



Welcome to Rocky Mountain National Park!



CONGRATULATIONS!

You have earned the

Rocky Mountain Sticker.



Welcome to Rocky Mountain National Park!

What did you learn about the Rocky Mountains?

Drawings:

Notes:





Drawings:

Notes:



I pledge to

be responsible

What does be responsible mean to me?

How can I be responsible of others?

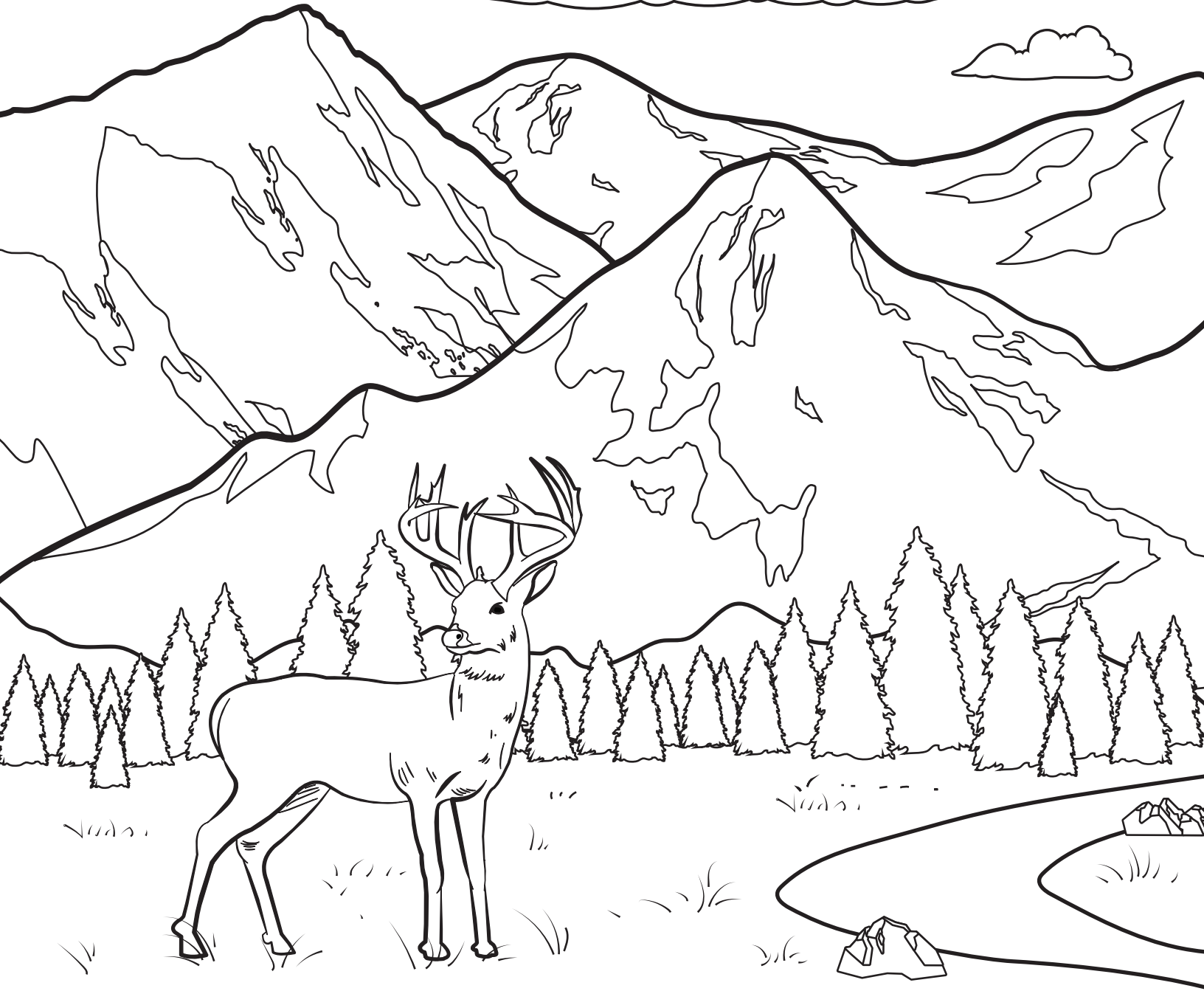
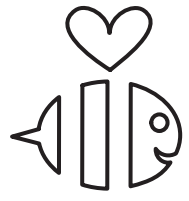


