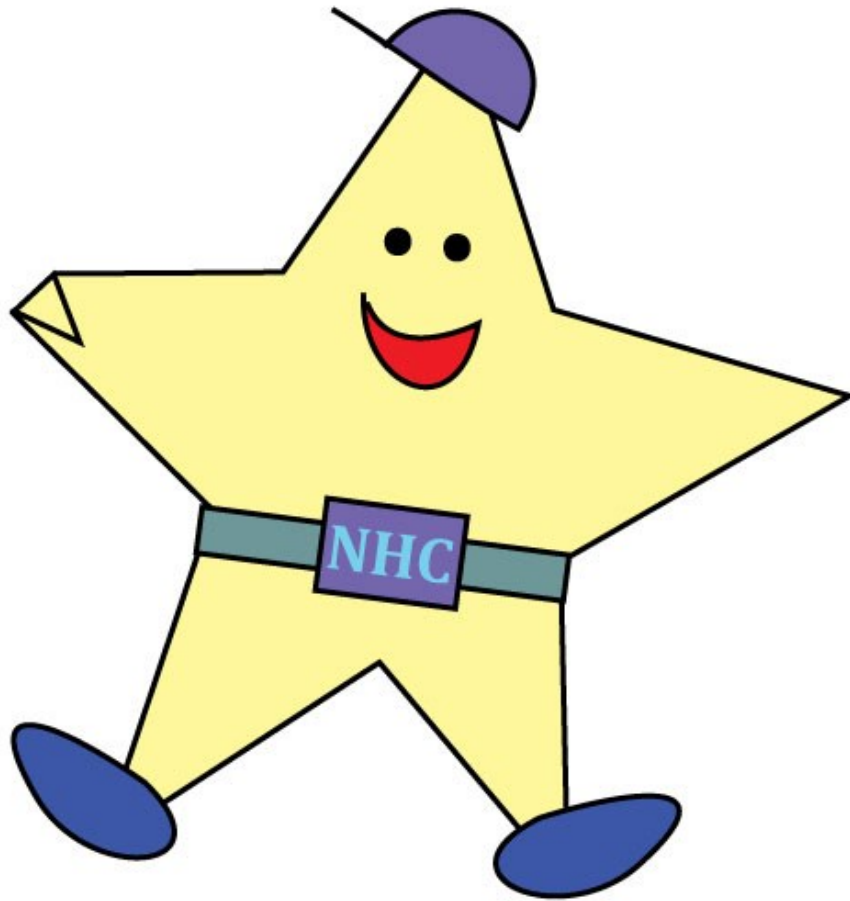


# Twinkle Stars



## Ages 0-5



This book belongs to:

\_\_\_\_\_



## **WELCOME** to the New Hanover County Parks & Gardens Parks Stars Youth Program!

### **What is a Parks Star?**

Parks Stars are citizens who are dedicated to caring for and improving New Hanover County's parks. Parks Stars are good stewards. A steward is someone who helps take care of something that belongs to everyone. To become a good steward, you have to learn about the parks and how you can help take care of them. By becoming a good steward and sharing your knowledge with others at a young age, you can help make sure our parks are around for many years.

There are two levels of Youth Parks Stars based on age:

Twinkle Stars - Age 0-5

Junior Stars - Age 6-12

### **How do you become a Parks Star?**

1. Complete all the activities in this booklet.
2. After completion, fill out the form on the last page of this booklet and take it to the Parks & Gardens office to receive your certificate and prize:

New Hanover County Government Center

896 Airlie Road

Wilmington, NC 28403

3. Parks Stars will receive email newsletters, additional activities and invitations to upcoming Parks & Gardens events and programs.



