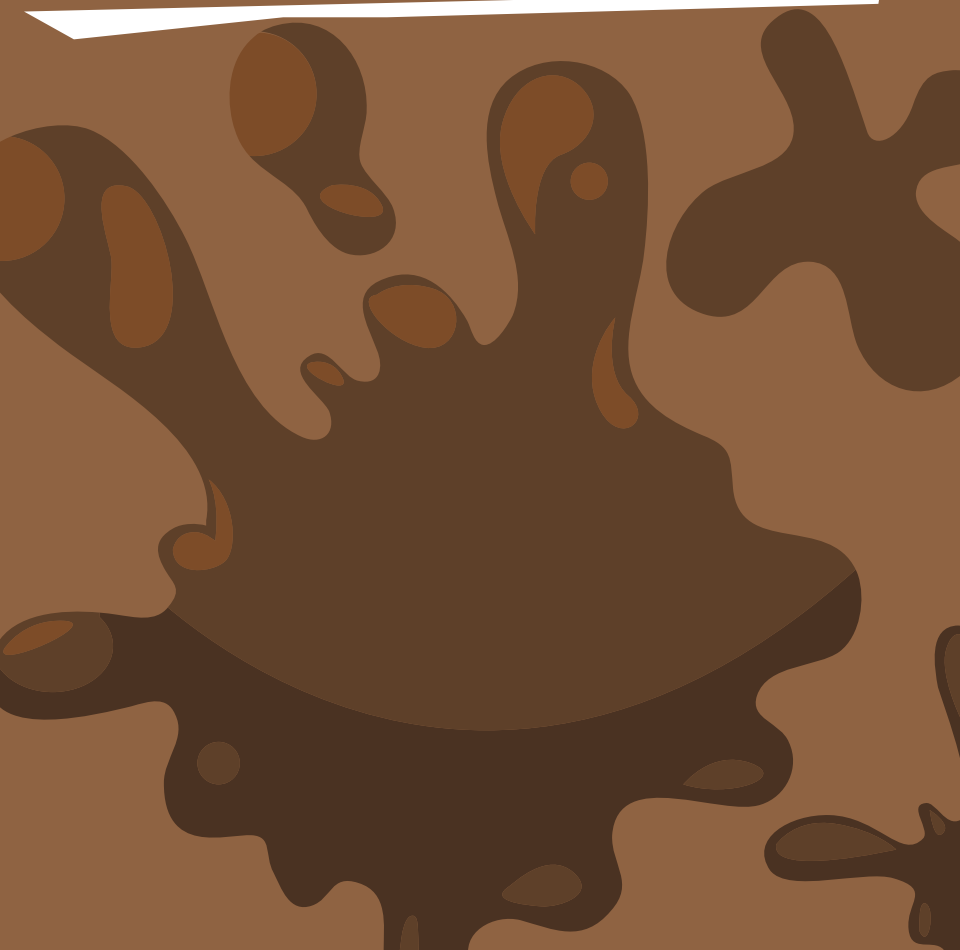
- Notchview, Windsor
- Ravenswood Park, Gloucester
- Charles W. Ward Reservation, Andover
- Fruitlands Museum, Harvard
- Rocky Woods, Medfield
- Governor Hutchinson's Field, Milton



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# MAKE A MUD PIE

The best ingredients for a mud pie are dirt, a little water, and your imagination. Let's face it: Mud makes everything more fun!



What's your mud pie recipe?

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**DIRT + WATER = MUD!**

Any Trustees property after (or during!) the rain will have the ingredients for messy mud pies!

# THE TRUSTEES HAS WONDER-FILLED JUST WAITING FOR YOUR NEXT



How many different Trustees properties have you been to?

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What is your most favorite thing to do outdoors?

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# PLACES ACROSS MASSACHUSETTS ADVENTURE!



SWIM

PADDLE

EXPLORE

CAMP

HIKE

**There's so much  
to do outdoors!**

We've got **25 Things To  
Do Before You're 12 ½...**

can you do them all?

[THETRUSTEES.ORG/25THINGS](http://thetrustees.org/25things)