



BIGFOOT'S PLAYBOOK

ACTIVITY

MATERIALS

The following activity materials are intended to be used with Bigfoot's Playbook:

A Youth Educator's Guide to Leave No Trace Activities, Games, and Experiential Curriculum

The following activity materials are included in this packet:

- Ethics Game
- Campsite Oh-No's
- Minimum impact Match
- Specific is Superior
- Okay vs. No Way
- Are You Ready?
- Surface Hopscotch
- Trash Timeline
- Leave No Trace Question Ball

About this packet:

- The activity cards have been designed so that you can print double sided.
- It is recommended that you print out the cards, cut them out when appropriate, and laminate the cards ahead of using Bigfoot's Playbook.
- Each group of activity materials includes a blank card page with a backing so that you may create your own cards with items that are specific to your program, community and culture.



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



Other kids cutting from one part of the trail to another to get in the front of everyone else.

Food and snack wrappers in the camp's fire ring.

People breaking the branches off trees.

Names carved in trees.

Strangers dog approaches you and/or jumps on you.

Kids on bikes not looking out for other people.

Trampled flowers around an outdoor area, camp or on a trail.

Fish guts on the stream bank.

Trash on the ground in your classroom, area or around camp.

Being passed by a large group while hiking or walking on a trail.

Kids or adults feeding animals like squirrels.

Pet waste on the ground.



ETHICS GAME



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ETHICS GAME



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ETHICS GAME



ETHICS GAME



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ETHICS GAME



ETHICS GAME



ETHICS GAME



Banana peels and apple cores left around a picnic area or on the side of a road.

Fishing line and hooks left on the banks of a lake or river.

Other kids or adults not showing you respect.

Other kids and adults being noisy and scaring off the animals you're watching.

Horses wading into water ways.

Half burned food and trash in a campfire ring.

Kids or adults finding deer antlers and taking them for themselves.

Other camp groups setting up their tents next to yours.

Kids or adults squishing insects or other small creatures.

Other kids ruining an art project of yours.

Trash left scattered around sport's fields.

Kids or adults picking wild flowers.



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME



ETHICS GAME





CAMPSITE OH-NO'S

CAMPSITE OH-NO'S

CAMPSITE OH-NO'S

CAMPSITE OH-NO'S



CAMPSITE OH-NO'S

CAMPSITE OH-NO'S

CAMPSITE OH-NO'S

CAMPSITE OH-NO'S



CAMPSITE OH-NO'S

CAMPSITE OH-NO'S

CAMPSITE OH-NO'S

CAMPSITE OH-NO'S



Banana peels and apple cores left around a picnic area or on the side of a road.

Food and litter at your campsite attract animals (add mice, racoons and/or bears).

A large, partially burned log is laying over the top of the fire pit (add a large burned log that overlaps your fire pit area).

Your water source is dirtied by the last campers (add food scraps, foam, and a muddy bank).

The campers next to you are playing very loud music and their pets are running through your campsite.

Trees surrounding your campsite have the last campers' names and initials carved into them (add drawings on trees).

The flowers around your site are all picked or trampled.

'Social trails' run through your campsite and in all directions (add new trails that criss cross from the nearby brush straight through your camp).

Other campers are washing their dishes in your watersource. (add dirty dishes, soap, and food scraps to the water source).

The "garbage monster" visits your site (add styrofoam, food wrappers and flashlight batteries).

Multiple burn areas scorch the ground where camp fires have been before. (Add burn marks to the ground next to your tent and two in your eating area).

The firepit is filled with partially burned garbage by the last campers.



CAMPSITE OH-NO'S



CAMPSITE OH-NO'S



CAMPSITE OH-NO'S



CAMPSITE OH-NO'S



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CAMPSITE OH-NO'S



CAMPSITE OH-NO'S



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MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH



leash

batteries

gloves

trail

flashlight

binoculars

cat hole

lantern

stove

**colored
pencils**

headphones

socks

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MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH



A



MINIMUM IMPACT MATCH



compass

bandages

rope

trash bag

**sleeping
bag**

sunscreen

**water
bottle**

rain jacket

A



MINIMUM IMPACT MATCH



Leave
No
Trace™
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litter

camera

pet

trowel

matches

fuel

sketchbook

music

boots

map

first aid kit

**bag to
hang food**

B



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Leave
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flashlight

backpack

tent

sign

snacks

sunglasses

hat

wildlife

B



MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH



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MINIMUM IMPACT MATCH





**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



To minimize food waste, try not to cook more food than you will eat.

