Fort Circle Parks— East

National Park Service
U.S. Department of the Interior

National Capital Parks— East
Washington, D.C.

Junior Ranger Program

Move and Explore!

What do Junior Rangers do?

Junior Rangers...

Explore

Junior Rangers explore Fort Circle trails and spaces in safe and healthy ways.

Learn

Junior Rangers learn why the Fort Circle Parks are important and unique to Washington, D.C.

and

Protect

Junior Rangers protect the parks for many people to enjoy.

This Junior Ranger program will also get you active and exploring the parks! To learn more, read on...

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Directions

It isn't hard to become a Junior Ranger, but...

What do you need to do?

Complete at least 10 points worth of activities.
You can find activity points in circles in the upper right corners of pages.

They look like (2)

There is a checklist on the next page to track your points.

Fill out the personal information part of the checklist with an adult and mail it to the park.
Show off your hard work to an adult and get their help filling out the form! A park ranger will need to know your address in order to send you an official Junior Ranger badge and more!

Act like a Junior Ranger.
Junior Rangers will do their best to be healthy, move around and explore, leave no trace of their visit, and keep having fun in the parks!

Good Luck!

Checklist

Use this checklist to keep track of your points. White boxes are activities in this booklet, gray boxes are other activities you can do in the parks. When you earn 10 or more points, fill out the information at the bottom with an adult. Then cut out this page on the dotted line and turn it over. Fold on the lines, tape the flap down, stamp, and drop it in the mail. A park ranger will review your work and send you your official Junior Ranger material!

1 Point Activities	
Shhhh...	
Achimwis	
Earthworks	
Convince 'em!	
Design Shoe	
Visit Gardens	
Picnic in the Park	
Total Activities Completed	
Total x1=	

2 Point Activities	
Animal Bingo	
Invasion	
Contraband	
Fort Drive	
Healthy Food	
Stewardship	
Secret Spot Map	
Total Activities Completed	
Total x2=	

3 Point Activities	
Topography	
Healthy Trees	
Secret Signals	
Ice Skate at Fort Dupont Arena	
30+ Minute Hike	
45+ Minute Bike Ride	
Total Activities Completed	
Total x3=	

Add the numbers in the yellow boxes. Is it more than 10? If yes, congratulations! Complete the area below with an adult. If not, do a few more activities. You are almost there!

Fill out this part with an adult.

Junior Ranger's Name: _____

Address: _____

_____

E-mail: _____

To be added to the Junior Ranger Mailing List for updates on park events, check this box. ☐

This information will not be shared with any third parties.

I certify that the person named above has completed the tasks necessary to be considered a Fort Circle Parks— East Junior Ranger.

_____

Signature of Parent, Guardian, or Group Leader

Cut Here

Tape Closed Here

Fold Here

Don't Forget A Stamp!

National Capital Parks — East
Attn: Junior Ranger Program
1900 Anacostia Dr., SE
Washington, DC 20020

Fold Here

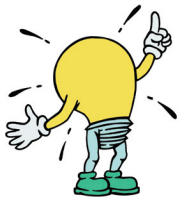
Cut Here

Safety Tips

Park rangers take safety very seriously and you should too.
Make smart choices while you are exploring.

Common Sense

There are simple things you can do to protect yourself in the park including:



* Don't go on the trails alone or at night.
* Tell someone who is not going with you how long you will be gone and where you are headed.
* Bring water, healthy snacks, and sunscreen.
* Dress for changing weather by wearing layers of clothing.

The Wild

Stay on marked trails and paths and leave no trace of your visit. Especially watch out for **Ticks and Poison Ivy!**

Ticks can spread disease. To prevent tick bites, wear long pants tucked into your socks. Check yourself and others for ticks when you leave the park.

Adult Deer Tick

Poison Ivy

Poison ivy is found on the ground and trees. Its oils can cause skin rashes. If you touch it, wash your skin and clothes with soap and water as soon as possible.

Biking and Hiking

When you travel the trails, make sure you:

* Always wear a helmet and walk your bike across streets.
* Wear appropriate and comfortable shoes.
* Remember to bring and drink water.
* Plan your route and share it.
* Stay on marked roads and trails and off of the earthworks.

Please do not move or collect rocks, animals, plants, or objects in the park.
It's important for Junior Rangers to help protect these resources for others to enjoy.

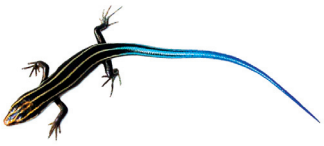
Animal Bingo

2

The Fort Circle Parks— East are unique homes for wildlife in urban Washington. The parks provide food and shelter that many animals would not find in other places in the city.

Bingo!

Walk or bike around the Fort Circle trails. When you identify an animal on the bingo card, mark that square. There are also activity squares. When you complete an activity, mark that square too. The game ends when you get a bingo (across or down) or fill 10 spaces total.

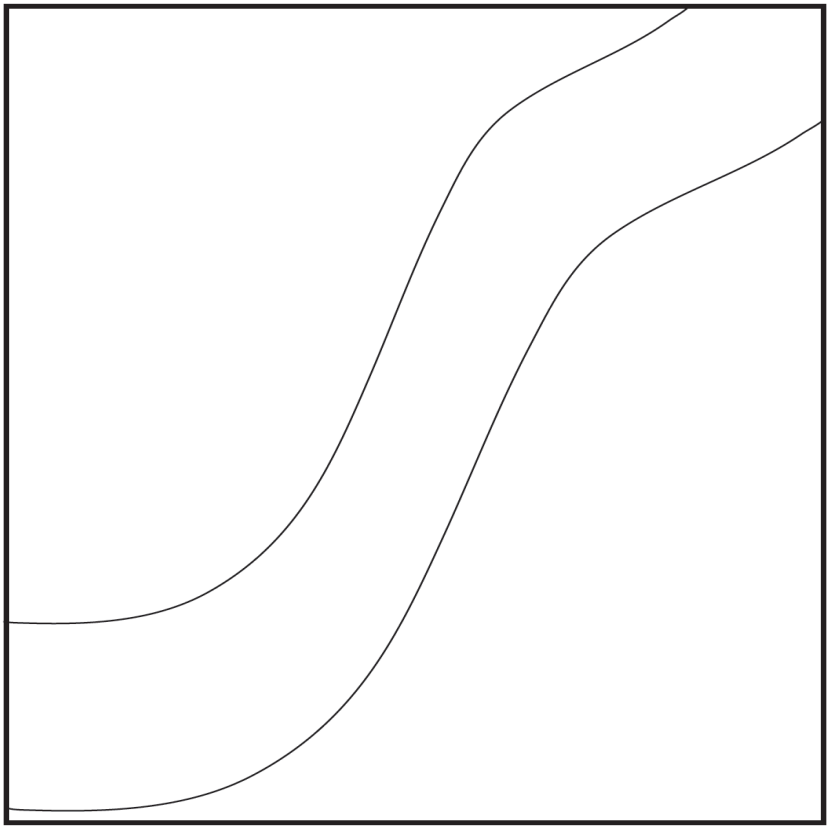
Do 20 Jumping Jacks	Yellowjacket	Do 8 good push-ups	American Robin
Eastern Gray Squirrel	White Cabbage Butterfly	European Starling	Mountain bike for 30 minutes
Box Turtle	Rabbit	Hike for 30 minutes	Eastern Garter Snake
Male Cardinal	Jog in place for 60 seconds	Gypsy Moth	Do 3 one arm push ups
Pretend to jump rope for 30 seconds. Don't forget to move your arms!	Do 10 good sit-ups	Chipmunk	 Five Lined Skink (Adults do not have blue tail)

It's an Invasion!

2

Not all plants in the parks are supposed to be here. Many are ***non-native invasives***. This means they do not grow naturally in this area.

Invasive plants damage the forest by taking resources like space, water, and light away from ***natives*** (plants that do grow naturally). This hurts wildlife by changing their homes and food sources.



Catch the Invaders

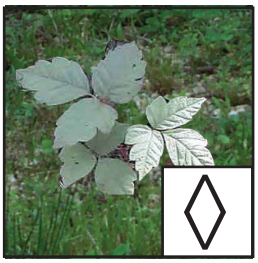
Follow the trail and use the pictures below to identify plants you find. Use the area on the right and the given symbols to map their location in relationship to the trail.

Are most invasives close to or far from the trail? Why?
Who do you think is most responsible for their spread?
How can the parks help stop the spread of invasives?

Natives

Sweetgum

Flowering Dogwood


Poison Ivy

Common

Invasives

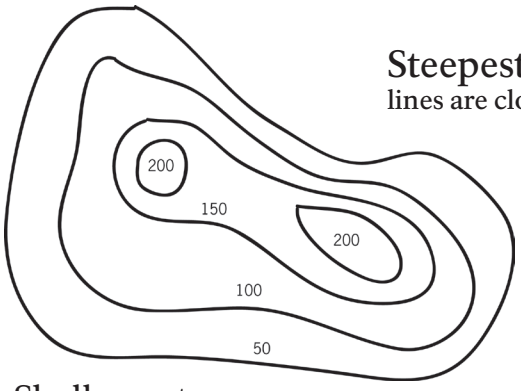
Ailanthus

Amur Honeysuckle

Mile-A-Minute

Canada Thistle

Topography means the shape of the land. Topographic maps look like this:

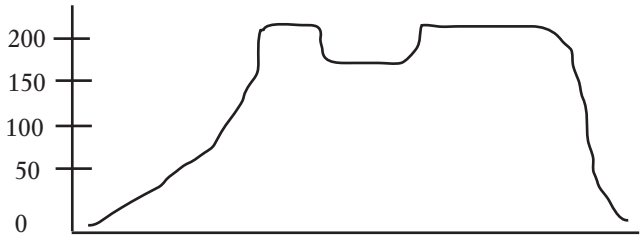


Steepest: Where lines are closest together.

Shallowest: Where lines are farthest apart.

The distance between the lines show the hill's ***grade*** (steepness) The numbers show the hill's ***elevation*** (height).

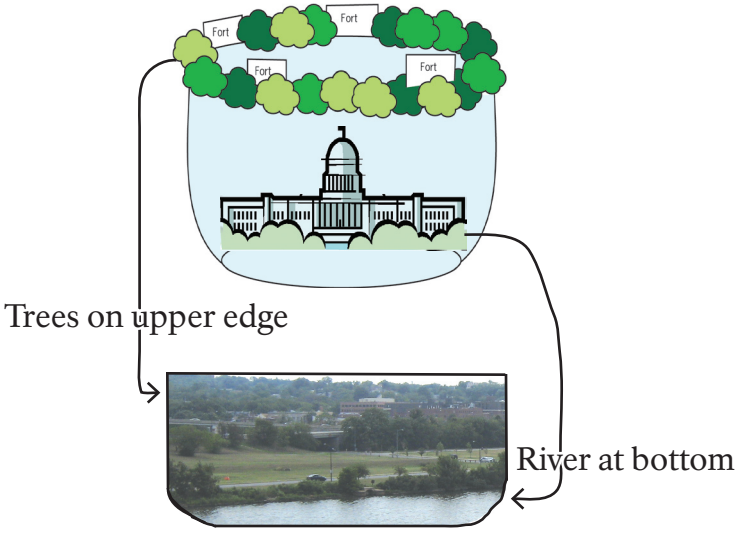
If you cut that hill in half on the dotted line, it would look something like this:



Both maps show the grade and elevation of the hill. They just do it in different ways.

Need some more help understanding topography? See page 22 for another way to think about topography.

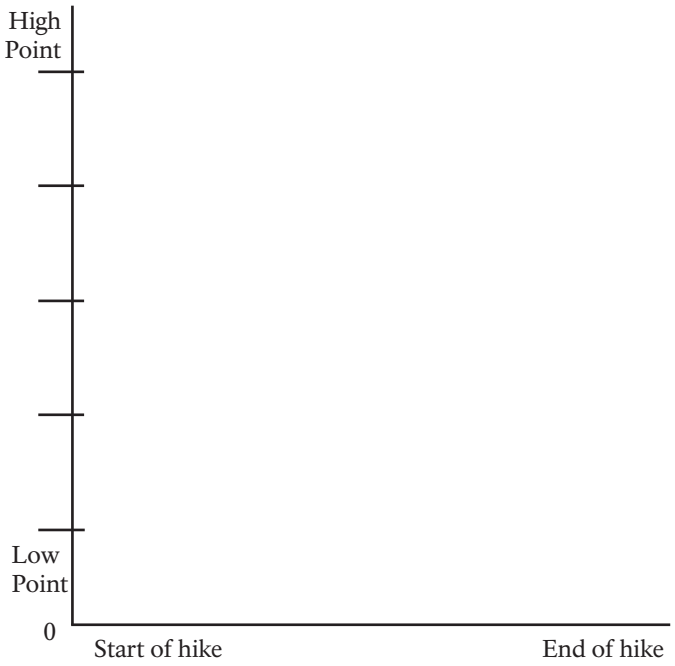
Thousands of years ago, the Potomac River cut through the area and shaped the land around D.C. like a bowl. Fort Circle Parks are at the upper edge. The river and downtown are in the bottom.



You can see the bowl when you look across the Anacostia River away from downtown.

Trek Topography

After hiking or biking, draw part of your route cut in half below. You should be drawing a line, not circles! Show the highest points, the steepness of hills, and where the land is flat.



Healthy Trees

3

Healthy trees are important to the environment. They clean the water and air, provide shade, and make people proud of their neighborhood. Healthy trees need space for their roots to grow. Like people, individual trees have different needs. How much space a tree needs depends on both the species (kind) and the specific tree.

How much space do roots really need?

Roots are important because they act as anchors and provide the tree with water, nutrients, and a place to store food. Roots do not grow very deep—most are less than one foot underground!

Measure a tree's root system:

1 Find a small tree in the park and look up at its crown (top leaves).

How wide do you think the crown is? Write your estimate in the box on the right.

_____ ft x2

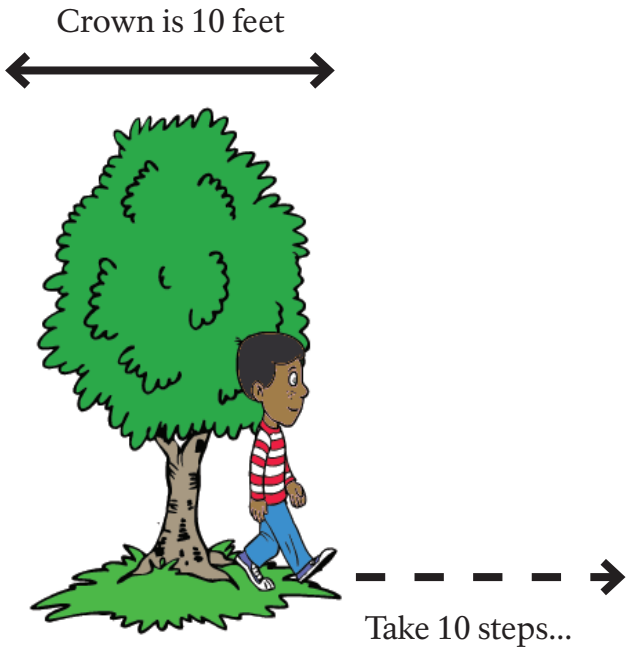
2 Multiply the crown's width by 2. The tree's healthy underground root system needs this much space!

