



BC Parks



AGES 12+

STEPPING INTO STEWARDSHIP

- » EXPLORING THE THREAT OF INVASIVE SPECIES
- » MAKING A MOVE ON CLIMATE CHANGE
- » LISTENING FOR STORIES OF SALMON



STEPPING INTO STEWARDSHIP

Welcome to BC Parks! We protect and manage our beautiful provincial parks for future generations, and we're so happy you're here!

Across British Columbia, our provincial parks and protected areas represent the incredible natural and cultural features and diverse wilderness of the province. We are dedicated to conserving BC's beautiful biodiversity and providing opportunities for responsible outdoor recreation.

With over 1000 provincial parks and protected areas, BC is home to the third largest parks system in North America!



Just like all Pacific salmon, Chinook salmon are impressive migrators, swimming upstream over dams and waterfalls and avoiding being eaten by hungry animals (including humans). All of this so they can return to the stream where they were born in order to spawn before they die, renewing the next generation of Chinook salmon. Yep, salmon know all about hard work! Becoming a steward for BC's beautiful natural spaces and heritage places might not be quite that hard, but it's certainly important work. Let's explore how you can be an ally for BC's ecosystems and wild creatures by stepping into stewardship!

VOLUNTEERING WITH BC PARKS

The impact of the work conducted by volunteers in BC Parks is profound! We're proud to partner with individuals, groups and organizations to collaborate on volunteer stewardship initiatives across the province.

If you are interested in learning more about these natural areas and meeting like-minded people who like to spend time in the great outdoors, consider volunteering with BC Parks!

By volunteering with BC Parks, you can:

- learn new skills and share valuable skills and knowledge while making a positive impact,
- build friendships and community,
- help conserve biodiversity, take part in environmental restoration, and so much more!

Find out more at bcparks.ca/volunteers/ follow us on Facebook and Instagram (@YourBCParks) for more information!



1

BC PARKS

WHO ARE YOU?

MY NAME IS _____

If you could see one species in particular while you are here in the park, what would it be and why?

Where in the park might you find this species?

CONNECTING TO PLACE:

Close your eyes and take three deep breaths. Now listen for as many sounds as you can hear in the park.

How many birds can you hear? _____

Is there wind? _____

Are leaves moving? _____

Is there water nearby? _____

When you intentionally notice the details around you, you are taking the first step to becoming a good steward of the land.

Stewardship: the careful and responsible management of something entrusted to one's care.

Consider and complete these sentences:

I am already a good steward of _____
(e.g. my neighbourhood, backyard, school yard, etc)

because I _____
(e.g. recycle, have a bird feeder, pick up litter I notice, etc.).

Share your sentence with someone or write it in the space below: _____

I am already a good steward of BC Parks because _____

(e.g. walk my dog on a leash, don't feed wildlife, leave natural materials in their environment, etc.)



WHERE ARE YOU?

Acknowledgement & Gratitude

We are so happy you are here to enjoy BC Parks' many natural and cultural features.

Take a deep breath.

Look around you.

What are you grateful for today?



Draw or record your gratitude below:

Considering sharing your gratitude on social media with #LoveBCParks!



Family Fun:
Consider visiting maps.fpcc.ca together to hear greetings in the Indigenous languages spoken by First Nations peoples across the province when you get home. You can also learn more about the traditional territory that the park is in by visiting Native-land.ca

Please note: These websites are not affiliated with BC Parks.

3

BC PARKS



In honour of traditional Indigenous place names, some BC Parks have been named or renamed, collaboratively with the Indigenous peoples who share their territory with those parks.

Tā Ch'ilā Park, pronounced Ta Chill La (formerly Boya Lake Park). The park's new name means "holes in a blanket".

ACTIVITY: BC is a big province! Where are you? Draw an 'X' in the area of the park you are visiting.

