




A NOTE TO CAREGIVERS...

We hope that you and your child enjoyed the Junior Historian experience. These activities were designed to introduce young explorers to the natural wonders of Sky Meadows State Park. There are many other opportunities for self-guided exploration every day at the park.

Make the most of your field explorations with our Discovery Backpacks. These backpacks are stocked with the guides and tools you'll need to spend a day of self-guided discovery at the park.

We have 3 different Discovery Backpack themes that allow you to explore the various natural and cultural wonders of Sky Meadows State Park:

-  Beginning Birding
-  Insect Investigation
-  Woodland Wonders

Each Discovery backpack includes field guides, maps, activity cards and other tools that will help you enjoy a day of exploration.

Backpacks are available at the Visitor Center on a first-come, first-served basis. There is no charge to check out and use a Discovery Backpack, however, an adult 18 years or older must be present to sign for the backpack.

For more information on the programs, events, and services available at Sky Meadows State Park, please visit our website at www.virginiastateparks.gov or call the park at (540) 592-3556.

Sky Meadows State Park
11012 Edmonds Lane
Delaplane, VA 20144

Sky Meadows State Park

Junior Ranger Program

Historian Activity Booklet For children ages 5-7



Version 2/2022



SKY MEADOWS STATE PARK JUNIOR RANGER PROGRAM

Welcome to our Jr. Ranger– Historian booklet! By opening this book, you begin your journey to becoming an official Sky Meadows State Park Jr. Ranger. After completing this booklet and attending one history program, bring your completed book to the Visitor Center and present it to the Ranger. They will review your book and issue you your official badge!

Good luck in your journey and remember to tread lightly on the land, practice Leave No Trace principles at all times in the park and, most importantly, have fun!

Leave No Trace Principles

1. **Plan ahead and prepare:** Learn about the park rules. Check the weather before you come. Bring enough water, sunscreen, and bug spray with you. Dress for the weather.
2. **Travel and camp on durable surfaces:** Stay on the trails.
3. **Dispose of waste properly:** Don't litter. Take your trash with you when you leave.
4. **Leave what you find:** Don't pick flowers or leaves. Don't take home rocks, pinecones, or any other souvenirs.
5. **Minimize campfire impacts:** Fires are only allowed in certain areas. If you build a fire, keep it small and make sure that it is completely out before you leave.
6. **Respect wildlife:** Watch all wildlife from a safe distance. Do not try to touch or feed any wildlife. If you have a pet with you, keep it on a leash and under your control at all times.
7. **Be considerate of other visitors:** Be kind to other people in the park. While on the trails, keep your voices quiet so that you and other people can enjoy the sounds of nature.



RANGER-LED HISTORY PROGRAM

Now, that you are done with the activities in this booklet attend a program, take a house tour or speak with a ranger. Ask the Ranger to sign their name on the line marked "Ranger Signature." Once you are done with this page, return your booklet to the Visitor Center to receive your badge!

Program Attended: _____

Date: _____

Time: _____

Two things that you learned from the program that you did not know before:

1. _____

2. _____

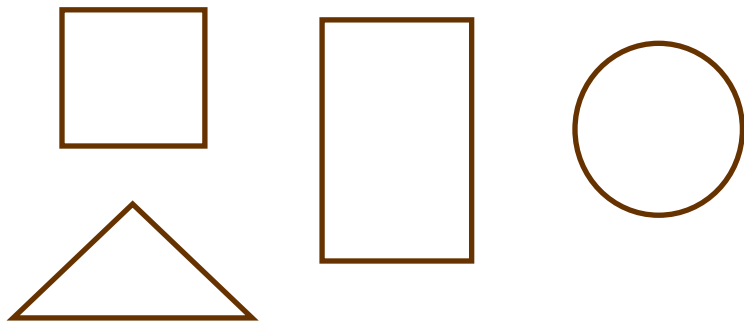
Ranger Signature: _____

* For a complete listing of History Programs, check the Visitor Center or visit our online Calendar of Events at www.virginiastateparks.gov



MOUNT BLEAK HOUSE

Historic Mount Bleak House was built around 1843. Walk around outside. Can you match these shapes with items on the house's exterior? Mount Bleak is open based on volunteer availability. Inquire inside the Visitor Center for a complete tour schedule.