= _____ ft

3 Your footstep is about 2 feet long. Standing at the trunk of the tree, walk away from it to measure the tree's root system.

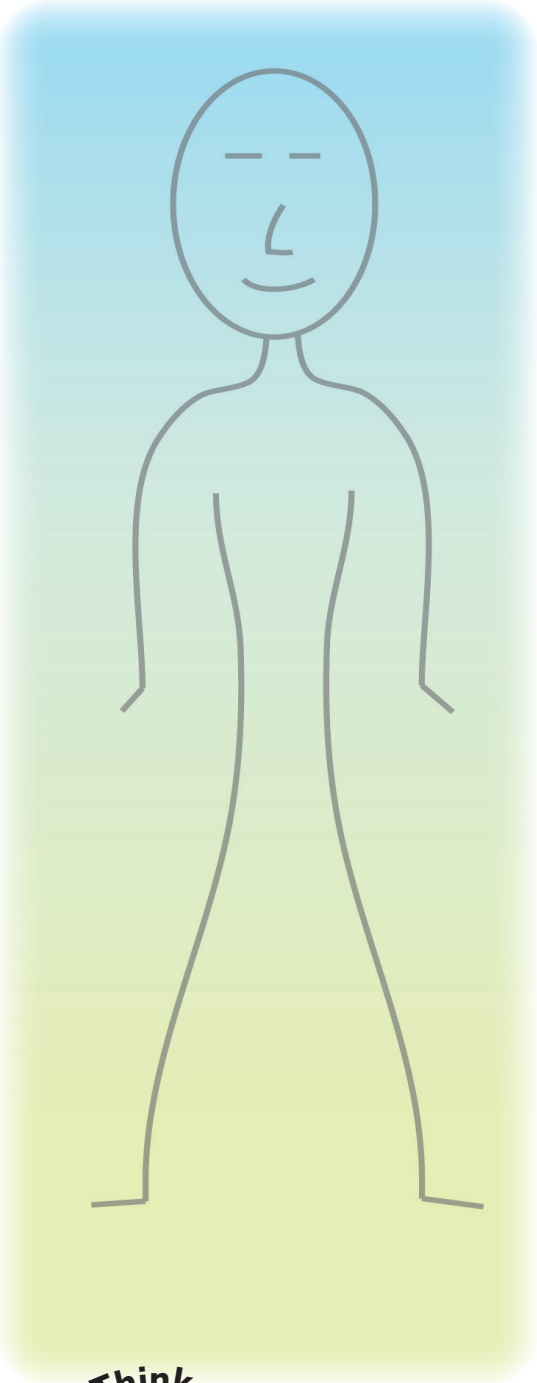
Example →

This tree's crown is 10 feet, so its healthy root system will extend at least 20 feet (10 steps) from the trunk! Without this space, a tree may not get the nutrients it needs or be able to anchor itself into the ground.



Your health is connected to tree health! Living near green spaces like parks helps people lower stress, concentrate on work, and solve problems. Washington has more than 120,000 trees. Do you think living near green spaces affects you?

There is more to the park than meets the eye.



If you take the time to slow down and listen to your surroundings, you may hear some surprising things. One way to slow down is by using ***yoga***, a kind of exercise from India. It helps people control their mind, body, and breathing. Try yoga's "Mountain Pose."

Mountain Pose

Find a quiet spot.
Stand feet together, hands at your sides.
Close your eyes.
Breathe deeply.
Try to relax your back, shoulders, and mind.
Listen for a minute...

What did you hear? Once you open your eyes, record what you heard in the space below.

Would you have realized how many sounds are in the park without taking time to quietly listen?

Did you know that loud noise can cause stress? This stress can harm your hearing, heart, and mind. Focusing on being quiet sometimes is a simple healthy choice!

Long before the city of Washington existed, this area was the home of American Indians. The Anacostan Indians, an Algonquian speaking people, lived in these forests.

Achimwis Charades

This story is from the Lenape, a northern neighbor of the Anacostans. You will be the achimwis (Lenape for storyteller). Read the story to a group. However, when you reach a Green word, don't say it. Instead, act out the word (you can make noises) and get the group to guess it before continuing! (If they guess a word that is close, that's okay too!)

The Hunter and the Owl

A Lenape man was on a **Long** hunt far from his village. He was **Resting** when an owl **Hooted** at him from a **Tree**. The man said, "Owl, I heard you. If you bring some animals my way, I promise I will hang the **Heart** from the largest deer I kill in a tree for you."

The next morning, the man **Woke Up** early and killed a large deer. He was very excited and headed **Back** to camp without leaving the heart and fat for the owl. He had only taken a few **Steps** when he heard the **Owl** hoot again.

The owl was **Angry** and said, "You didn't keep your promise! When you put **Down** that deer, you will die!" The hunter said, "Owl, I did forget to keep my promise, but I can curse too. When you stop **Flying** and land, you will die!" Both soon realized what they had done was **Silly**. The owl said, "If you reverse your curse, I will do the same and we can work together again." The hunter agreed and hung the heart from his **Deer** on a tree for the owl. He and the owl worked together and the hunter had the best **Hunt** he ever had.

