



# 2018 PARK AND RECREATION MONTH ACTIVITY BOOK



PARKS AND RECREATION  
**A LIFETIME OF DISCOVERY**  
NRPA'S PARK AND RECREATION MONTH - JULY 2018  
**#DISCOVERJULY**

 **NRPA** National Recreation and Park Association  
*Because everyone deserves a great park*

# VISIT A PARK IN GOLETA TODAY!



## Parks and Open Space



CITY OF GOLETA



WHAT IS YOUR FAVORITE ACTIVITY  
AT YOUR LOCAL PARK AND RECREATION CENTER?

NAME: \_\_\_\_\_

DESCRIBE IT IN YOUR OWN WORDS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

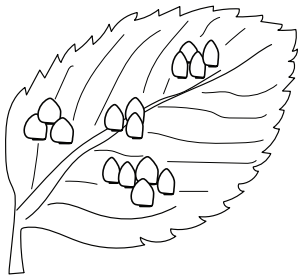
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DRAW A PICTURE OF YOUR FAVORITE ACTIVITY AT YOUR LOCAL PARK AND RECREATION CENTER

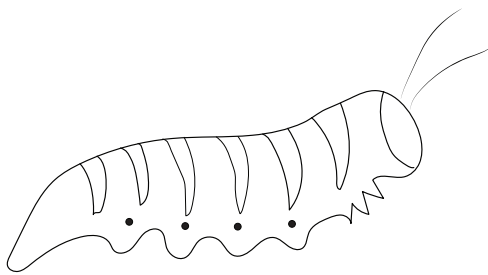




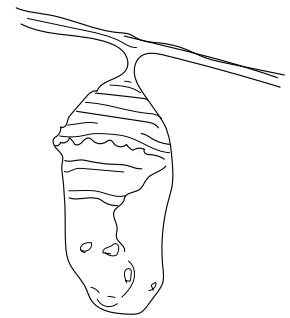
# LIFE CYCLE OF A BUTTERFLY



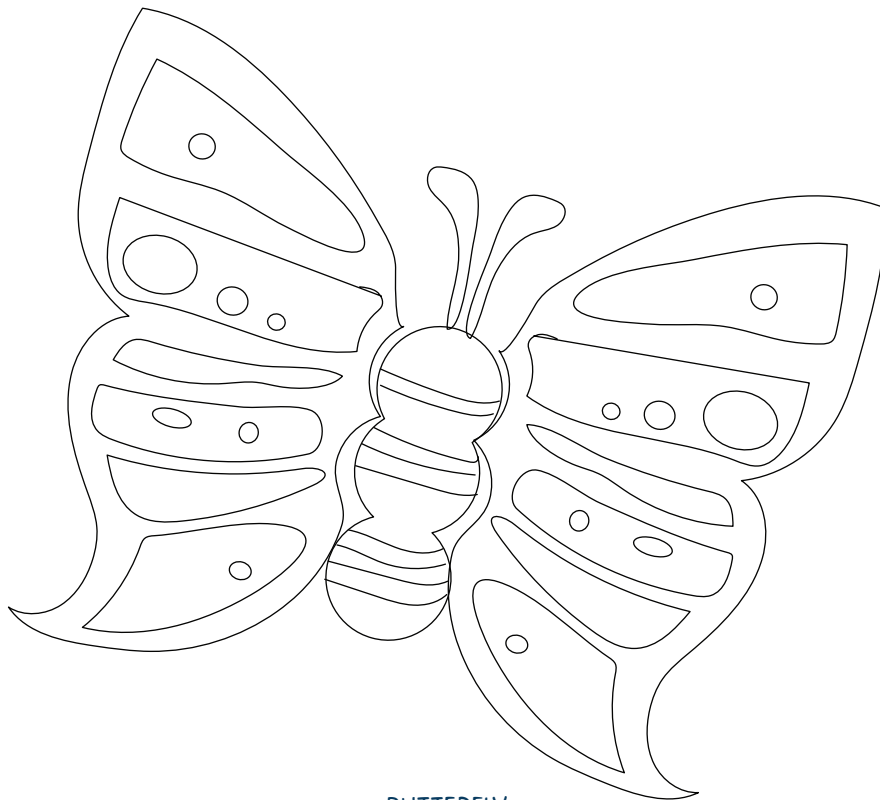
EGGS



CATERPILLAR



CHRYSALIS



BUTTERFLY

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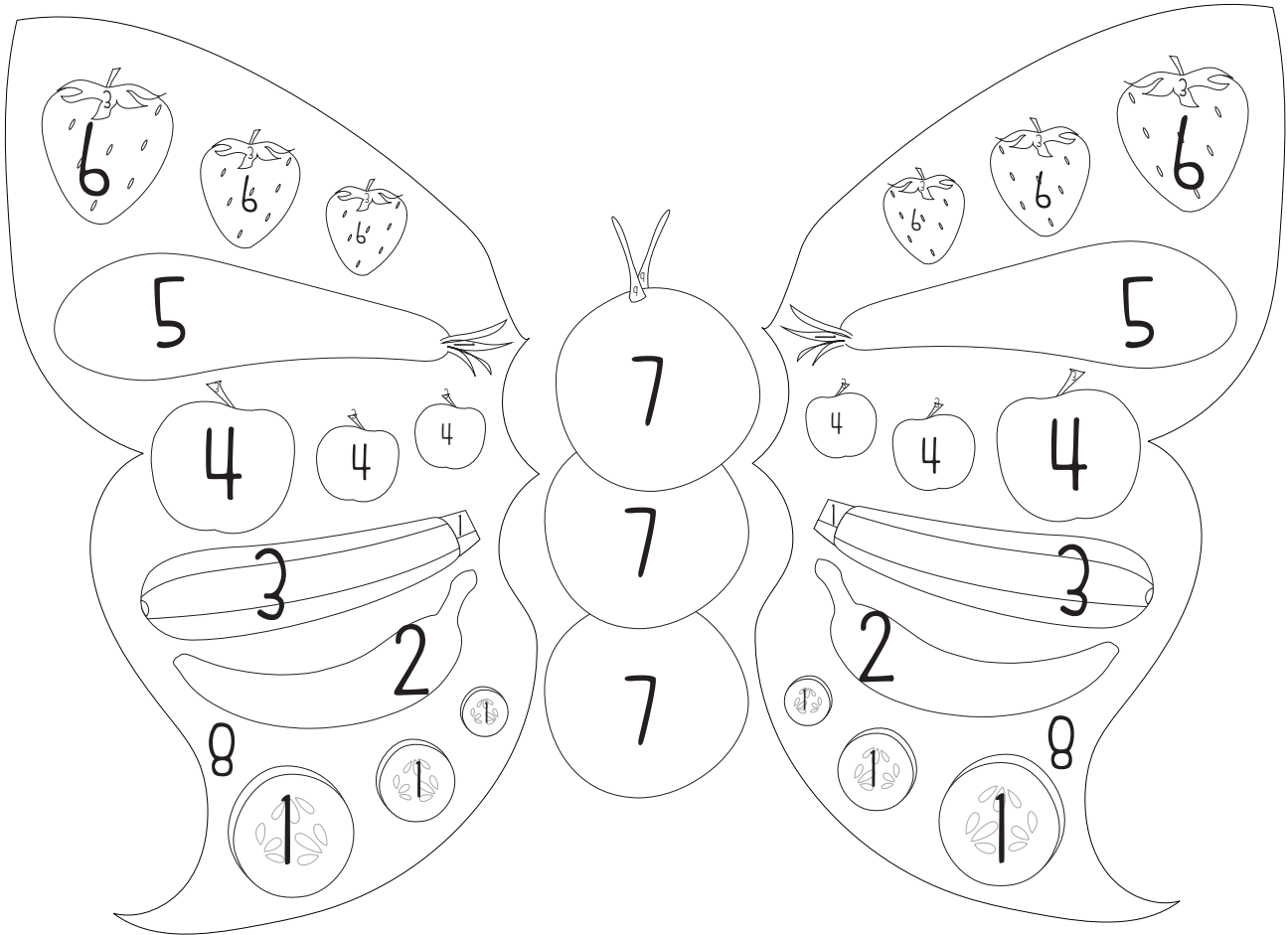


