COME ALIVE OUTSIDE®

BENNINGTON

SUMMER PASSPORT

2022

THIS PASSPORT BELONGS TO:

NAME

SCHOOL

GRADE

Register your passport, get a CAO sticker and sign up for our newsletter for more fun ideas and for information on more community events.

https://bit.ly/38CoxIQ

TABLE OF CONTENTS

About Come Alive Outside 4
How It Works 5

MAKE YOUR OWN ADVENTURE 6-11

INVESTIGATE LOCAL PARKS 12-21

Activities 13-17
Parks 18-21

LOCAL FOODS 22-24

EXPLORE YOUR COMMUNITY 25-33

Save the Dates
National Night Out ..... August 2
Bennington Battle Day Parade ..... August 16

PRIZES 34-35

ABOUT

Come Alive Outside is 501c3 nonprofit based in Rutland, VT. Our mission is to bring people together to create the awareness, intention and opportunity for people to live healthier lives outside. Thank you to all of our community partners who make this passport possible!

Bennington Recreation Center/Berkshire Family YMCA
Berkshire Family YMCA is a 501(c)(3) cause-driven nonprofit organization whose mission is to put Caring, Honesty, Respect and Responsibility into programs that build healthy spirit, mind and body for all.

If you have questions, please contact us:

communications@bfymca.org

Stay connected!

Follow us on Facebook and Instagram to share pictures, get updates, and be part of contests with your passports!

comealiveoutside.com
bfymca.org

comealiveoutside
bfymcabennington

comealiveoutside
berkshirefamilyymca

HOW IT WORKS

1

Explore and have fun

July 4-September 2 with this passport!

*** Be an earth caretaker and Leave No Trace on the trails.*

2

Complete at least 12 activities

and earn a prize!

3

Visit BFYMCA - Bennington Rec to collect your prize:

655 Gage St, Bennington, VT

4

Win a grand prize!

Visit the last page of the passport to see how to enter the grand prize drawing!

LOOK FOR THIS ICON AND SHARE YOUR PHOTOS WITH US! #comealiveoutside

MAKE YOUR OWN ADVENTURE

There are so many fun things you can do in your own yard, neighborhood or home! Do as many activities as you can.

LOOK FOR THE ICON AND SHARE YOUR PHOTOS!

SCREEN FREE SUNDAY

Can you go an entire day without watching TV, using a phone or playing video games? If you make it, sign your name and write the date! If your whole family can join you, even better!

BE A RAINBOW SLUETH

Watch for summer rains and storms and see if you can spot a rainbow. If the sun is shining in part of the sky and it is also raining, then there is a good chance you will see a rainbow.

Draw a picture of your rainbow:

INITIAL WHEN DONE

SUMMER POEMS

Find a favorite sitting spot and write a poem. See if you can use a bird or bug name in each line.

Write your poem here:

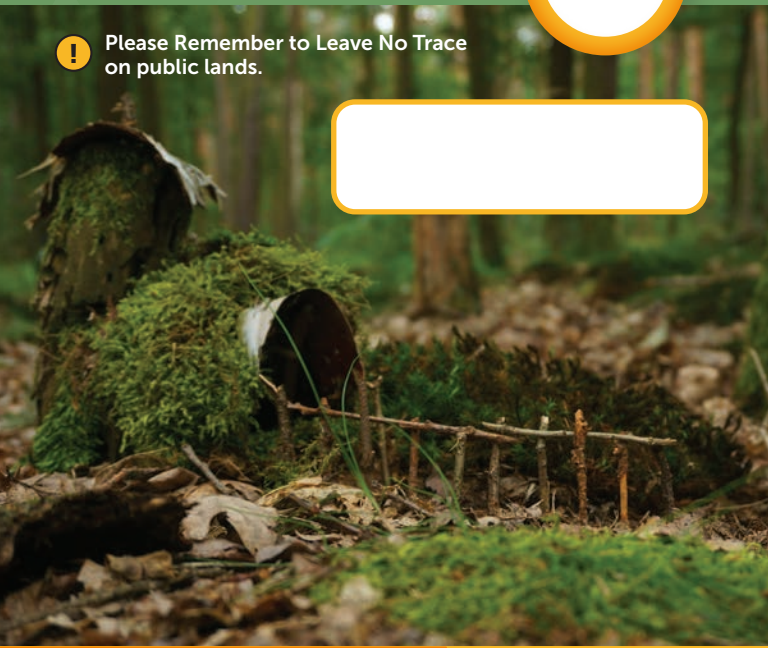
INITIAL WHEN DONE

MAKE A FAIRY HOUSE OR FORT

It's time to create something of your own! Can you build a fort or a fairy house that will be a secret place for someone? Write down when and where you built! Take a photo of your creation to share!

INITIAL WHEN DONE

Please Remember to Leave No Trace on public lands.



GROW YOUR OWN FLOWERS/VEGGIES

Growing your own flowers or vegetables is really fun and you have something to show for all your hard work at the end!

INITIAL WHEN DONE

Draw a picture of a plant you grew:

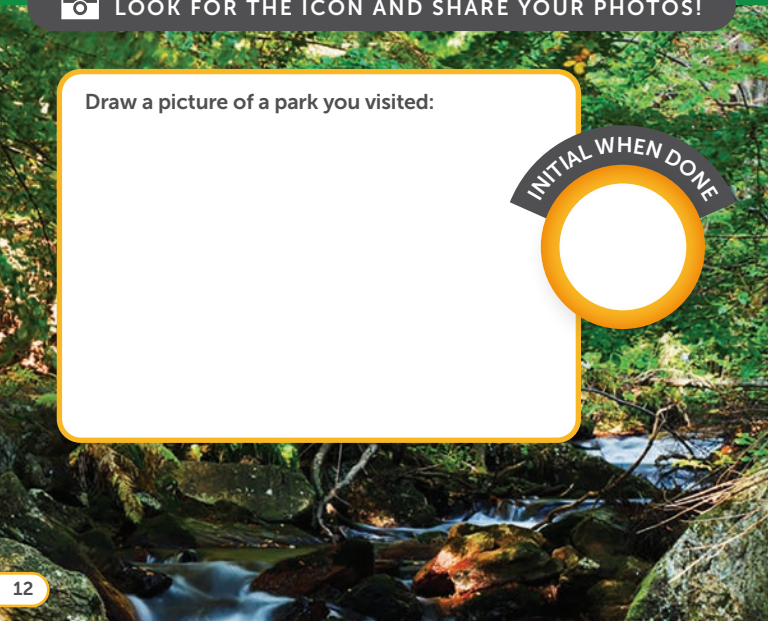
INVESTIGATE LOCAL PARKS

On the following pages you will find some great activities to try at any park or on any trail. Following the activities is a list of parks around Bennington County. Libraries have free passes to state parks. Visiting a park counts as an activity.

LOOK FOR THE ICON AND SHARE YOUR PHOTOS!

Draw a picture of a park you visited:

INITIAL WHEN DONE



FLOAT YOUR BOAT

Build a boat using bark, sticks, leaves - whatever natural items you can find. Have a race with a friend floating your boats down a stream.

TRAIL SEARCH

Take an empty container or bag with you on a trail walk. See if you can find these items along your walk. