



Online Seasonal Activities for Families

Starved Rock Saplings



Summer Edition

Thank you for your interest in Starved Rock State Park. The following Starved Rock Sapling seasonal program is to help engage children and families in nature; at home, in their neighborhood, or at Starved Rock and Matthiessen State Parks.

Each packet will be posted to the Starved Rock and Matthiessen State Park Facebook page every October, January, April, and July. Packets can also be downloaded from the IDNR website at dnr.illinois.gov/parks/park.StarvedRock.html under the Interpretive tab.

Packets will include the following:

DISCOVER:

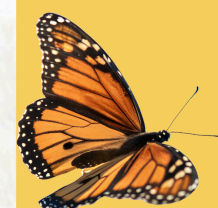
Fun facts and information about the natural world.

CONNECT:

Nature activities, storybook suggestions, games, and crafts.

EXPLORE:

Ideas for getting outdoors and exploring the natural world in your backyard, neighborhood, or community parks.



Starved Rock and Matthiessen State Parks



dnr.illinois.gov



StarvedRockandMatthiessenState Parks

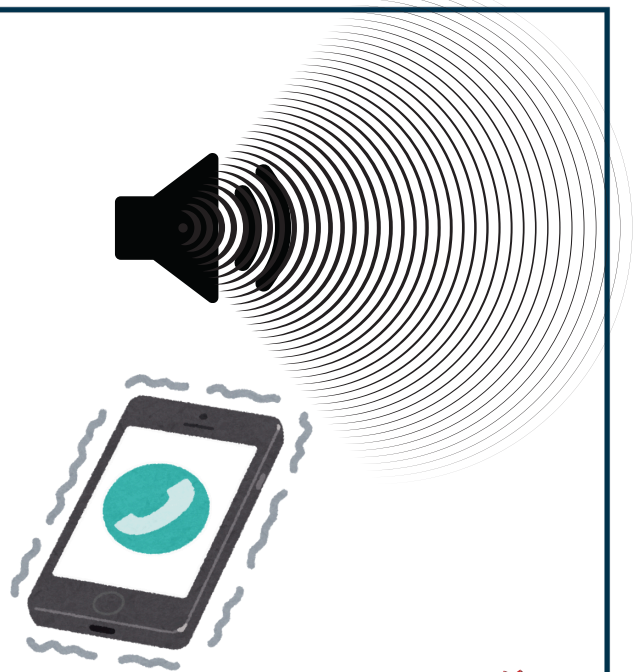
By: Amy Gensler, Conservation Education Representative.

DISCOVER

What is sound?

Sound is anything that can be heard. All sorts of things make sounds, from people talking, dogs barking, birds chirping, all the way to rain falling and wind blowing.

What are some sounds you can think of? List them below.

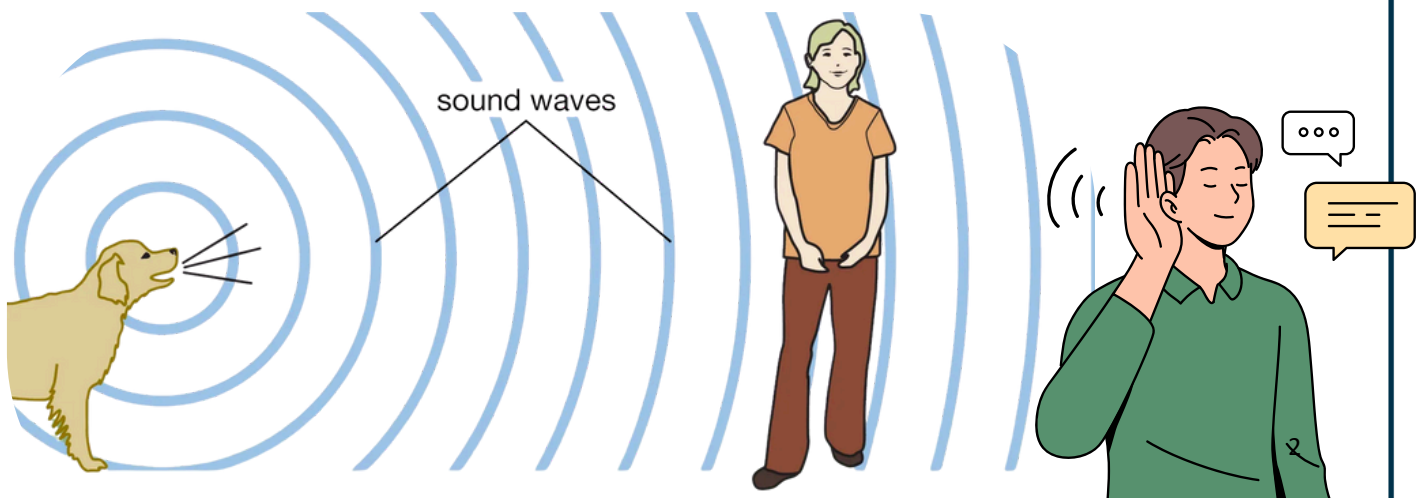


Three things must happen to create sound:

- 1) An object must vibrate.
- 2) Sound waves pass through a medium such as air, water, or solid objects.
- 3) A receiver, such as an ear, must pick up the sound waves.



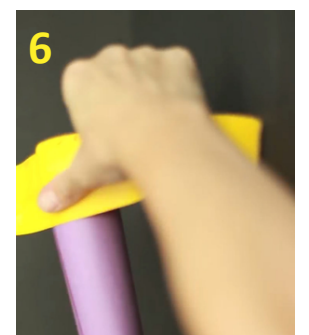
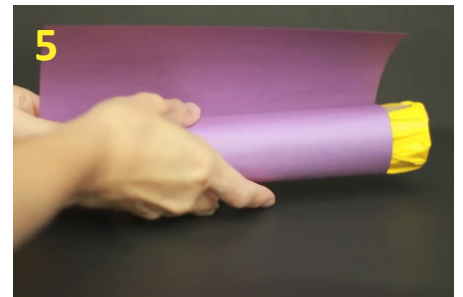
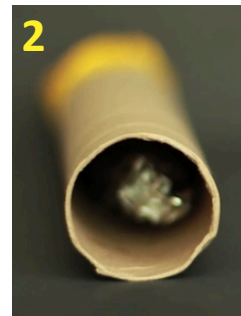
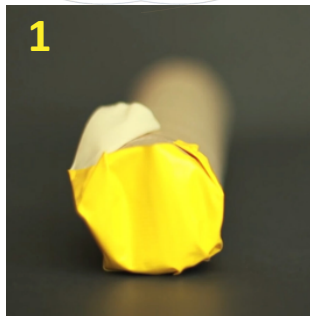
A couple animals you may have thought of could be a cricket and a cicada. Crickets sing by rubbing their wings together. Cicadas though make their song a different way. Have you ever played with a bendy straw by bending it in and out and back and forth. Notice how it clicks? Cicadas have an organ called a *tymbal* that has a series of ribs or grooves like the bendy part of a bendy straw. When the ribs buckle, or fold, they create a click noise. They are able to fold hundreds of times per second creating a buzzing sound. If you could bend your straw hundreds of times per second you could buzz too!



Make a Rain Stick

Materials:

- Paper towel roll
- duct tape
- aluminum foil
- corn kernels
- rice
- small noodles
- construction paper.



1) Cover one end of the paper towel roll with duct tape.

2) Insert a long rolled-up piece of aluminum foil into the paper towel roll.

3) Fill the inside of the paper towel roll 1/4 full of the mixture of corn kernels, rice, and small noodles.

4) Cover the other end of the paper towel roll with duct tape.

5) Wrap construction paper around the paper towel roll.

6) Wrap duct tape over the construction paper on both ends.

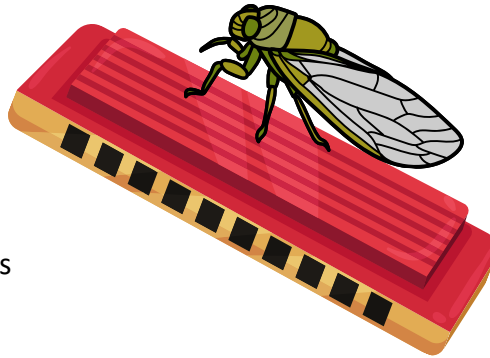
7) Move the rain stick from side to side and listen to the sound it makes!

CONNECT

Cicada Harmonica Experiment

Materials:

- Scissors
- match sticks
- paper
- rubber bands
- short flat sticks
- long and thin flat sticks
- popsicle sticks.



1) Take two same sized sticks and cut a piece of paper to match them in size.