## New Hanover County Parks

**Airlie Gardens** - 300 Airlie Road, Wilmington, NC 28403

**Arrowhead Park** - 720 Arnold Road, Wilmington, NC 28412

**Blue Clay Bike Park** - 3840 Juvenile Center Drive, Castle Hayne, NC 28429

**Long Leaf Park** - 314 Pine Grove Drive, Wilmington, NC 28409

**Kings Grant Park** - 5027 Lord Byron Road, Wilmington, NC 28405

**Monterey Heights Park** - 401 Cathay Road, Wilmington, NC 28412

**Northern Regional Park** - 4700 Old Avenue, Castle Hayne, NC 28429

● **Ogden Park** - 615 Ogden Park Drive, Wilmington, NC 28411

● **Parkwood Park** - 4827 Canetuck Road, Wilmington, NC 28411

● **River Road Park** - 6500 River Road, Wilmington, NC 28412

**Riverside Park** - 6710 Old Bridge Site Road, Castle Hayne, NC 28429

**Smith Creek Park** - 633 Shenandoah Street, Wilmington, NC 28411

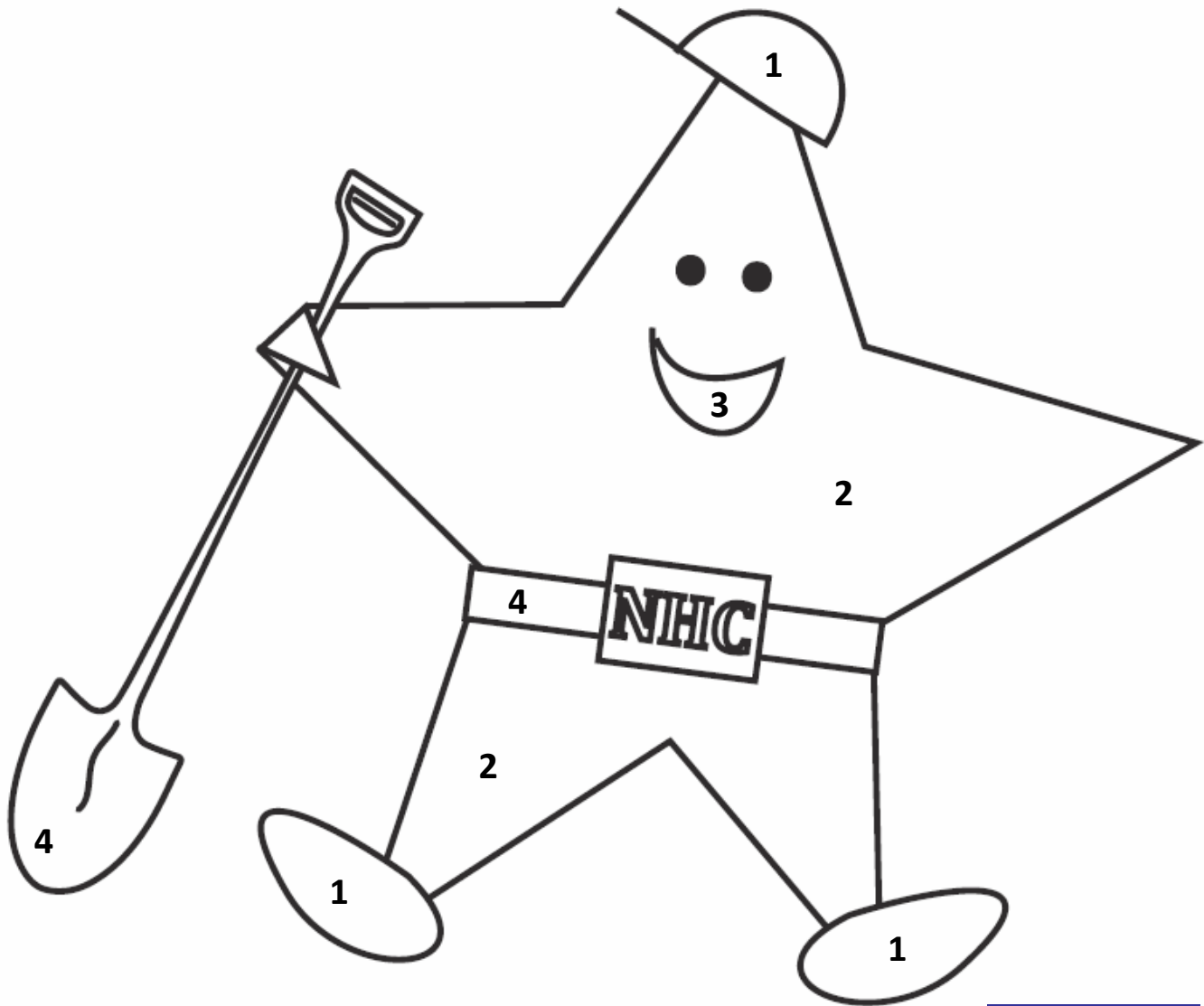
**Summer Rest Trail** - 423 Summer Rest Road, Wilmington, NC 28403

**Trails End Park** - 613 Trails End Road, Wilmington, NC 28409

**Veterans Park** - 835 Halyburton Memorial Parkway, Wilmington, NC 28412

# Activity 1: Color Time

Bring Stewy, the Park Steward, to life by following the color key below.