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# COLOR BY NUMBERS



1



2



3



4



5



6



7



8



9



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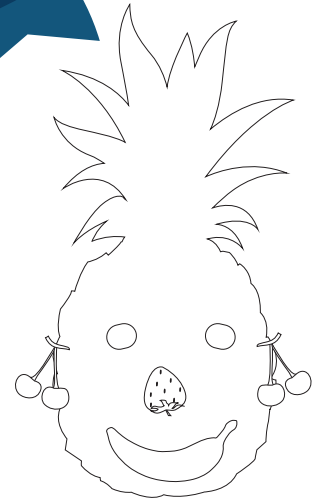
# FUN WITH FRUITS AND VEGETABLES



FRUITS



VEGETABLES



FRUITILICIOUS

USE YOUR IMAGINATION TO CREATE A FRUITILICIOUS OR A VEGGILICIOUS PICTURE

PARKS AND RECREATION

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# GO ON A HABITAT HUNT...

**HABITAT:** A HABITAT IS THE NATURAL HOME OR ENVIRONMENT OF A PLANT, ANIMAL, OR OTHER ORGANISM. IT PROVIDES THE ORGANISMS THAT LIVE THERE WITH FOOD, WATER, SHELTER AND SPACE TO SURVIVE.

GO ON A HABITAT HUNT... DESCRIBE IT IN YOUR OWN WORDS: \_\_\_\_\_

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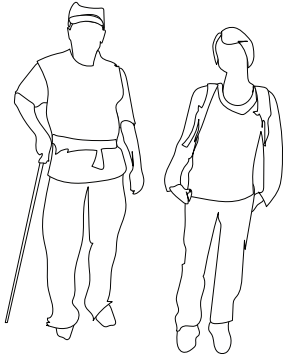
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DRAW A PICTURE OF ALL YOUR INTERESTING FINDS

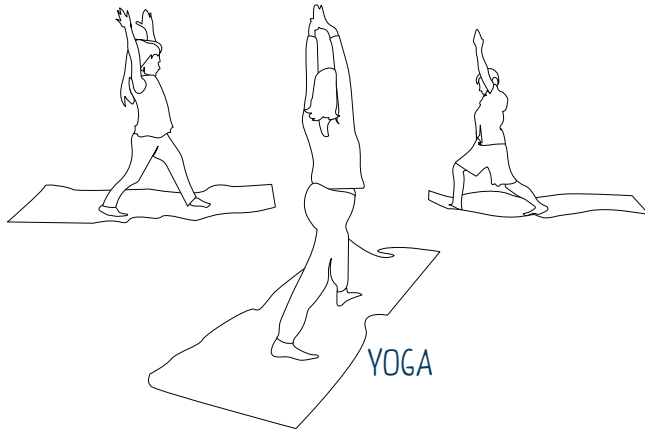




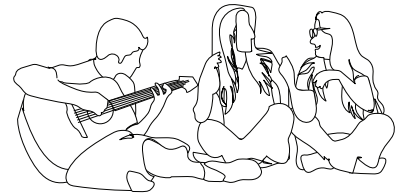
# FUN WITH MINDFULNESS



HIKING



YOGA



MUSIC

WHAT ARE YOUR IDEAL WAYS TO BUILD AND STRENGTHEN FOCUS AND CONCENTRATION (MINDFULNESS)?

PARKS AND RECREATION

# A LIFETIME OF DISCOVERY

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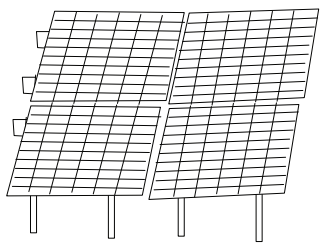
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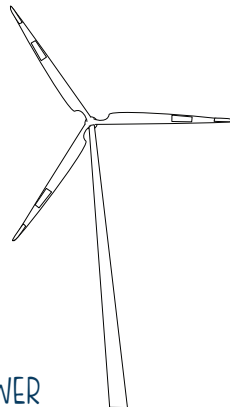
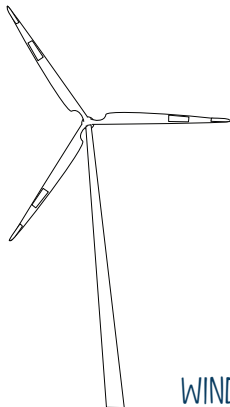




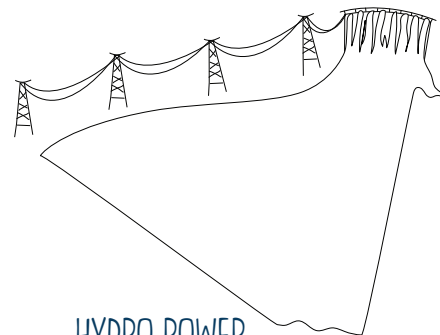
# BENEFITS OF RENEWABLE ENERGY



SOLAR POWER



WIND POWER



HYDRO POWER

USE YOUR IMAGINATION TO CREATE A SOURCE OF RENEWABLE ENERGY...  
WHERE CAN WE FIND IT? WHAT WILL IT LOOK LIKE? WHAT WILL IT BE? HOW WILL IT HELP?

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# WHAT IS YOUR STATE BIRD?

NAME: \_\_\_\_\_

DESCRIBE IT IN YOUR OWN WORDS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DRAW A PICTURE OF YOUR STATE BIRD

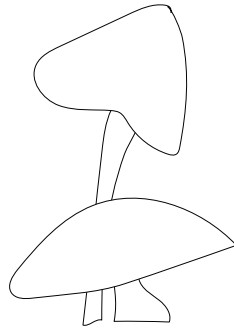




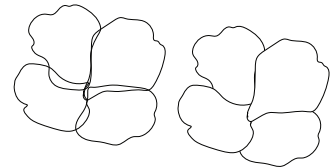
# NATIVE FLOWER PATCH



PLANTS



MUSHROOMS



WILD FLOWERS



COLOR THIS FLOWER PATCH

DRAW YOUR OWN FLOWER PATCH

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# WHAT IS YOUR STATE FLOWER?

NAME: \_\_\_\_\_

DESCRIBE IT IN YOUR OWN WORDS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

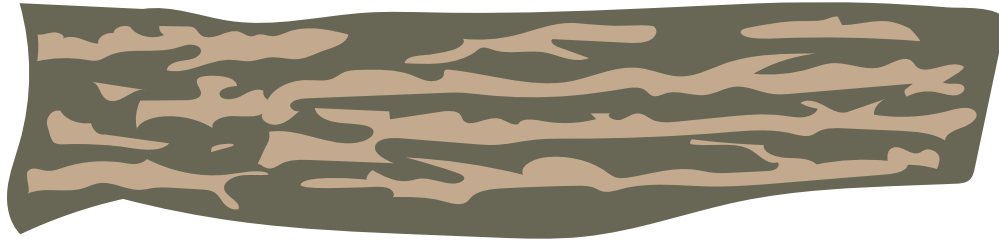
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DRAW A PICTURE OF YOUR STATE FLOWER





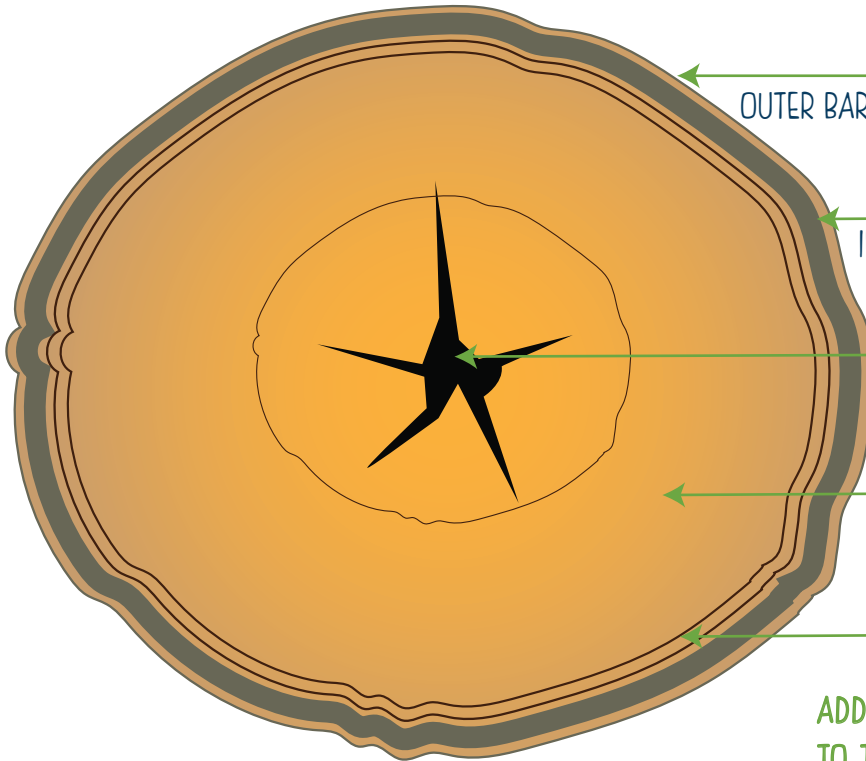
# FUN WITH TREE TRUNKS



OUTER BARK OR DEAD BARK



INNER BARK OR LIVE BARK



OUTER BARK OR DEAD BARK

INNER BARK OR LIVE BARK

THE PITH

SAPWOOD

GROWTH RINGS  
ADD GROWTH RINGS  
TO THIS TREE TRUNK

CROSS SECTION OF A TREE TRUNK



# WHAT IS YOUR STATE TREE?

NAME: \_\_\_\_\_

DESCRIBE IT IN YOUR OWN WORDS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

DRAW A PICTURE OF YOUR STATE TREE





# FUN WITH A WORD SEARCH

BUTTERFLY	N	E	D	V	H	U	P	N	Q	O	Y	A	Y	J	S
SOLAR	B	L	O	R	M	I	N	D	F	U	L	N	E	S	S
BARK	A	C	T	I	V	I	T	Y	E	R	F	P	C	U	N
HYDRO	R	L	L	Y	L	S	A	O	B	W	R	S	G	V	K
FRUITS	K	Y	E	W	Y	K	C	U	A	I	U	O	U	E	K
POWER	P	W	F	O	C	U	S	Q	F	N	I	L	E	G	Y
ACTIVITY	V	V	R	T	C	Q	N	S	G	D	T	A	G	E	V
WIND	S	Z	I	M	K	Y	I	B	R	Q	S	R	M	T	H
VEGETABLES	G	N	O	E	G	G	M	K	P	O	W	E	R	A	Y
MINDFULNESS	E	L	E	Q	P	I	F	Q	M	C	O	R	S	B	D
FLOWERS	N	S	H	A	B	I	T	A	T	J	H	I	V	L	R
ENERGY	E	R	Y	F	A	R	E	N	E	W	A	B	L	E	O
HABITAT	R	E	B	U	T	T	E	R	F	L	Y	N	P	S	T
FOCUS	G	Y	O	N	I	F	L	O	W	E	R	S	T	T	K
RENEWABLE	Y	Z	I	A	K	J	C	D	F	R	L	Q	U	Z	V