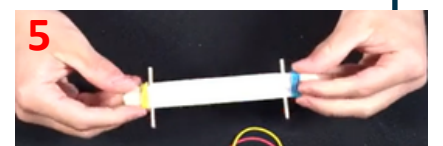
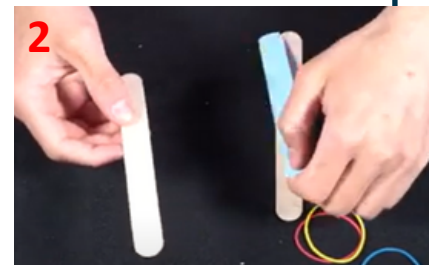
2) Place them like a sandwich with a stick on the bottom, a paper strip in the middle, and a stick on the top.

3) Wrap a rubber band around one end very tightly.

4) Slide a matchstick between the sticks as far down as it will go.

5) Place a matchstick on the other end and wrap the open side with a rubber band until it is tightly closed.

6) Repeat steps 1-5 with the other sizes of flat sticks.



Experiment with your harmonicas to see how they sound.

- Does blowing harder or softer change the sound?
- Do they all sound different than each other?
- Which one sounds most like a cicada?

Interpreted from the following video:

<https://www.youtube.com/watch?v=-CdMEcSRivg>

What kind of sounds do we hear in summer?

Do you know the song *Old McDonald*?

It's a song about all the sounds that you might hear on a farm.

Lets make our own song about the things we hear in nature.



Young Mc(NAME HERE) went outside.

E-I-E-I-O

And while outside they heard a (SOUND MAKER HERE)

E-I-E-I-O

With a...

(THE SOUND YOU ARE HEARING) here and a (THE SOUND YOU ARE HEARING) there.

E-I-E-I-O

REPEAT



- *The Very Quiet Cricket*, by Eric Carle
- *Sounds All Around*, by Wendy Pfeffer
- *The Cornell Guide to Bird Sounds: United States and Canada*, Audio Files provided by Cornell Lab



WEBSITES FOR PARENTS AND YOUNG NATURALISTS

- <https://dnr.illinois.gov/education.html>
- <https://www.wonderseekers.charity/science-at-home>
- <https://www.pbs.org/parents/activity-finder/ages-all/topics-all/shows-all/types-craft-and-experiment>

Don't forget you can rent educational trunks for FREE from the IDNR EDUCATIONAL TRUNKS on hand at the park.

Just ask by emailing Lisa.Sons@illinois.gov.

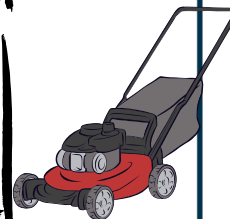
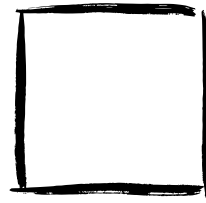
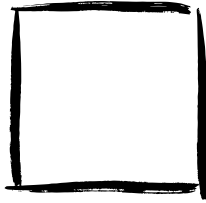
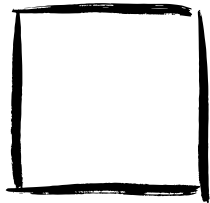
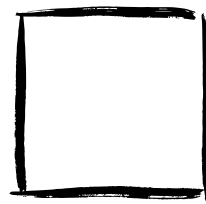
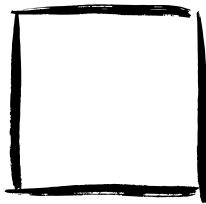
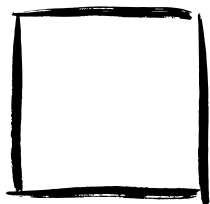
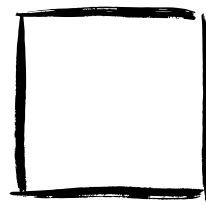
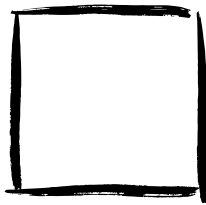
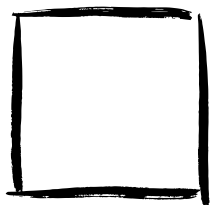
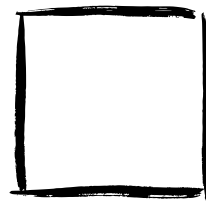
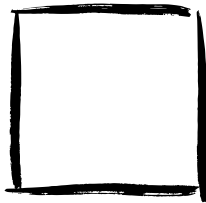
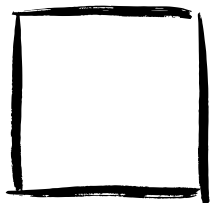
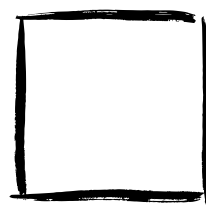
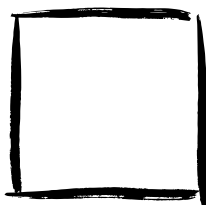
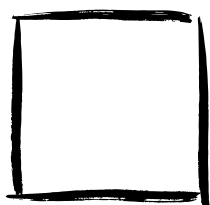
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EXPLORE

