

Follow the Forest Discovery Trail signs and stop at each designated area.

## FIRST STEPS



# Welcome to the Forest Discovery Trail!

Let's have fun, and stay safe!

### Safety Tip #1

There are some hazards in the forest. It is important that groups stay together. One great way to do this is to keep students between a trail leader and the trail caboose.

#### What are some possible trail hazards?

- Stinging insects
- Getting lost at trail and road intersections
- Falling and getting hurt
- Though encounters are very rare, we do share the forest with cougars and black bears. Staying with your group will make encounters extremely unlikely.



### Safety Tip #2

#### Take care of yourself, and others.

How can we take care of ourselves and others?



- Stay on the trail
- Stay in our own safety bubbles
- Keep sticks on the ground
- Don't put things from the forest in your mouth

### Safety Tip #3

#### Learn to Identify Poison Oak.

**Pro Tip!** Look with your eyes, before you touch anything.

**ASK!** Does anyone know how to identify poison oak?

#### Let's Learn together!

Remember this rhyme "Leaves of three, let it be"

**ASK!** Has anyone had poison oak before?  
How did it feel? **Itchy and painful!**



# FIRST STEPS



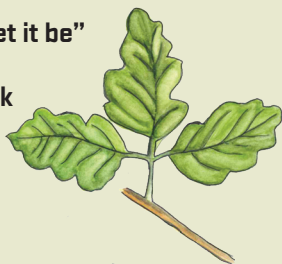
## Activity!

Near this stop, you can easily find Poison Oak leaves, White Oak and Blackberry leaves. Find and compare all three plants.



- Oak-shaped leaf (lobed leaves), smooth leaf edges
- White Oak has just one lobed leaf coming off a stem

- “Leaves of three, let it be”
- Poison oak has oak shaped leaves in groups of three



- Blackberry leaves can be in groups of three or five, but have “teeth or triangles” around the leaf edges



Follow the trail to the next stopping point



## ...PEAVY'S GIANTS

### Along the Way

Look for different leaf shapes along the trail. Take photos of the shapes or have a grownup carefully collect leaves in a paper or ziplock bag (not poison oak, of course!). Look at all the different shapes you collected when you finish the walk or get back to the classroom.

### Back in the Classroom

Have students draw or do leaf rubbings of all the different leaf shapes found on the walk. Display them all together to see the diversity of leaf shapes in the forest!