Okay! This is a great way to reduce food waste that you would have to otherwise pack out and throw away.

A great way to minimize food waste is to prepare or practice making your meals at home before you go on your trip.

Okay! Preparing at home before you go is always a good idea, especially when it comes to food.

A bandana can be used to strain food particles from wastewater.

Okay! Catching food particles in a bandana allows the food particles to be thrown away while the water is dispursed.

With left-over food, you should strain out the chunks and pack them out.

Okay! Straining out the chunks of food first will help make the cleaning process much easier. Pack out the food when finished.

Buying food in bulk is a great way to minimize packaging waste.

Okay! Purchasing food in bulk not only reduces packaging waste, but it is usually cheaper as well!

Repackaging food before you leave will reduce the amount of trash you have to deal with.

Okay! Repackaging food into different bags and containers can reduce the amount of trash that you will have to pack out while on your trip.

You can wash dishes right in the stream because soap is clean and won't impact water sources.

No Way... soap is a contaminant that will negatively impact a water source. This include biodegradable soap

It's a good idea to always have a campfire.

No Way... it could be a very bad idea to have a camp fire if there is a fire ban, draught conditions or no way to minimize fire impacts.

Repackaging food is a waste of time.

No way... while repackaging food may take some time, its value to reduce the amount of trash that you will pack out makes it worth someone's time.

Just leave your leftover food in camp.

No Way... leftover food would be consumed by animals and attract them to that area in the future, negatively impacting other people that come to camp at that site.

Store food in a bear resistant container in your tent.

No Way... while it is important to store food in a bear proof canister, you should never keep that canister in your tent. Animals can still smell food through the canister!

Canned food is a great food to bring backpacking.

No Way...canned food is heavy, doesn't often support the needs of a group, and produces a lot of heavy garbage that you will have to carry out.



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**



**OKAY VS.
NO WAY**







SCENARIO #1

A staff member has told you that you'll be venturing out on a long hike tomorrow. You and your group will be hiking in Shenandoah National Park, starting at 10:00 a.m. at the Meadow Springs Parking Area and hiking two miles before breaking for lunch around Noon. After lunch there will be another mile hike out to High Clear Pond. After a quick dip, the group will begin hiking back out to the trailhead with an arrival time of approximately 4:00pm. The hike into the pond will be mostly uphill with some flat stretches. The return hike will be mostly downhill. Temperatures during this time of the year can range from high 50's in the morning and at higher elevations to the low 90's during the afternoon. The weather is predicted to be mostly sunny, but be prepared for any weather, including rain. The trail can be quite rocky and may be muddy so come prepared with hiking boots. The planned lunch area is beautiful and provides a great spot off trail for the group. You will have to bring your own lunch. Staff members will have sunscreen, first aid kits, radios, and all other necessary safety equipment. Be prepared for a wonderful time! See you there!





ENVIRONMENT & CONDITION CARDS

Do the contents of your pack...

- Help you make sure that you will be safe? Please explain.
- Help you Leave No Trace? How?
- Help you have a successful and fun day on the trip? Please explain.
- Properly prepare you for the weather conditions that you'll encounter? How?



ENVIRONMENT & CONDITION CARDS

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FOREST



ALPINE



DESERT



RIVER



ENVIRONMENT & CONDITION CARDS

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BEACH



SKI AREA



CITY PARK



COMMUNITY POOL



ENVIRONMENT & CONDITION CARDS

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ENVIRONMENT & CONDITION CARDS

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- Properly prepare you for the weather conditions that you'll encounter? How?





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH



DRY GRASSES





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

FLOWERS





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH



ICE





SURFACE HOPSCOTCH



LICHEN COVERED ROCKS



SURFACE HOPSCOTCH





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

LIVING BIOLOGICAL SOIL CRUST
(CRYPTOBIOTIC SOIL)





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

MOSS





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

MUD





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

ROCK





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

ROCKS





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH



SAND





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH



SNOW MONS





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH



TRAIL





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

WATER





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

WET GRASS





SURFACE HOPSCOTCH





SURFACE HOPSCOTCH

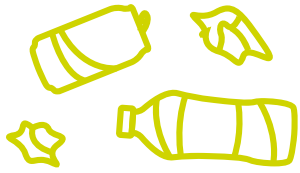
WOODEN BOARDWALK





SURFACE HOPSCOTCH

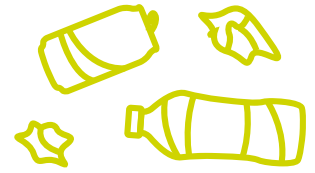




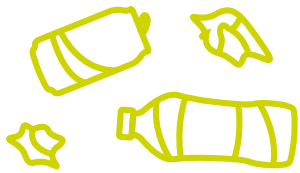
TRASH TIMELINE



TRASH TIMELINE



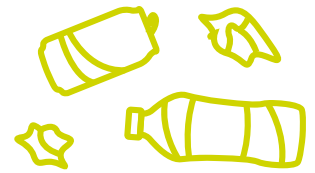
TRASH TIMELINE



TRASH TIMELINE



TRASH TIMELINE



TRASH TIMELINE



Up to 2 years

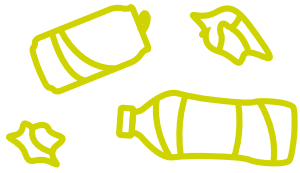
1 to 5 years

1 to 5 years

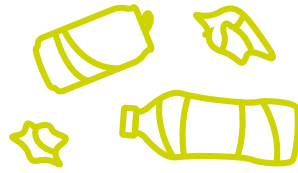
1 to 5 years

5 years

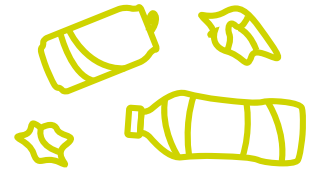
5 years



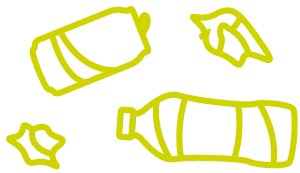
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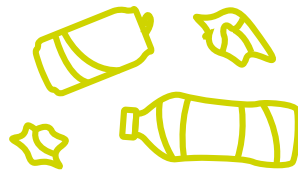
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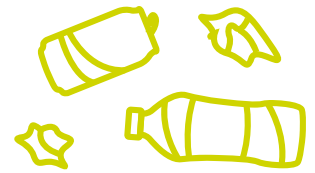
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TRASH TIMELINE



TRASH TIMELINE



TRASH TIMELINE



30 to 40 years

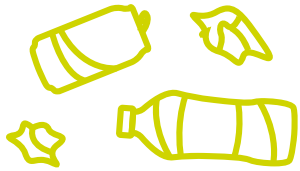
50 years

80 to 100 years

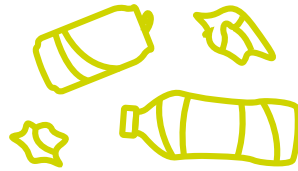
100 years

10 to 20 years

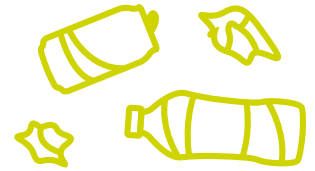
**1,000,000
years**



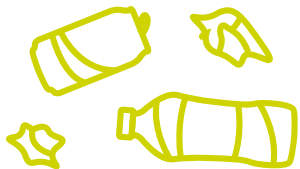
TRASH TIMELINE



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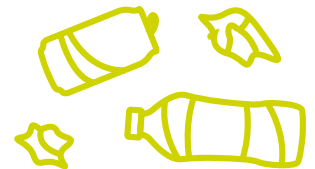
TRASH TIMELINE



TRASH TIMELINE



TRASH TIMELINE



TRASH TIMELINE





Plastic Bags



Aluminum Cans



Cigarette Butts



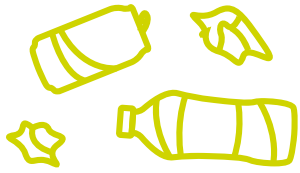
Leather



Tin Cans



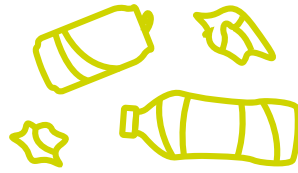
Glass Bottles



TRASH TIMELINE



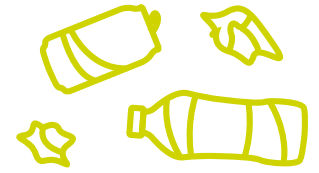
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TRASH TIMELINE



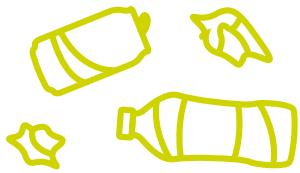
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TRASH TIMELINE