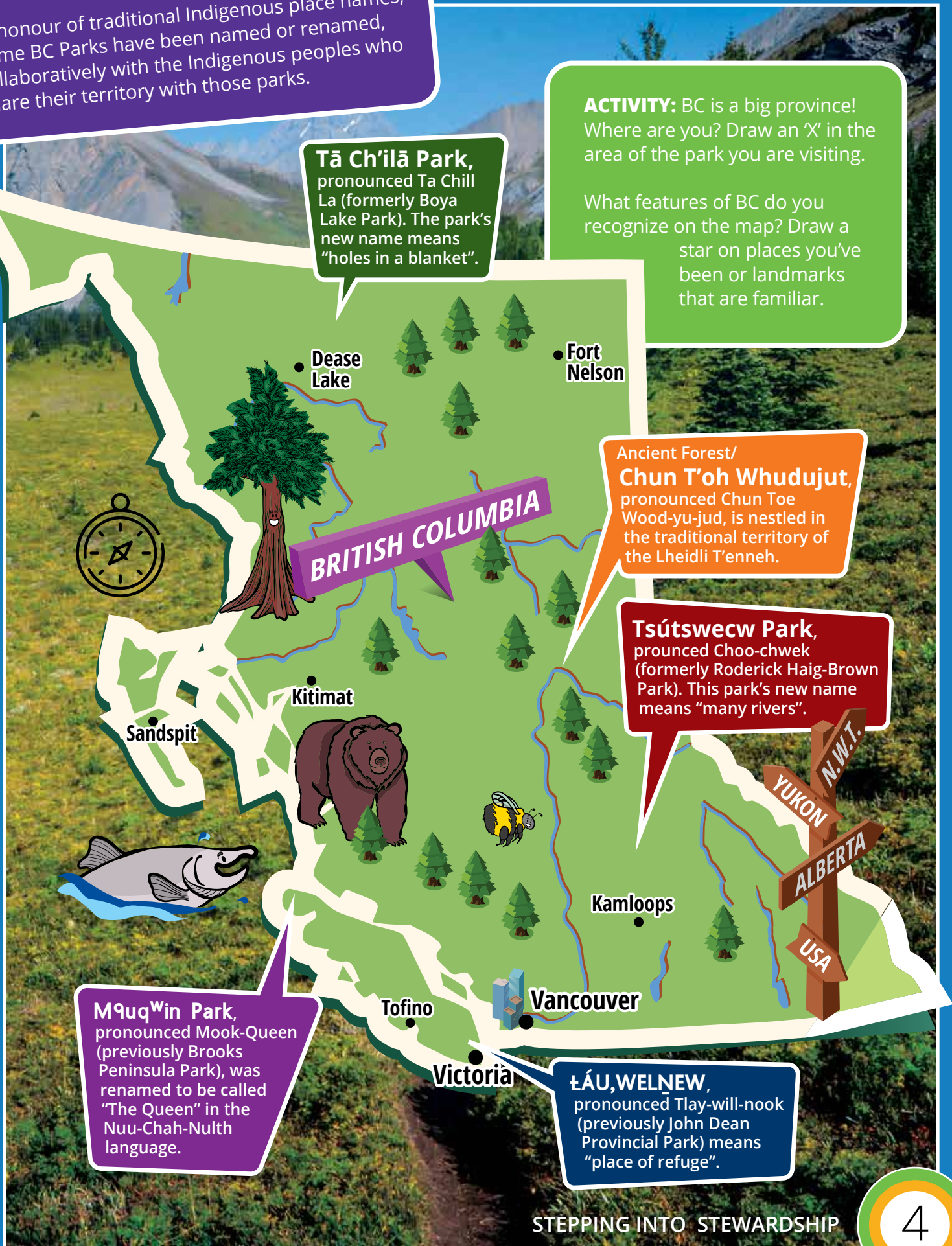
What features of BC do you recognize on the map? Draw a star on places you've been or landmarks that are familiar.

Ancient Forest/
Chun T'oh Whudujut, pronounced Chun Toe Wood-yu-jud, is nestled in the traditional territory of the Lheidli T'enneh.

Tsútswecw Park, pronounced Choo-chwek (formerly Roderick Haig-Brown Park). This park's new name means "many rivers".

M9uq^win Park, pronounced Mook-Queen (previously Brooks Peninsula Park), was renamed to be called "The Queen" in the Nuu-Chah-Nulth language.

ŁÁU, WELNEW, pronounced Tlay-will-nook (previously John Dean Provincial Park) means "place of refuge".