- 1 Purple
- 2 Yellow
- 3 Red
- 4 Blue

# Activity 2: Nature Exercises

*Can you....*

Flap like a bird for 1 whole minute



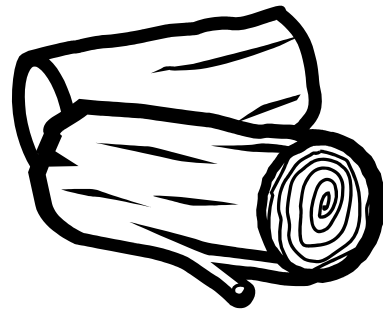
Act like a tree while counting to 10



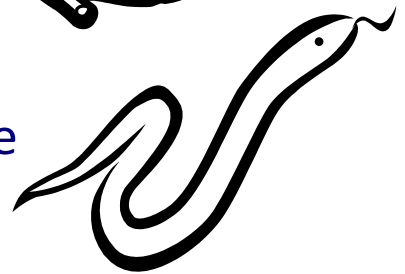
Hop like a frog 10 times



Roll like a log down a hill



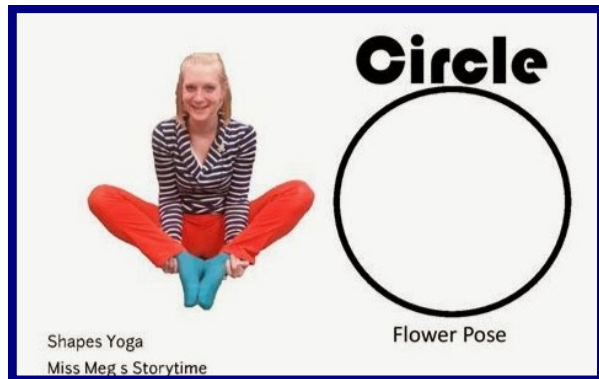
Slither like a snake for 1/2 minute



*Now do it 2 more times!*

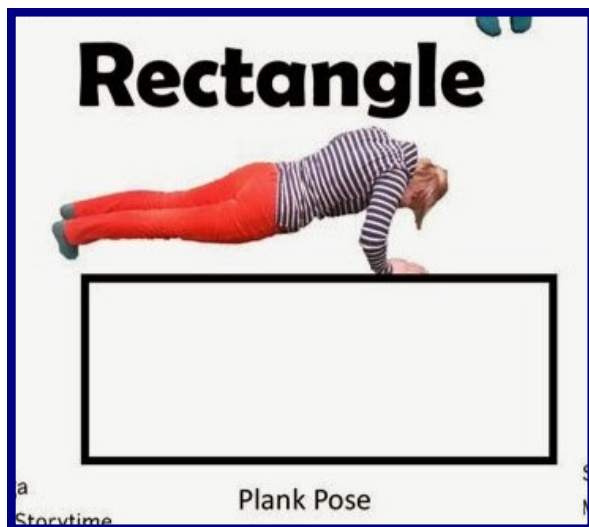
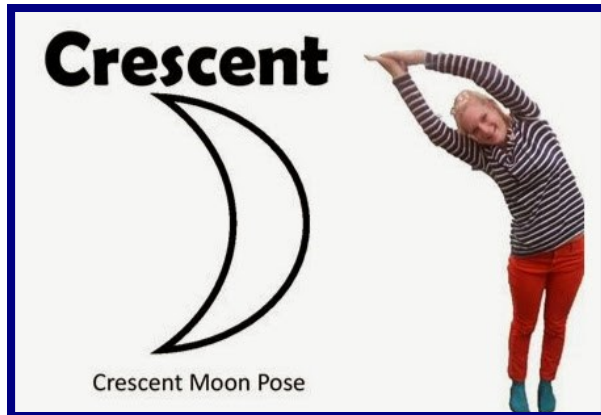
# Activity 3: Shapes Yoga

Yoga is a great exercise that can also be fun! Go to any county park with an adult and see how many yoga poses you can make. After that, see how many of these shapes you can find in the park.



# Activity 3: Shapes Yoga

Yoga is a great exercise that can also be fun! Go to any county park with an adult and see how many yoga poses you can make. After that, see how many of these shapes you can find in the park.



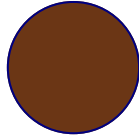
**Shapes Yoga**

With Miss Meg's Storytime  
missmegsstorytime.com

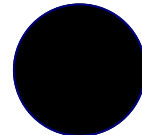
# Activity 4: I Spy...