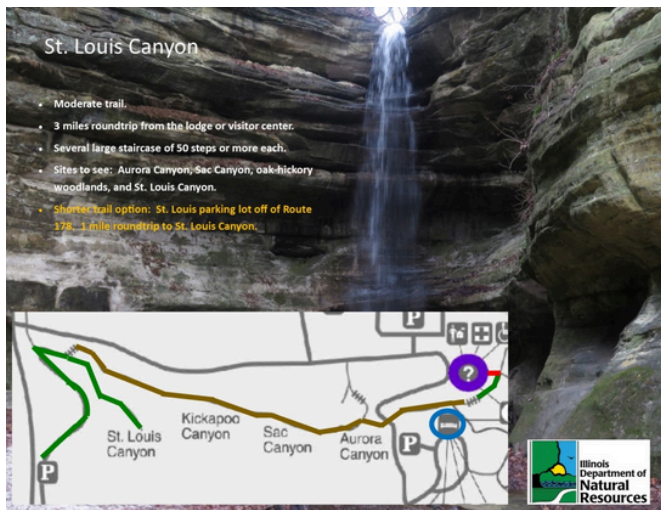
Follow the Call

Explore your backyard, neighborhood, community parks, or Starved Rock and Matthiessen State Parks with a fun scavenger hunt this summer. Don't forget to "LEAVE NO TRACE" by leaving only footprints and taking only memories when visiting a park.

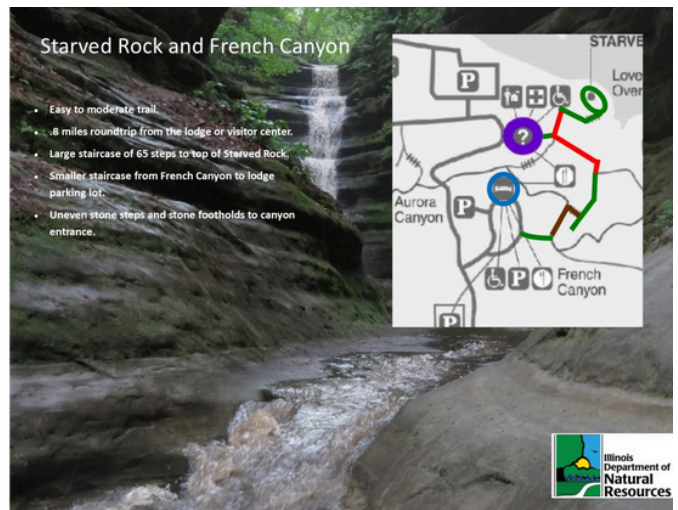


EXPLORE YOUR STATE PARKS!

Visit dnr.illinois.gov to view state parks by region under the Parks and Recreation tab. What state parks are close to your home? Help your family plan a visit by exploring the parks webpage. What does your local state park have to offer, hiking, biking, horseback riding, camping, fishing, skiing, or boating? Read over the trail maps, trail suggestions, rules and regulations (stay on marked trails), and head out to explore. Here are some recommended trails for families at Starved Rock State Park. Happy Hikers = Happy Trails!



Great trek for families with little ones if you park off of route 178 at the St. Louis parking lot just south of the park's west entrance and hike into St. Louis Canyon.



The most convenient hike at the park starting from the main parking lot by the river and visitor center leading to the park's namesake Starved Rock and French Canyon. French Canyon is not recommended for children under age 5 or anyone in winter when the ground is snow and ice covered.



The eastern canyons of Illinois, Ottawa, and Kaskaskia are great for families due to their length and proximity to parking lots. Just one mile roundtrip hikes into the canyons. Be aware the trails are not paved and you will have a few small creek crossings in spring and early summer.