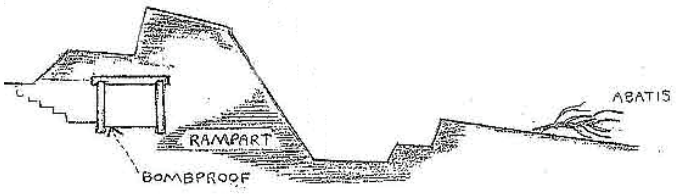
The hunter learned an important lesson from the owl on this **Trip** which he never forgot— whenever a promise is made, it should always be kept.

From "Lenape Stories,"
http://www.delawaretribeofindians.nsn.us/storypage.htm

Earthworks

1

Earthwork: A fort made with dirt walls.



Parts of an Earthwork:

Rampart: Fort wall made of dirt.
Bombproof: Underground room in fort.
Abatis: Fence made of tree branches.

Fort Circle Parks— East holds 15 of the 68 earthworks that circled Washington during the Civil War. These forts were called earthworks because they were built mostly of dirt. Engineers designed the earthworks carefully and the city was well protected from invasion.

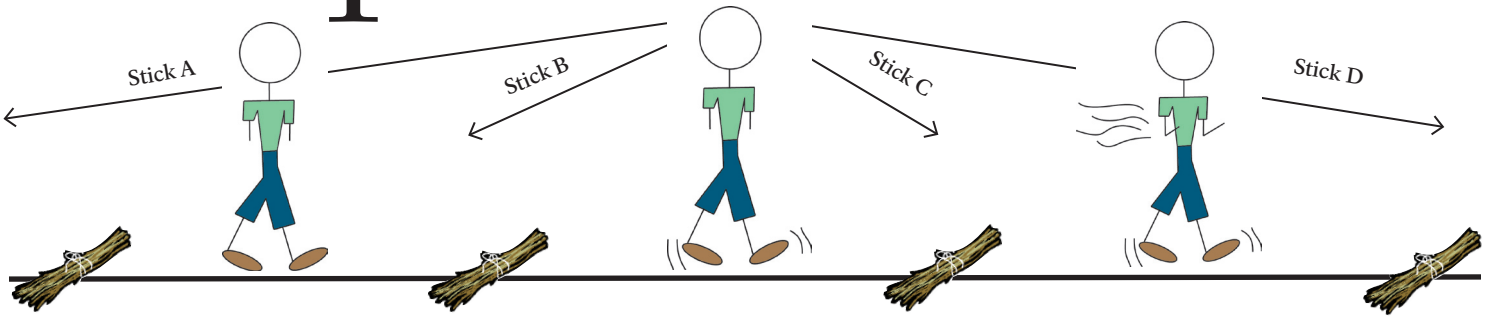
During the war, soldiers, former slaves, and hired men dug the earthworks. They looked like this.

Today most earthworks are hidden by the forest. They look like hills covered with plants.

Attacking Activity

When Civil War soldiers attacked on foot, they would start marching towards the enemy slowly and speed up as they got closer. Guns didn't fire accurately and by charging, soldiers could attack at close range with their bayonets (sharp metal points at the tip of their rifles). Follow these directions to attack an "enemy."

1 Find four sticks and lay them the same distance apart on the ground.



2 March from Stick A at a comfortable walking speed.

3 When you get to Stick B, march twice as fast.

4 When you reach Stick C, run to the next stick.

5 Stick D is your "enemy"!

How long does it take you to get from Stick A to Stick D? See if you can do this activity with a partner. Remember, you both want to get to Stick D at the same time.

What is Contraband? Property that helps an enemy during war.

Because slaves did work for the Confederacy, the Federal army called runaway slaves contraband. Being called contraband allowed runaways to be considered Federal property and legally freed when they reached the North.

These men camped near the Federal Army 80 miles southwest of Washington, DC in Culpeper, VA.

Where did contraband people live?

Contraband people often camped near D.C. forts because they felt safe. After the war, many stayed in Washington. Most lived in the city, but some lived in new neighborhoods near the forts. Many neighborhoods still exist in these areas including Barry Farm (near Fort Stanton), Deanwood (near Fort Mahan), and areas around Congress Heights (near Forts Carroll and Greble.)

What did contraband children do?

Children had little free time because they had to do a lot of chores. When they had time, they may have played a version of a game from Ghana called ampe.

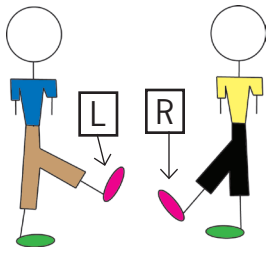
How to Play *Ampe*

DIRECTIONS

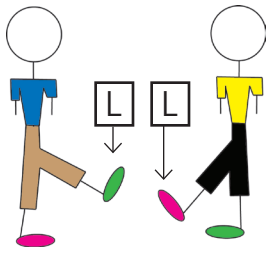
1) Find a partner and pick a leader.
2) Face each other.
3) Count to 3.
4) Clap once.
5) Jump once.
6) Stick out one leg.