RESPONSIBLE RECREATION

CREATE YOUR OWN COMIC



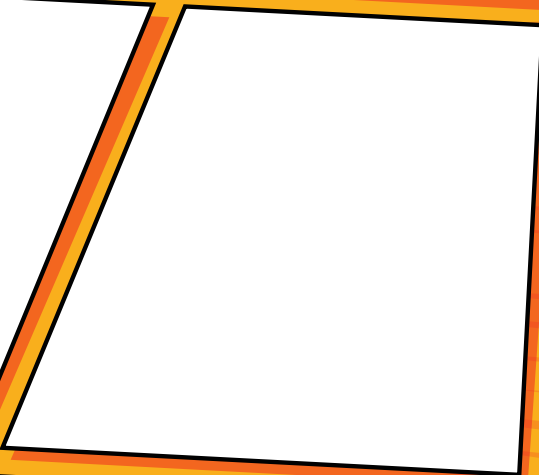
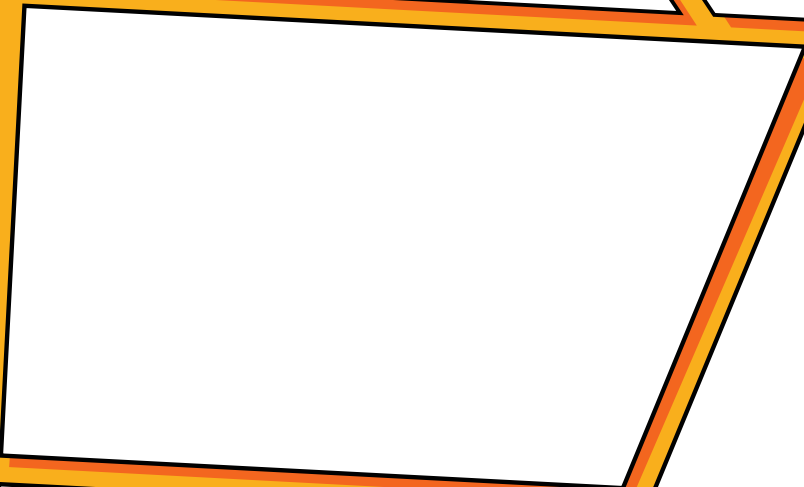
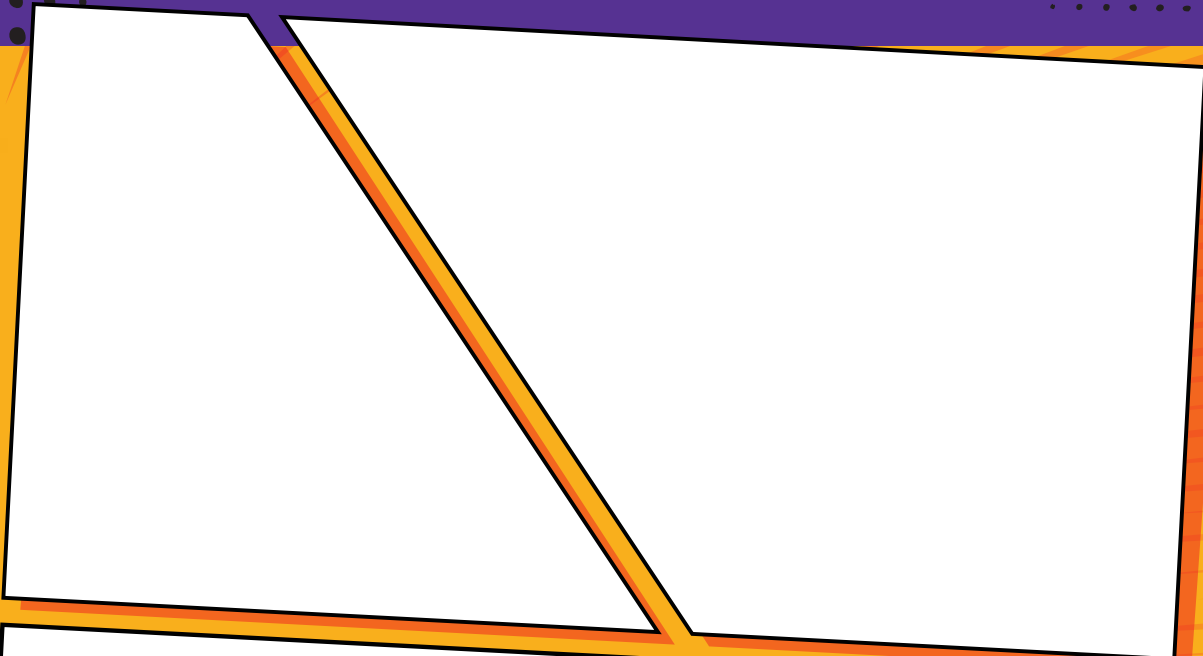
Scenario 1: Fido can't always be free. For good reason.

