

# YOSEMITE NATIONAL PARK

*For the Busy Moms*

## Welcome to Yosemite National Park!

Yosemite National Park is located in East-Central California in the Sierra Nevada mountain range. The park spans nearly 1,200 square miles, so there is plenty of wilderness to explore! Some of the most amazing natural attractions include a huge granite cliff known as El Capitan which is 3,000 feet tall. Half Dome is an enormous rock which appears sliced-in-half and symbolizes the park. The towering sequoia trees in Mariposa Grove are also very impressive. Some of the trees are more than 1,500 years old and many are 200 feet tall. One of the world's tallest waterfalls, Yosemite Falls, is located in the park and plunges water over 2,400 feet. For more information on Yosemite National Park, check out the website: <https://www.visitcalifornia.com/destination/spotlight-yosemite-national-park>.



## Painted Rock Craft

Gather several small rocks from around your house. If you don't have any rocks, cut out some oval shapes from a white piece of paper. Use any art supplies you have available—paint, watercolors, markers, crayons— to decorate the rocks. Once dry, set the rocks somewhere you can see them. Each time you look at them, remember to be thankful for every opportunity we have to spend some time outdoors! Better yet, write a kind message on the rocks and leave them somewhere for someone else to find!



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## Family Activities

Theme—get outdoors or bring the outdoors inside!

If you are able, get outside in your yard and go for a hike or do some gardening. Kids can have a great time watering plants, pulling up weeds, or just exploring the trees, grass, and flowers. How about searching for birds, worms, or other bugs? Another great idea for kids is to and plant some vegetable seeds. You can plant a garden indoors as well if you live somewhere without a yard. Kids get a chance to try new foods and to feel a sense of responsibility for growing the food themselves! Another great outdoor activity is putting up a tent.

You can build an indoor tent fort with blankets and pillows if you can't get outside. Then pull out a board game or another favorite toy and spend some time playing in the tent or fort. Finally, you can use an Atlas to check out the location of Yosemite and practice some map reading skills!



## Meal Plan

*When going camping, you need to plan ahead for meals, especially if the campsite is more secluded and does not have an on-site store.*

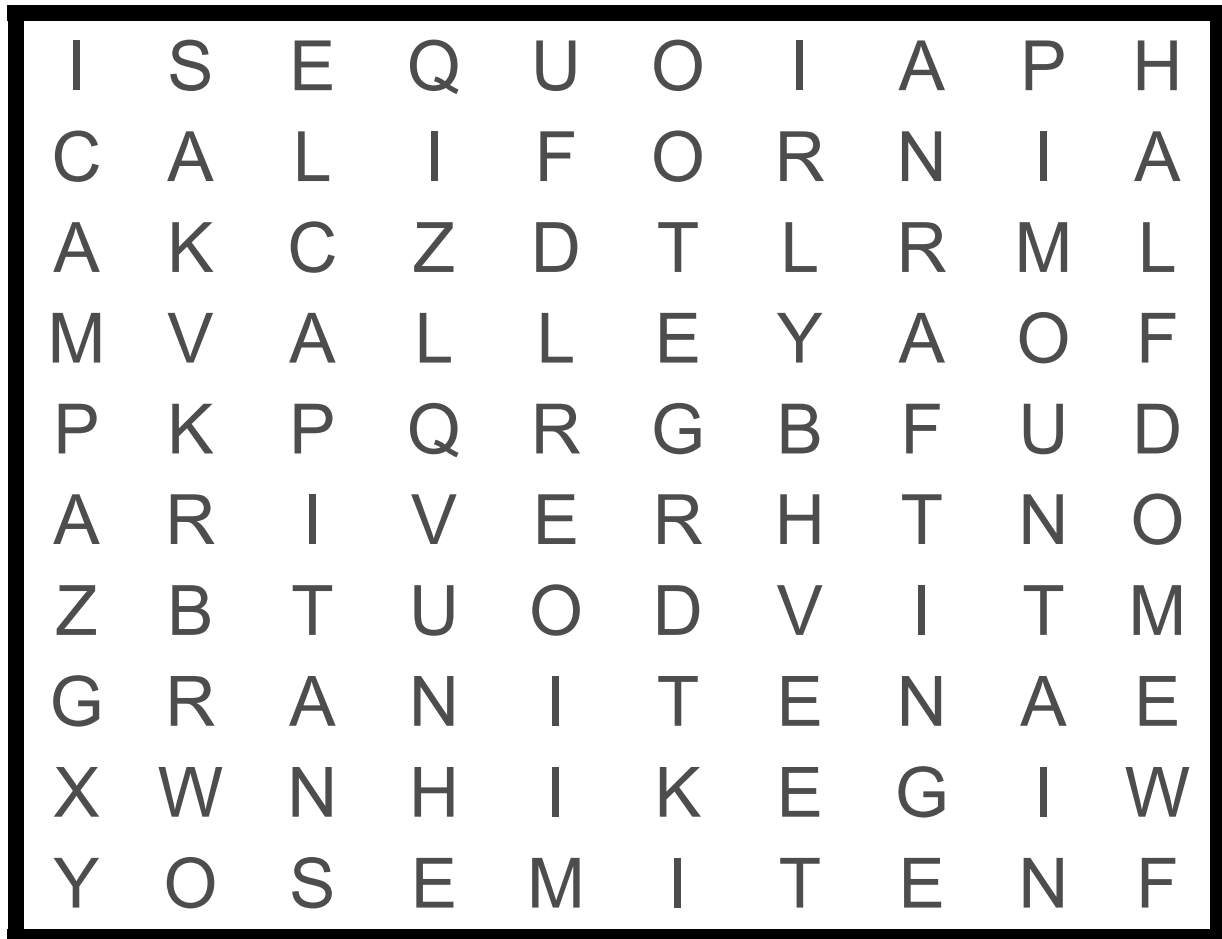
*One of the easiest camping dinners includes making hotdogs and hamburgers. It's especially fun to roast hog dogs over the fire. To enjoy an at-home camping experience, try roasting hot dogs over a*

*fireplace if you have one or use a grill or stove as a makeshift fire. Don't forget to "pack" the hot dog and hamburger buns, ketchup, mustard, tomato slices, and lettuce for the burgers if desired. You can*

*add in some corn on the cob which cooks easily in boiling water on the stove. If you are more adventurous, wet the corn and wrap the it in foil to cook it on a grill. Enjoy your meal by sitting outside on a picnic blanket or putting a blanket on your living room floor to bring the outdoors inside!*



# WORD SEARCH



Sequoia

Half Dome

California

Camp

Valley

El Capitan

River

Granite

Rafting

Mountain

Yosemite

Hike