*Both players should do each step at the same time, like in Rock, Paper, Scissors.

Leader gets one point because same feet are out.



Non-leader gets one point because opposite feet are out.



SCORING

* If both players have legs on the same side out, the leader gets 1 point.

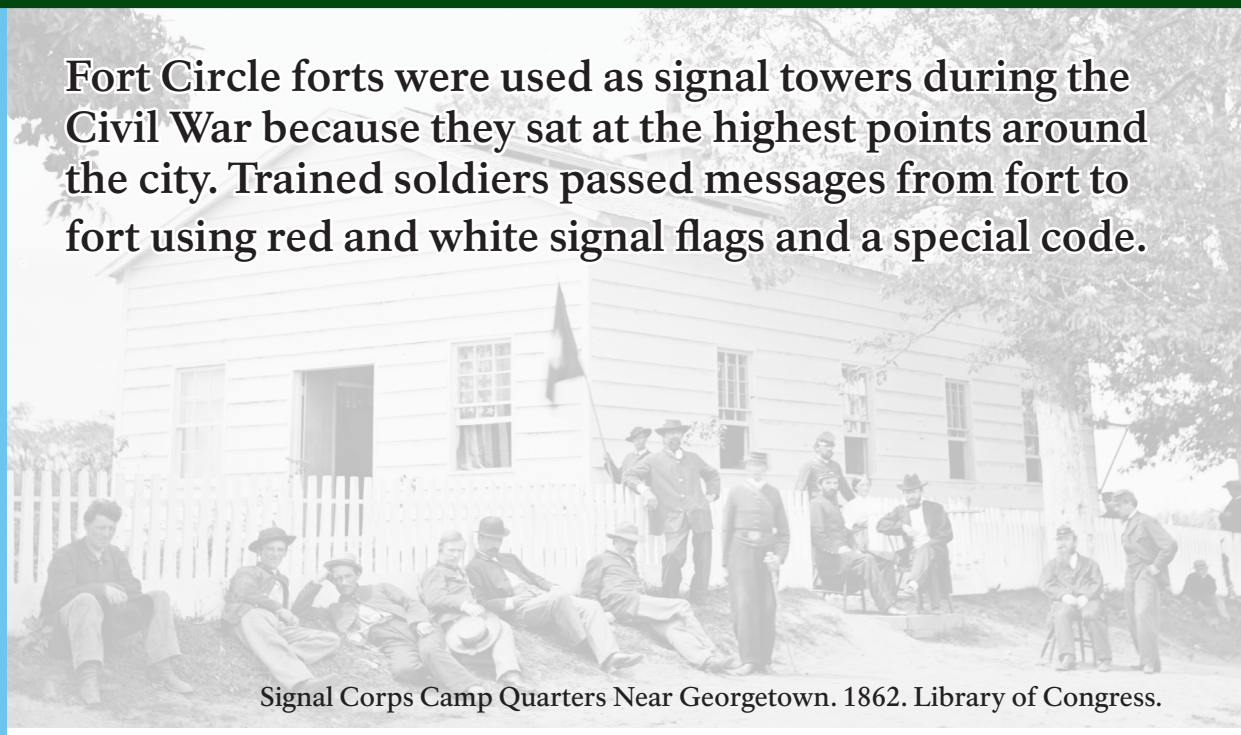
*If legs are out on opposite sides, the person who is not the leader gets 1 point.

*First player to 11 wins!

Civil War Signal Code

A:	11
B:	1221
C:	212
D:	111
E:	21
F:	1112
G:	1122
H:	211
I:	2
J:	2211
K:	1212
L:	112
M:	2112
N:	22
O:	12
P:	2121
Q:	2122
R:	122
S:	121
T:	1
U:	221
V:	2111
W:	2212
X:	1211
Y:	222
Z:	1111

Fort Circle forts were used as signal towers during the Civil War because they sat at the highest points around the city. Trained soldiers passed messages from fort to fort using red and white signal flags and a special code.



Signal Corps Camp Quarters Near Georgetown. 1862. Library of Congress.

Could you be a signaler?

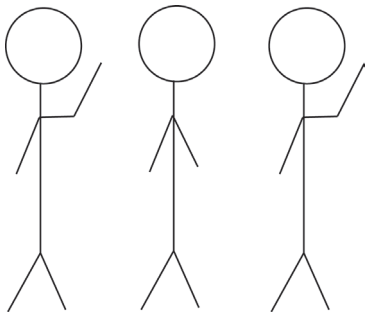
The code to the left is like the code used during the Civil War.

Use the code and your arms to signal.

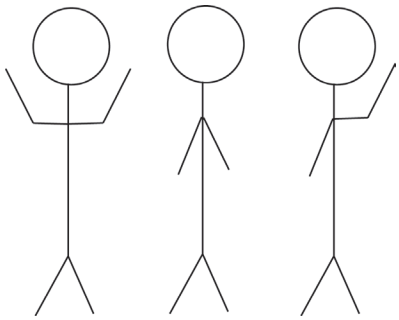
1 means you raise one arm and then lower it.

2 means you raise both arms at the same time and then lower them.

Lower both arms and count to 3 in between each letter.



For example, an A would look like this.