- Keeping your dog on a leash keeps you, your dog, and wildlife safe. Triple win!
- A dog off leash can have negative impacts on trails, park visitors, natural resources and sensitive wildlife who call the park home.
- Not everyone is a dog-lover, but everyone has the right to enjoy the trail.

Scenario 2: Forests are not firewood.

- Only use supplied firewood and burn it in designated areas only.
- Check to see if a campfire ban is in effect before planning on having a campfire.
- Buy it where you burn it. Moving firewood can spread invasive species and diseases.
- Remember! Campfires are illegal in many backcountry and alpine locations.

Using the Responsible Recreation messages below and what you know about outdoor safety, choose one or two of these scenarios and create your own comic strip(s), sharing the safety information through characters' speech or thought bubbles, sounds effects and images.



Scenario 3: Messy campsites cause mayhem.

- Don't leave garbage lying around, it attracts wildlife!
- Treat your campsite like your home - if you aren't around, your food shouldn't be either.
- Store all wildlife attractants like food and scented items (like deodorant and toothpaste) in a hard-sided vehicle, trailer, bear cache or bear hang.
- The firepit is not a garbage dump.
- Pack out all of your garbage, recyclables and organic matter. This organic matter can attract wildlife.
- Never leave **any** of these items unattended at your campsite:
 - Coolers (full or empty)
 - Food (open or closed)
 - Garbage or wrappings
 - Dishes or pots
 - Pet food or bowls
 - Bottles and cans
 - Barbeques
 - **Any** item connected with food preparation

LISTENING FOR STORIES OF SALMON

Salmon are truly remarkable. They migrate thousands of kilometres from their home rivers to the ocean and back!

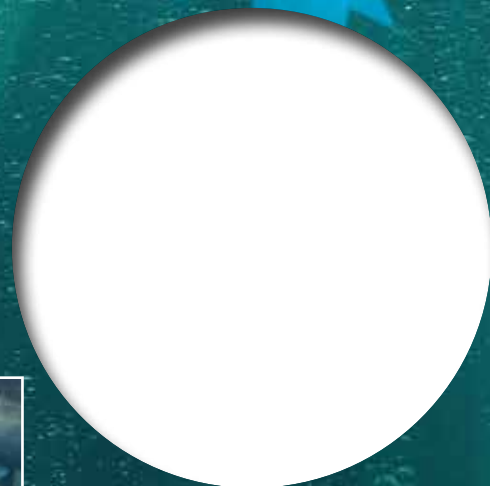
Did you know?

- ▶ Salmon are a foundation of culture and identity for many First Nations in BC.
- ▶ Many Indigenous communities have cultural ties to salmon, through song, dance, art, customs and ceremonies.

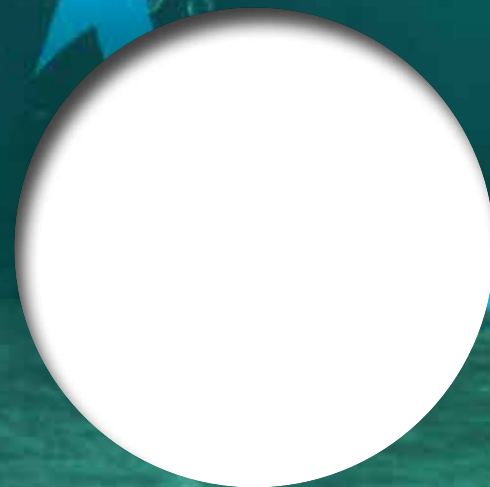
We can all play a role in protecting salmon, an important species in British Columbia.



Egg: Buried under gravel to develop



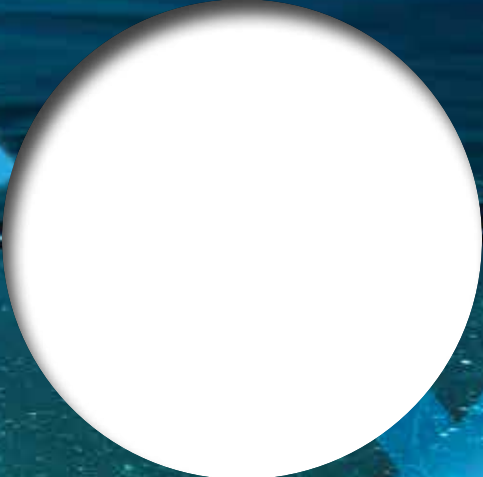
Carcass: Life cycle complete, salmon die shortly after spawning