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TRASH TIMELINE



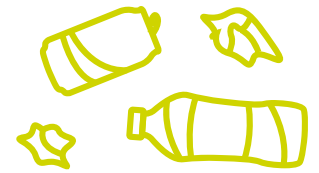
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TRASH TIMELINE



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TRASH TIMELINE



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Nylon Fabric



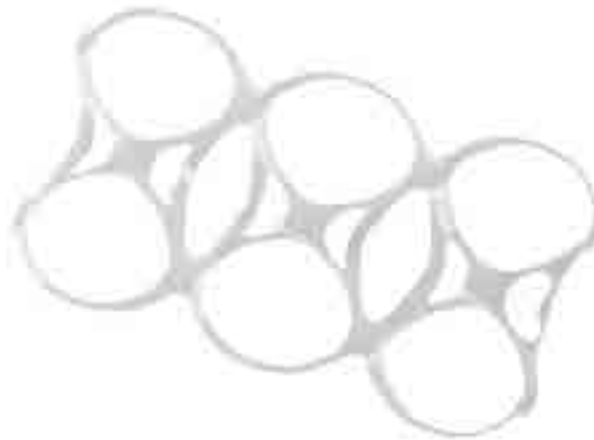
**Orange or
Banana Peels**



**Plastic Coated
Paper**



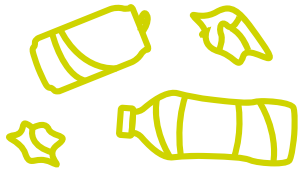
Wool Socks



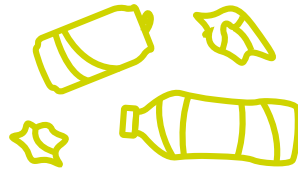
**Plastic Bottle
Holder**



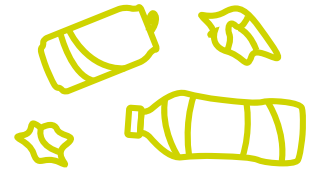
Gum



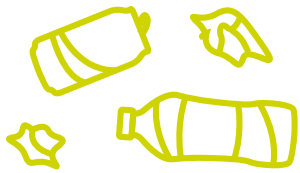
TRASH TIMELINE



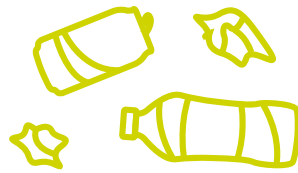
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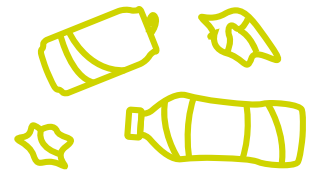
TRASH TIMELINE