An E would look like this.

Now it's your turn! Get a partner and use the code to signal messages. Try to signal your name. Do you think you could have been a signaler?

Fort Drive

2

Why were the Fort Circle Parks preserved?

Read below for answers, then find at least 8 highlighted words in the word search.

Before the **Civil War**, the area we know as parks was mostly farms. After the war, the forts were **abandoned** and the **army** returned the land to the original owners. Many **freedmen squatted** near the abandoned forts, using the wood and materials left behind to build shelters until they could find permanent homes.

In 1902, the **McMillan** Commission was interested in the fort land. Washington was growing quickly and the Commission wanted to plan the growth to keep the capital city beautiful. It thought about using the fort land to build a **scenic** road through new **suburbs** and call it **Fort Drive**. Little of the fort land had homes or businesses nearby, so it could be bought cheaply. Despite this plan, the land was not bought.

In 1912, a group of **citizens** from East Washington Heights convinced **Congress** to buy Forts **Davis** and **Dupont** for parks. No other land was bought until the 1930 **Capper-Cramton** Act which gave money to buy land for parks, playgrounds, and roads in Washington. However, the suburbs outgrew the **Fort Circle** and plans for Fort Drive were deserted. Instead of a scenic road, Fort Circle communities now have more than 400 acres of **parkland**.

P Z F P C S R D E S S M M Q M D D Q C Z
Z Q L X L Q P V U B I S O C X N I P H C
S N E Z I T I C R P I J M A Y A W W O Q
H G O B F R S U X F O I O V D L K E I S
S Q H X D R B S P O L N E R E K H O E Q
W H Z T W U E C E L W V T T N R F D J U
X D R Q S U X E A R K L T A O A L A J A
G O U I K K Z N D E G I B Q D P W V C T
F C I V I L W A R M L N T V N V B I M T
C B S C E N I C F N E C O L A Q A S X E
B Q Q N I W G W T L B N R C B Y L Z X D
I P R S T I X U K V B Q G I A P L V A T
Z Q G P F Y P C H D Z G I Q C W U R H N
N O T M A R C R E P P A C M O T M O G Z
F G I K D L K L K S L T K D H Y R J I B
K L E U Y C S W Y T B B W N F L L O X Z
Q O T D L P L T R Y L W F T W K K Y F M
I M L Z Y O V J P P X P O V Y R G G Q V
K N Z T Y Y T R U W R Z Z I P O B R D J
S W H W S S N E Z J B F I J F W I W G C

Healthy Food Choices

You can find people making healthy choices in the Community Gardens at Fort Dupont. People grow their own vegetables plus have fun and get exercise while gardening. Everyone can make healthy choices, no matter who they are!

Play With Your Food!

Flip a coin to move. If you flip a heads, move ahead one space, tails move ahead two. If you land on a square with a less healthy choice, you must do the exercise in the square to balance it with a healthy activity. Follow the game board and see how fast you can finish!

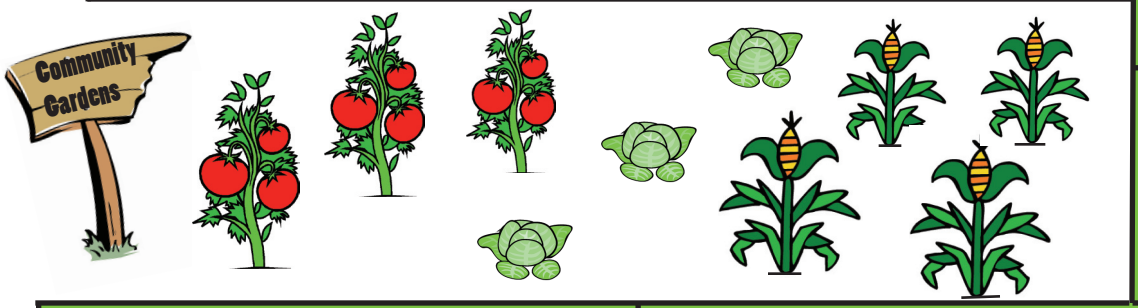
START

You split a fast food meal with a friend. It's okay to have fast food sometimes and splitting a meal is healthier than eating one yourself.

You drank 3 sodas today instead of having a milk, fruit juice, or water too. Do 10 sit ups before your next turn.

You didn't play outside all week! Being active is important. Do 25 jumping jacks to flip again.

You took the elevator instead of the stairs today. Run in place for 30 seconds before taking your next turn.



Good job! You came home from school but didn't have a snack because you weren't hungry.

Trying to be healthy, you cut ALL fats out of your diet. Your body needs some healthy fats, like ones in oils and nuts. Do 12 push-ups before you take another turn.

You had chips at lunch, but you didn't eat the entire bag. Everyone eats snacks, just don't stuff yourself!

You organized yourself the night before, so you had time to eat breakfast this morning! Breakfast is the most important meal of the day.

Instead of candy for a snack, you had trail mix. The dried fruit and nuts are healthy, plus you still get a little candy. Smart choice!

You helped write the grocery list and picked out some healthy meals and snacks. Adults DO listen to you! (At least sometimes...)

FINISH

Convince 'em!