Spawner: Females lay thousands of eggs, fertilized by milt from males



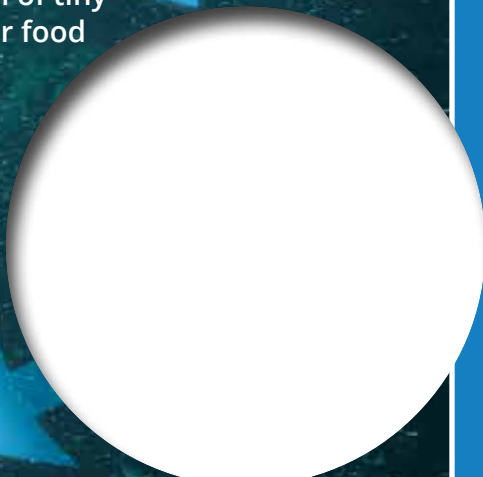
Alevin: Attached yolk sac for food



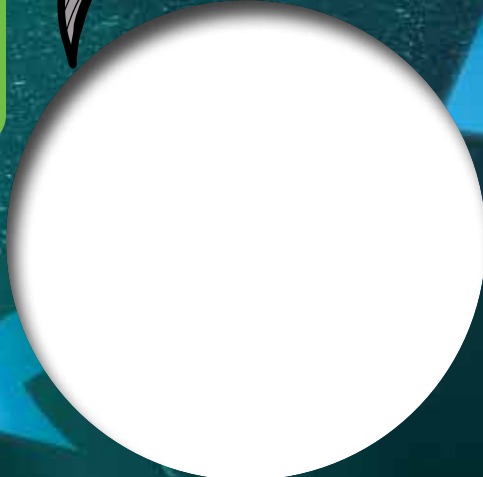
Fry: Emerge from the gravel in search of tiny aquatic life for food




ACTIVITY: Fill in the Salmon Cycle, drawing in the 8 stages of a salmon's life. Use the pictures provided to inspire your drawings!



Smolt: Migrate to estuaries and begin to adapt to salt water



Adult: Travel thousands of kilometers, feeding and growing before returning to home stream



Migrator: Fight upstream, colours changing to reds and pinks, males develop hooked jaws

For many Indigenous peoples and coastal communities, salmon are more than just a food source. They represent a way of life for many communities who live near the streams, rivers, and bodies of water where salmon travel and spawn. Salmon are highly respected and provide essential nourishment to the land and animals.

Spawn = release or deposit eggs

PLAYING THE SALMON LIFE CYCLE GAME

ACTIVITY: Challenge a friend or family member to a round of the Salmon Life Cycle Game! Who will be the first to return to spawn?

To play, you will need:

- ▶ A flat, small rock or piece of wood to act as a die. Choose one side = move 1 space, the other side = move 2 space
- ▶ 2 (or more) small markers such as a pebble or leaf on the ground

START

Begin your life as a salmon egg in your home stream

Stay hidden from predators in the gravel bed - take an extra turn!

Almost ready to hatch into an alevin.

Eaten by a bigger fish - swim back 1 space

Too much pollution in the water - miss a turn!

Hatch into a smolt, and swim off to find food.

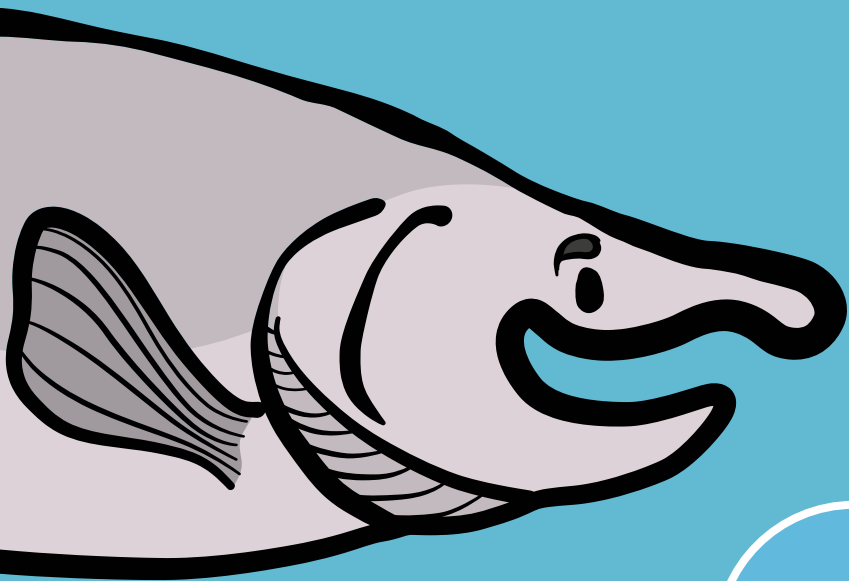
Water levels are low - miss a turn stuck in a small pool!