TRASH TIMELINE

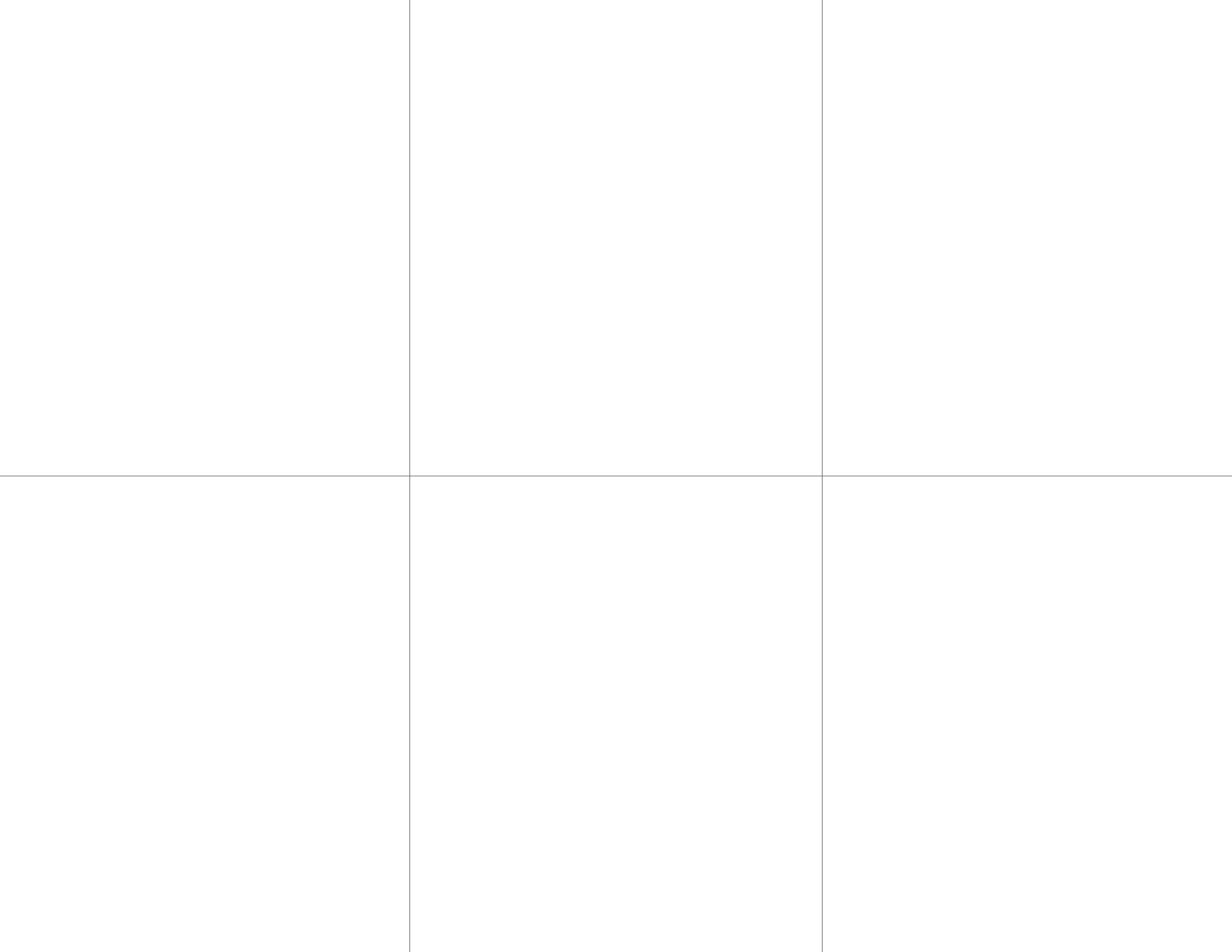


TRASH TIMELINE



TRASH TIMELINE









QUESTION BALL

Use the suggested questions below to make your own Leave No Trace Question Ball.
If using as an ice breaker only, terminology questions may be advanced for some.
Get creative and create questions that are specific to your program, as well!

- How can we avoid transporting invasive aquatic species?
- What are examples of minimum impact campfires?
- Look around: what are two examples of durable surfaces?
- Who should yield when hikers and horses meet on the trail?
- How would you describe the term "invasive species?"
- Why is Leave No Trace important to our group?
- What are potential sources of information before traveling in the backcountry?
- What is an alternative to toilet paper?
- Why is Planning Ahead and Preparing important?
- Why is it smart to repack food before hitting the trail?
- What is one way that you are going to practice Leave No Trace today?
- What are the three D's of choosing firewood?
- Is grass more fragile in WET or DRY conditions?
- What is a "fire ban" and why is it important to check this before a trip?
- Why is it OK to walk through the middle of a muddy trail?
- Is it okay to bury any leftover food waste?
- What things did you bring with you today to stay protected from the sun?
- Where should you throw away dog waste bags when outdoors?
- Look around: what are two examples of non-durable surfaces?
- Why do trails help us protect the outdoors?
- Which area of your campsite receives the most impact?
- When hiking, is it OK to hike off trail? How do you know?
- Which natural objects are OK touch? How do you know?
- What types of wildlife do you think you will see today?
- How do you know if you are too close to a wild animal?
- Why is it important to dig your cat hole 6-8 inches deep?
- What is a "cat hole?" and why do we use them?
- How should we dispose of toilet paper in the backcountry?
- Where should you keep snack wrappers if there is no garbage can?
- What should we do if we see wildlife nearby?
- How do you show that you care for nature?
- What kind of gear helps us stay safe when we are outdoors?
- Why is it best to urinate on rocks rather than vegetation?
- How do you remember the Seven Principles of Leave No Trace?
- Name as many of the Seven Principles as you can!
- What is one of the four objectives of proper waste disposal?
- Wildlife: what is the difference between "attraction" and "habitation"?
- What can we do to protect our food from wildlife when we are outdoors?
- What happens when we feed wildlife?
- What is one way we can be respectful of wildlife?
- Where is the best place to take a break while hiking?
- Why is it smart to have a backpack on your trip?
- Camping: What should you do with your dirty dish water?
- What are some alternatives to having a campfire?
- What is the highest level of Leave No Trace training available?
- What is ANOTHER way that you are going to practice Leave No Trace today?