

Rentschler Forest MetroPark

1



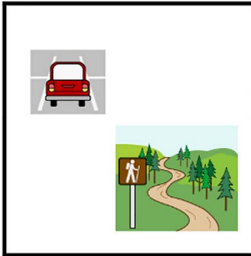
Getting Ready:

I will wear outdoor clothes and sturdy shoes.

I might bring water, sunscreen, sunglasses, bug spray, and a hat.

I can pack a snack or lunch if I stay for a while.

2



Arriving at the Park:

We will drive to Rentschler Forest MetroPark and park the car.

We may see trees, trails, and picnic shelters.

We can look at the trail map to choose where to go.

3



Exploring the Park:

I can go on nature trails, look at the river, and spot birds.

I will stay on the trail with my family or group.

I might see birds, squirrels, or wildflowers.

4



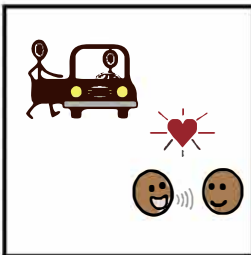
Sensory Tips:

The woods might be quiet or filled with nature sounds.

If it's too hot or bright, I can wear a hat or rest in the shade.

If I feel overwhelmed, I can take deep breaths or sit for a moment.

5



Leaving the Park:

When we are finished, we will go back to the car.

I can talk about what I saw or learned.

I can come back another time to explore more!.