CONNECTING WITH THE PAST

The story of Sky Meadows State Park does not begin with its opening in 1983 and it does not begin with the Mount Bleak Farm in 1843. It does not even begin with George Washington working as a surveyor here in the 1750s. The story of this park begins before Europeans ever came to the New World. It begins with the Native Americans who used this area for traveling through the valley and for hunting. They were the first people to shape this land and for generations, man has been leaving their mark.

The names of the park's trails and other features help tell the stories of some of the people who have lived here: Captain James Ball, Corporal Randal Morgan, Abner and Mary Settle, Thomas Shearman, Sir Robert Hadow and many more. However, there are others who lived and worked on this land whose memories live on even if their names have faded over time. These men and women, enslaved African Americans, shaped this land as much as the others. Their stories are still waiting to be discovered. It is the job of the Historian to find those stories and share them so that their legacies will be remembered.

This book belongs to:

Junior Historian In Training



THE FARMER'S FORGE

Blacksmiths were an essential part of frontier life. Need a pair of hinges for a door? If you required nails, an ax head, kitchen cutlery, rims for the wagon, or any repair involving metal, the blacksmith was the person to see.



Take a walk to the **Blacksmith Forge**, which is to the left when leaving the Visitor's Center. Hint: It's located in the **Historic Area** behind the **Dairy Barn**. Look at the tools in the shop. Match the photos below with their name and description on the right.



A. Tongs: Long-handled tool to hold hot metal while hammering it on the anvil.



B. Forge: An oven-like tool fueled by coal used to heat metals to the point where they can be easily shaped.



C. Sledgehammer: Primary tool used to shape hot metal.



D. Vise: Used in place of tongs to hold large, heavy objects.



E. Slack tub: A barrel filled with water, or sometimes oil, in which newly-shaped metal objects are dunked to cool them down.



F. Anvil: Large, heavy tool used as a hammering surface.



AN HISTORIC TRAIL

The Appalachian Trail (AT) is one of the longest trails in the United States, measuring about 2,180 miles. The trail goes through fourteen states along the crests and valleys of the Appalachian mountain range. The trail's southern end is at Springer Mountain, Georgia, and the northern end is Mount Katahdin, Maine. In 1921, a man named Benton MacKaye came up with the idea for a grand trail that would connect a series of farms and wilderness camps along the ridges of the Appalachian Mountains. After 16 years of hard work from hiking-group volunteers and other supporters, the Appalachian Trail was completed. Today, volunteers work closely with the National Park Service to maintain the trail for present and future hikers. The AT passes through two of Virginia's State Parks: Sky Meadows and Grayson Highlands. If you would like to walk on the AT while at Sky Meadows, you can access it from either the **North Ridge** or **Ambassador Whitehouse Trails**. (See your trail guide)



Many hikers on the Appalachian Trail have trail names; a hiking nickname. Here are some examples: Bobcat, Chuckles, Greyhound Cowboy and Tuba Man.

What would your nickname be if you were hiking the trail?

Did you know that the youngest person to finish the trail was only 5 years old? His trail name was Buddy Backpacker.

Write or draw a picture of some of the plants and animals he might see along the AT.



LIFE ON THE FARM













In the 1740s, George Washington acquired approximately 2,800 acres of land on Lost Mountain. He divided up the land into parcels and rented them out to farmers. In those days, tenant farmers were required to make certain improvements to the land they rented. They had to maintain a house, clear trees, plant an orchard and grow crops.

Imagine you are a tenant farmer and the land before you is the parcel of land that you have rented. Draw a picture of the scene before you. Imagine no buildings or roads exist. Decide how you would develop your farm. Where would you build a house, grow your crops and plant an orchard. Would you have livestock on our farm? How about fences or other outbuildings?



ON THE HEARTH

In the 18th and 19th centuries, the majority of cooking was done on an open hearth like the one in the park's **Log Cabin**. Stop by the cabin and look inside. Does it look like your kitchen at home? Do you think that cooks in this kitchen could make the same food you eat? You might be surprised at how similar this kitchen is to yours! Look at the pictures of items from in the Log Cabin and match them with their modern name. To help you, a short description is beside each item.

1.		Cider Press: Chops and squeezes apples to extract juice.	A.		Food Processor
2.		Mortar & Pestle: Grinds herbs and grains.	B.		Stove Top
3.		Dutch Ovens: Used to bake all types of food.	C.		Juicer
4.		Ice Cellar: A place to store foods to keep them cold.	D.		Oven
5.		Hearth and Spider Skillet: Used to fry and sauté foods.	E.		Rotisserie
6.		Tin Kitchen: Used for roasting meats.	F.		Cooler