Caught by an eagle - swim back 3 spaces!

Find a smaller fish to eat.

Caught in a fishnet - miss a turn!

Grow into an adult salmon and swim to the ocean - take an extra turn!



FINISH

You've made it back to your home stream!

Lay eggs and milt in a gravel bed - miss a turn to spawn.

Salmon life cycle ends - decompose and feed the ecosystem.

Use a fish ladder to get past a dam - take an extra turn!

Swimming upstream is tiring - miss a turn!

Caught by a fisher - miss a turn!

Eaten by an orca - swim back 2 spots.

Start migrating back to your home stream!

Eaten by a bear - swim back 1 spot.

Grow bigger as you eat more and more fish.

Have you ever considered becoming a Citizen Scientist?

With the iNaturalist app, you can!



What: Identify wildlife and plants, learn fun facts about the organisms all around you, and help scientists learn more about the living things in parks, too!

How: Consider using the iNaturalist app to photograph and share the biodiversity you see in BC parks and protected areas! Someone who is 13 or older will need an account for this, and then you can become a citizen scientist. Or perhaps you can become a family of citizen scientists together!

iNaturalist also has an app called Seek that you can use to learn more about the living things you see, without having an account and sharing.

Where: Look for iNaturalist or Seek by iNaturalist in any App Store

For more information go to naturechallenge.ca



The BC Parks iNaturalist Project is a collaboration between BC Parks, the BC Parks Foundation, the University of Victoria and Simon Fraser University.

EXPLORING THE THREAT OF INVASIVE SPECIES



British Columbia is the most biologically diverse province or territory in Canada.

Here in BC, there are...

- 142 mammals
- 35,000 insects
- 488 bird species
- 10,000 species of fungi
- 468 species of fish

But! The natural ecosystem is being threatened by invasive species, and we need your help to take action to protect BC's biodiversity!

Invasive species are plants, animals or other organisms that are not originally from BC, and whose introduction and spread is having negative impacts on the natural ecosystems.

Did you know?

- ▶ Invasive species don't have natural predators or competitors here in BC. This means that their populations can disrupt the natural cycles of nutrient, water and food supply, and displace native species of animals and plants.
- ▶ Invasive species can compete with native species for resources, sometimes causing native species to decline in numbers quite quickly.

How do they spread?

- ▶ Gardeners plant invasive plants (without knowing what they are) and people sometimes release unwanted pets into the wild.
- ▶ The world is a connected place and sometimes not-so-friendly plants, insects and animals can hitch a ride on goods or food. Even moving firewood between campsites or moving boats from one body of water to another can spread invasive species.
- ▶ The tires of vehicles, dirty hiking boots or waders and fishing equipment can spread invasive species.

What can you do?

- ▶ Volunteer to help remove invasive species – contact your local Invasive Species Committee to see if you can help.
- ▶ Get to know which plants are invasive to help if your family is planting a garden.
- ▶ Buy it where you burn it. Source firewood close by - invasive species can "hitch a ride" on firewood!
- ▶ Play, Clean, Go. Clean off your boots or shoes from mud or dirt before entering or leaving a park.
- ▶ Don't let it loose - never release your pets into the wild.
- ▶ Clean, Drain and Dry. Always clean, drain and dry any boating and fishing equipment before you head to a new lake.

Here are a few of the major invasive species found in British Columbia to be on the lookout for:

- Baby's Breath
- Canada Thistle
- English Ivy
- American Bullfrog
- Eastern Grey Squirrel
- New Zealand Mud snail
- Common Carp
- Largemouth Bass
- Northern Pike
- European Chafer Beetle
- European Fire Ant
- Japanese Beetle

ACTIVITY: Write a postcard to a friend about invasive species and how they can impact BC's biodiversity. Share a few examples of the impacts of invasive species on the local environment, as well as something you can do to help.



MAKING A MOVE ON CLIMATE CHANGE



Climate change describes shifts in long term weather patterns. Carbon dioxide is the main cause of human-induced climate change. Compounds like carbon dioxide are naturally occurring greenhouse gases, they act like a blanket around our earth to keep it the perfect temperature. When we add more carbon dioxide to the atmosphere from burning fossil fuels, converting land from forests to agriculture or other industrial processes we make that blanket thicker. With a thicker layer of greenhouse gases the temperature of the earth heats up.

A hotter earth can impact all living things, even salmon. Salmon need water to be between 4°C - 5 °C in order to survive. With warmer winters, not only is the water temperature rising, but in some places there isn't much snow in the winter months, which means that as things melt in the spring, there won't be enough runoff to fill important spawning grounds. This leaves salmon exposed to predators or even stranded in creeks and streams.

What can I do?

There are many ways you can help reduce the pace of climate change. Simple steps can make a big impact:



- ▶ Visit your local parks! Staying local and being a tourist near your town can reduce your carbon footprint.
- ▶ Try a carbon-free travel adventure - embark on a cycling tour to explore parks in your area!
- ▶ Try to reduce. Instead of buying new, see if you can use something you already have instead.
- ▶ Reuse, get creative and see if you can make or fix something.
- ▶ Conserve, do you need to take a 20-minute shower? Challenge your family members to see who can take the shortest shower.

What we're doing at BC Parks:

- ▶ Purchasing several electric vehicles for BC Parks staff to use across the province
- ▶ Electrification of Tyhee Lake and Mt. Robson expansion campgrounds - reducing combustible generator use, pollutants and noise.



ACTIVITY: Climate Action Composition

Choose a familiar tune (You Are My Sunshine, Happy and You Know It, your favorite song on the radio, etc.) and rewrite the lyrics. Don't feel like singing? Compose a poem! Create a piece about how to take positive climate action, or how to be a steward for an animal or outdoor space of your choosing.

Use the space below for your composition:

BC PARKS FOUNDATION

Look around at the natural and cultural features in the park around you. What stands out?

The BC Parks Foundation has a series of patches showcasing notable features of parks and protected areas across BC.

Design your own patch for the park you are in, highlighting your experience.

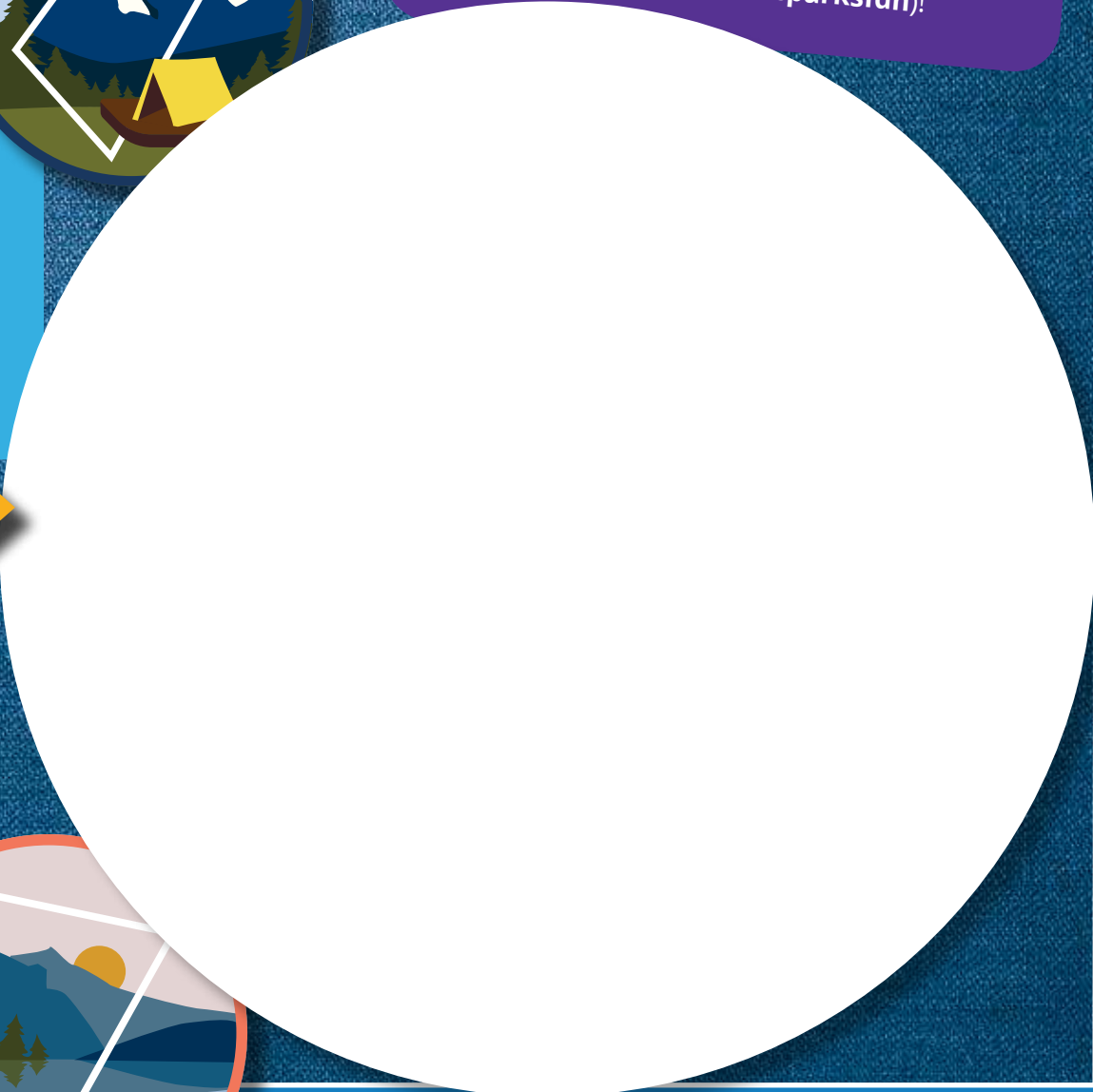


The best of nature is contained in our parks. In BC, we are proud and fortunate to have the sixth largest park system in the world, containing the highest diversity of life in Canada. BC's world class parks are home to iconic species that only exist here on this planet or that stop here on their journeys.

The BC Parks Foundation is leading an expedition to create the best parks system in the world. They help you connect with your favourite outdoor spaces.



Stay connected and get involved on Facebook ([@BCParksFoundation](#)), Twitter and Instagram ([@bcparksfdn](#))!



TAKING A FOCUSED MOMENT

Activity: Find a calm place to sit. Take a deep breath. What does the air smell like around you?

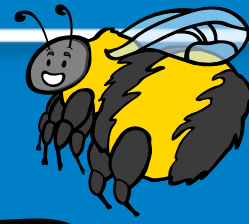
Find a plant or animal that you can see from where you are. Consider: How big is it? What colour(s) is it? What is around it in the landscape? What does it remind you of? Write down a few "I observe..." beside your drawings. Record your detailed observations using both writing and drawing.

Possible Prompts:

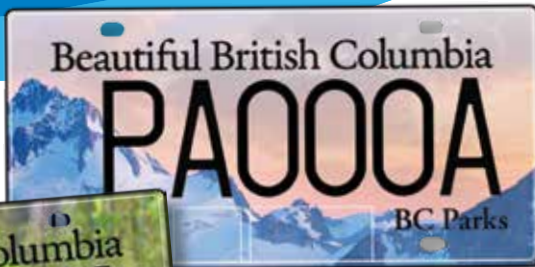
- ▶ Plant Comparison - Find two similar plants. Look closely - What do they have in common? What are the differences? If they are smaller than your page, try drawing them life-sized.
- ▶ Zoom in, Zoom Out - Choose a plant that could fit on this journal page. Draw the plant in life-size on your page, writing and drawing the details you see. Then choose one part of the plant to zoom in on, and draw and describe it in detail.

I observe...

**Remember
to leave no trace:**
Enjoy your mindful
moment and leave
your special space
the same way you
found it!



*Thank you for visiting!
There's always more to see and
experience in the provincial
parks - see you again soon!*



BC PARKS LICENCE PLATE PROGRAM

Show your pride in British Columbia's natural beauty with a park-themed licence plate! Each BC Parks licence plate supports our provincial parks and protected areas. All net proceeds from the sale and renewals of BC Parks plates are reinvested back into provincial parks to support programs and projects related to conservation, community engagement, and Indigenous relations.

This project was funded by the Licence Plate Program.



BC Parks

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