1

Create a flyer that would get your family and friends to visit the parks. Don't forget to use words *AND* pictures!

If you get stuck, here are some reminders:

Community Gardens
Views Over the City
Summer Concerts
Recreation Areas
Bird Watching
Photography
Picnic Areas
Earthworks
Jogging
Hiking
Biking

Fort Circle Parks — East

Design Your Own Shoe

1

Now that you have visited the park, you can think about your equipment. How about your shoes?

Could your shoes have been better for your visit? How? What would you change?

Using the shape below, design your own Fort Circle Footwear. Be as creative as you want-- remember, looks are important, but you want to add features that make your shoes better for doing something in the park, like hiking or biking.

Stewardship

2

In the National Park Service, stewardship means caring for parks so they are healthy and can be shared with many people for a long time.

The best way for you to care for the parks is to leave nothing behind from your visit. However, rangers protect the parks in other ways. Read these stories and decide what you would do.

If you were the park ranger...

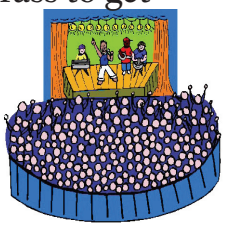
Fort Circle Parks— East has many Civil War earthworks. However, because forests have regrown since the Civil War, the earthworks are either far from the trails or covered in plants. It is hard to see the earthworks in the summer when the parks have the most visitors.

REMEMBER:

- Plants keep the dirt on the earthworks from washing away in rain or wind.
- Plants cut down will grow back in 2 weeks.
- People are interested in learning more about the earthworks and why they are important.

How would you preserve the forest and the earthworks but also share their importance?

The Fort Dupont Summer Concert Series brings hundreds of visitors to the park. However, visitors are leaving a lot of trash and are driving on the grass to get to the concert. This is hurting the plants and wildlife in the park.



REMEMBER:

- People won't come to the concerts if they can't drive or picnic during the show.
- Artists perform for free.

How would you protect the plants and wildlife, but continue hosting concerts?

Need a hint? Check out the suggestions on page 22.

Your Secret Spot Map

2

Understanding a map is an important skill when hiking or biking.

Pick a secret spot in the park. Using landmarks and written directions, make a map to the spot. Draw your map in the space below. Write directions to the right. Don't forget to show your path, plus the start and finish. Try to make your map as easy to understand as possible!

Test your map on some friends. Could they follow your directions?
Can you follow the directions?

DIRECTIONS

1.

2.

3.

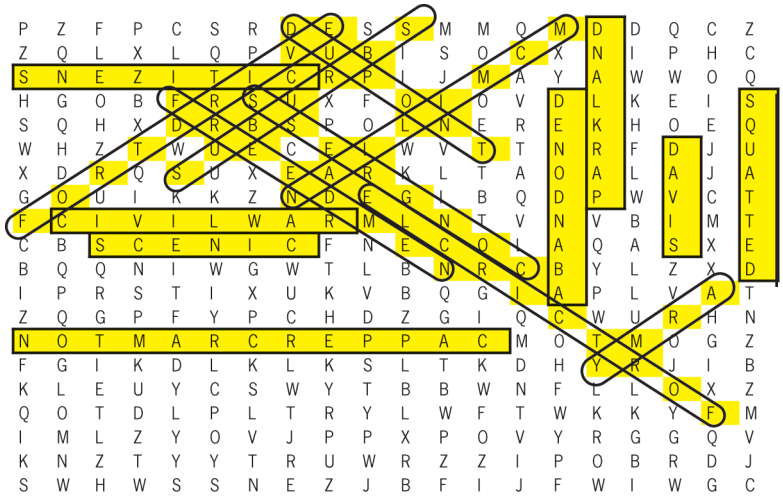
4.

5.

Page 8: More Topography

If you still don't understand topographic maps, try this. Get a washable marker. Make a fist with the hand you don't write with. Using the marker, draw even lines around the "hills" on your hand. Then, lay your hand flat. Can you see how the lines you drew show the topography of your hand? Where is your hand the steepest? The shallowest?

Page 15: Fort Drive Answer Key



Page 20: Stewardship Suggestions

***Earthworks*: Could you...**

-Plant grasses to protect, but allow people to still see the shape of the earthwork?

-Post signs with historic photos of what the earthworks used to look like?

- After doing research, clean off one earthwork so people can see what they looked like and leave the other earthworks covered?

***Concert Series*: Could you...**

-Have volunteers direct traffic away from grass?

-Provide plenty of trash and recycling cans? If you do this, who is going to empty these cans after the concerts?

-Make announcements before and after every show explaining ways people can protect the park?

What are your ideas?

Field Notes

Use this space to take notes when you are doing your activities. You can also record interesting events that occur or things you'd like to remember about your visit to Fort Circle Parks— East.

Congratulations on becoming a Junior Ranger! There are many other national parks near Washington that have Junior Ranger Programs including the National Mall, Kenilworth Park and Aquatic Gardens, Greenbelt Park, Rock Creek Park, and others. Visit a park and ask about their Junior Ranger Programs. You can also learn about national parks as a **WebRanger!**

To become a WebRanger, visit **www.nps.gov/webrangers.**

NATIONAL PARK FOUNDATION

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