Go to a county park with an adult and see if you can spy things that match each of the colors below.

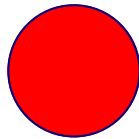
BROWN



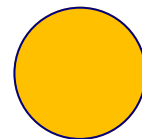
BLACK



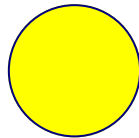
RED



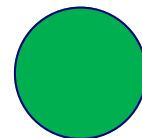
ORANGE



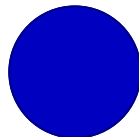
YELLOW



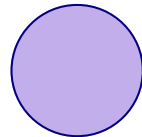
GREEN



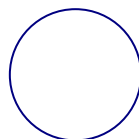
BLUE



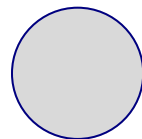
PURPLE



WHITE



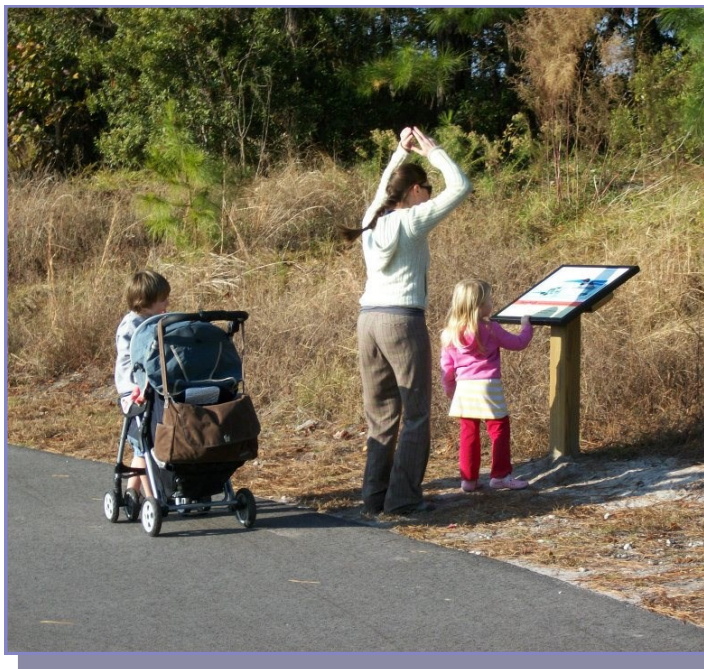
GREY



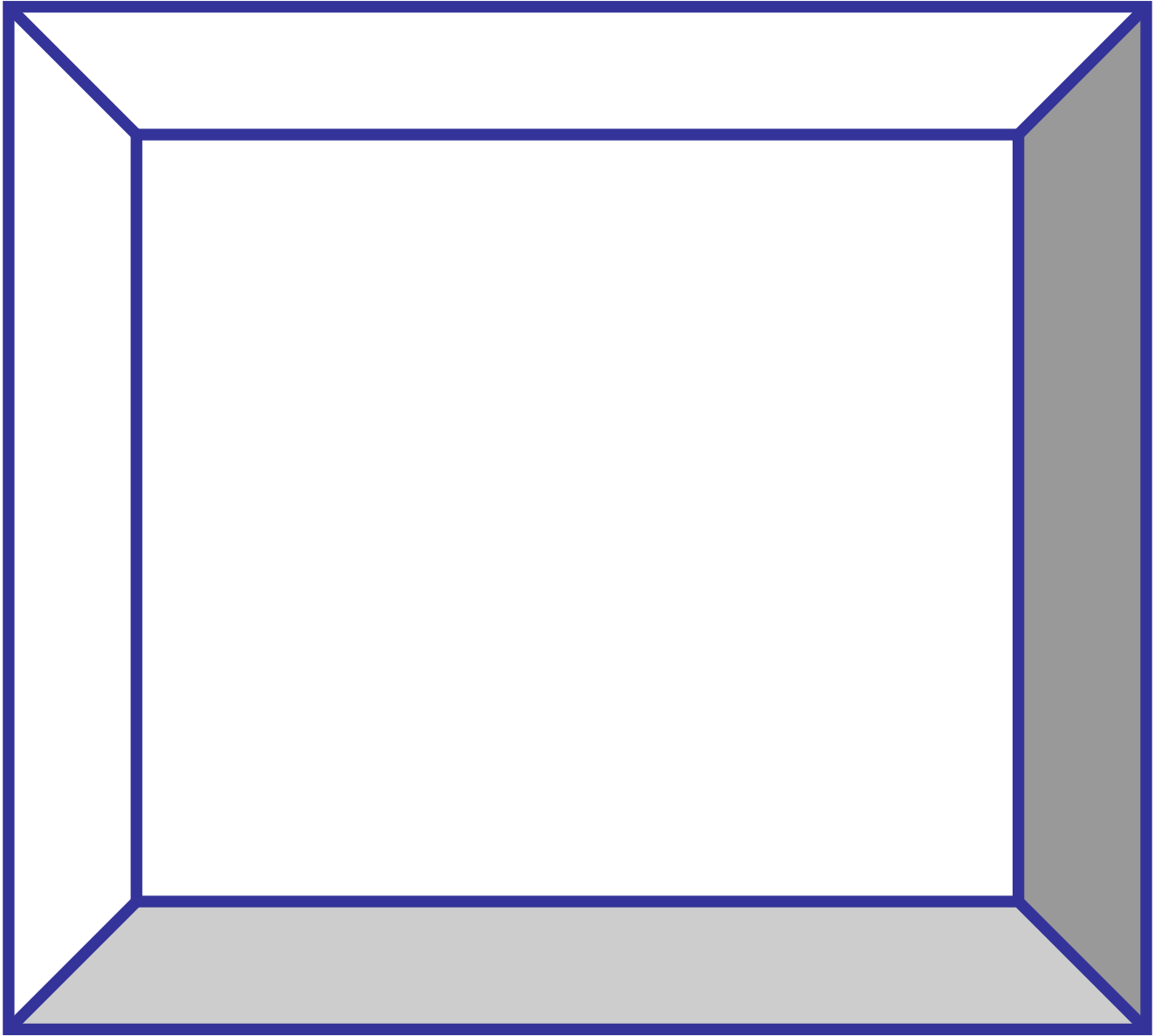


# Activity 5: Story time

1. With an adult, go to Smith Creek Park at 633 Shenandoah Street off of Gordon Road in the Murrayville area in New Hanover County.
2. Read the StoryWalk® as you walk along the 1.3 mile trail. The StoryWalk at this location is titled Rainbow Stew by Cathryn Falwell.



# Activity 6: Picture Time



Create a picture of your favorite memory in the parks.

# Congratulations!

When you have completed your workbook, fill out the registration form below and take it to the Parks & Gardens office in the Government Center to pick up your certificate and prize:

**896 Airlie Road  
Wilmington, NC 28405  
Phone: 910-798-7620  
Hours: Monday– Friday 8am-5pm**

## Registration Form

Child's Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email\*: \_\_\_\_\_