I pledge to

- Be Encouraging
- Be Supportive
- Be Positive
- Be Helpful
- Be Honest
- Be Considerate
- Be Thankful
- Be Responsible
- Be Respectful
- Be a Friend

How can I practice healthy habits?

The Be Kind 
**American
Adventure**
A VIRTUAL FIELD TRIP  



ROCKY MOUNTAIN NATIONAL PARK, COLORADO



Homemade Granola Bars

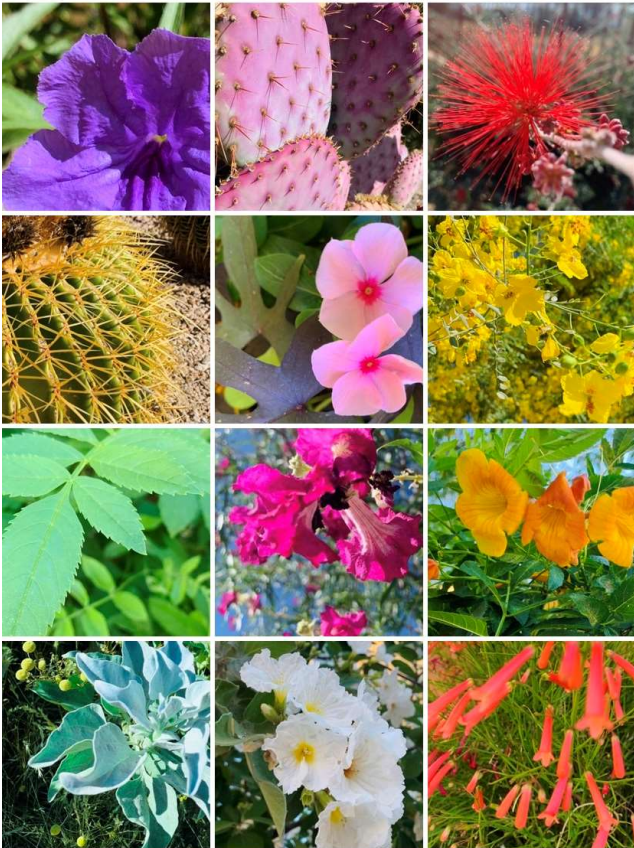
Ingredients:

- 2 cups quick cooking oats
- 1 cup almond, cashew, or peanut butter
- ½ cup sliced almonds
- ½ cup mini chocolate chips
- ¼ cup honey (more if needed)
- Salt and cinnamon, to taste

Instructions:

1. Combine oats, nut butter of choice, almonds, chocolate chips, and honey in a medium-sized bowl.
2. Stir to combine. Add more honey if needed to hold shape. Season with salt and cinnamon, to taste.
3. Line an 8x8 pan with parchment paper, allowing extra to extend over the edges. Press mixture into the pan.
4. Place pan in the freezer, until firm.
5. Remove paper from pan, then cut into 6 rectangles.
6. Wrap each bar individually with parchment paper or plastic wrap. Store in the refrigerator or freezer.





Color Scavenger Hunt

Instructions:

Go for a walk in nature and see if you can find natural objects in each color: red, orange, yellow, green, blue, purple, white, black – then take a picture or draw a picture of your favorite ones! Try to find something in every color.

Notes:





ROCKY MOUNTAIN NATIONAL PARK
ESTES PARK, COLORADO



FROM:

TO: