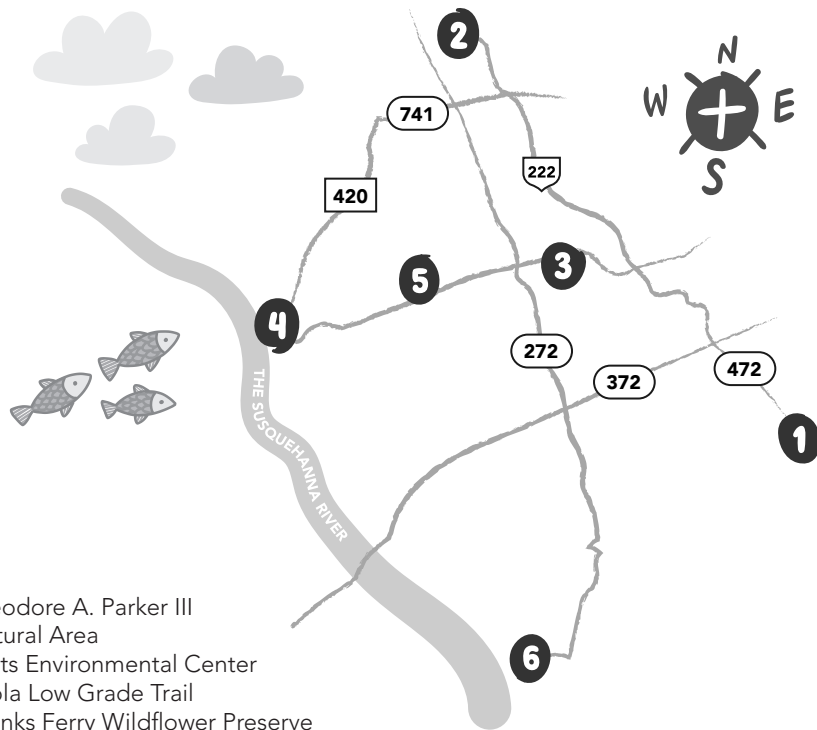


# SOUTHERN LOCATIONS



1. Theodore A. Parker III Natural Area
2. Shuts Environmental Center
3. Enola Low Grade Trail
4. Shenks Ferry Wildflower Preserve
5. Ferncliff Wildlife and Wildflower Preserve
6. Climbers Run Preserve & Natural Playground

**Reminder:** Your choice of an outdoor place to visit.

## Books at the Library—Reading is a healthy exercise too!

- *A Stone Sat Still* by Brendan Wenzel
- *The Brook Book: Exploring the Smallest Streams* by Jim Arnosky
- *Run Wild* by David Govell
- *The Nature Fix: Why Nature Makes Us Happier, Healthier, and More Creative* by Florence Williams
- *A Guide to Common Pennsylvania Wildflowers* by Carol Sanderson

## REFUEL YOURSELF!

### Smores Energy Bites

These bites include energy boosting ingredients!

- 1 cup old-fashioned oats
- 1/3 cup graham crackers, finely crushed
- 2 tablespoons chia seeds
- 1/2 cup nut butter
- 1/4 cup honey
- 1/2 teaspoon vanilla extract
- 1/4 cup mini chocolate chips
- 1/4 cup mini marshmallows

Combine first 3 ingredients together in a bowl. Next add nut butter, honey and vanilla extract. Stir until combined. Gently add in chocolate chips and marshmallows. Roll into small bites (about 1 inch) and place in airtight container in the refrigerator.

## REFRESHING MOVES!

What's your favorite move? Circle one or all.





## DID YOU KNOW:

Theodore A. Parker III was born in Lancaster County. He was regarded as one of the greatest field biologists of the 20th century. He could identify more than 4,000 bird species simply by their songs alone.

Write about or draw something you learned while visiting an outdoor place!

## SHADOW SCIENCE

If it is a sunny day — collect some leaves, petals, twigs and seeds from the ground.

Ask someone who you are with to stand with the sun behind them so their shadow appears on the ground.

Fill the shadow in with the natural items you collected (leaves, petals, twigs, seeds, acorns, pinecones, and whatever else you collected).

When finished, ask the person to step aside from the filled in shadow. See their shadow stay behind!