*\*Parks Stars will receive email newsletters, additional activities and invitations to upcoming Parks & Gardens events and programs.*

---

### **Websites consulted in creation of this booklet:**

[www.algonquinpark.on.ca/pdf/jrp\\_2009\\_lrs.pdf](http://www.algonquinpark.on.ca/pdf/jrp_2009_lrs.pdf)

[www.familyeducation.com](http://www.familyeducation.com)

[www.missmegsstorytime.com](http://www.missmegsstorytime.com)

[www.nps.gov/biso/forkids/upload/Jr-Ranger-Book2011-updated.pdf](http://www.nps.gov/biso/forkids/upload/Jr-Ranger-Book2011-updated.pdf)

[www.nps.gov/cana/forkids/upload/junior-ranger-activity-book\\_lr.pdf](http://www.nps.gov/cana/forkids/upload/junior-ranger-activity-book_lr.pdf)

[www.nps.gov/meve/forkids/upload/meve\\_jr\\_ranger\\_booklet.pdf](http://www.nps.gov/meve/forkids/upload/meve_jr_ranger_booklet.pdf)

[www.nps.gov/bela/forkids/upload/off-site-jr-ranger-master-onlinelow-res.pdf](http://www.nps.gov/bela/forkids/upload/off-site-jr-ranger-master-onlinelow-res.pdf)

[www.nps.gov/fost/forkids/upload/NPS\\_FOST\\_JRBooklet\\_11-12-Web.pdf](http://www.nps.gov/fost/forkids/upload/NPS_FOST_JRBooklet_11-12-Web.pdf)

[www.nps.gov/havo/planyourvisit/upload/Junior%20Ranger%20Workbook.pdf](http://www.nps.gov/havo/planyourvisit/upload/Junior%20Ranger%20Workbook.pdf)

[www.parks.ca.gov/?page\\_id=24762](http://www.parks.ca.gov/?page_id=24762)