# A LIFETIME

## OF DISCOVERY

NRPA'S PARK AND RECREATION MONTH - JULY 2018



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**SUN MON TUE WED THU FRI SAT**

<p><b>1</b></p> <p>Goleta Valley Library Celebration 11AM-1PM</p>	<p><b>2</b></p> <p>Build a fort inside or outside with friends</p>	<p><b>3</b></p> <p>Have a picnic in the park with your pals</p>	<p><b>4</b></p> <p>July 4th Celebrations Stow House - 11AM Elks Lodge - 11AM Fireworks at Girsh Park - 5PM</p>	<p><b>5</b></p> <p>Kids Bowl Free** at Zodo's 8AM-4:30PM</p>	<p><b>6</b></p> <p>Slime Event for Kids Michael's 12PM-1PM</p>	<p><b>7</b></p> <p>Kids Workshop Home Depot-9AM  Juggler David Cousin Goleta Library-11AM</p>
<p><b>8</b></p> <p>Visit a beach and collect some shells</p>	<p><b>9</b></p> <p>Plant carrots, corn and/or kale for a great fall harvest</p>	<p><b>10</b></p> <p>Music at the Ranch 5:30PM-7:30PM</p>	<p><b>11</b></p> <p>Pickleball Clinic Evergreen Park Tennis Courts 10AM Concerts @ GVCC Gazebo 6PM-8PM</p>	<p><b>12</b></p> <p>Make a sidewalk chalk mural in your neighborhood</p>	<p><b>13</b></p> <p>Slime Event for Kids Michael's 12PM-1PM</p>	<p><b>14</b></p> <p>Have a campout in your backyard and enjoy the stars</p>
<p><b>15</b></p> <p>Take a stroll at the Farmers Market 10AM-2PM</p>	<p><b>16</b></p> <p>Grab some friends for a soccer game at Andamar Park</p>	<p><b>17</b></p> <p>Music at the Ranch 5:30PM-7:30PM</p>	<p><b>18</b></p> <p>Disc Golf Clinic at Evergreen Park 12PM-1PM</p>	<p><b>19</b></p> <p>Fly a Kite at Evergreen Park</p>	<p><b>20</b></p> <p>Nifty Balloon Show Goleta Library 10:30 AM</p>	<p><b>21</b></p> <p>Play a game of horseshoes at Stow Park</p>
<p><b>22</b></p> <p>Pickleball Clinic Evergreen Park Tennis Courts 12NOON</p>	<p><b>23</b></p> <p>Visit a neighborhood park</p>	<p><b>24</b></p> <p>*Camp Whitter Boys &amp; Girls Club  Music at the Ranch 5:30PM-7:30PM</p>	<p><b>25</b></p> <p>Concerts at the Gazebo 6PM-8PM Goleta Community Center</p>	<p><b>26</b></p> <p>Enjoy a walk and Bird Watching at Lake Los Cameros</p>	<p><b>27</b></p> <p>Slime Event for Kids Michael's 12PM-1PM</p>	<p><b>28</b></p> <p>Enjoy a family bike ride around town</p>
<p><b>29</b></p> <p>Go on a nature scavenger hunt at Stow Grove Park</p>	<p><b>30</b></p> <p>Volleyball Clinic Stow Grove Park 1PM</p>	<p><b>31</b></p> <p>Music at the Ranch 5:30PM-7:30PM</p>	<h1>JULY 2018</h1>			

\*Free as long as you submit membership online w/ the Boys & Girls Club

\*\*Sign up online at [www.kidsbowlfree.com](http://www.kidsbowlfree.com) to get 2 free games per day this summer! (A \$4.50 shoe rental per visit applies)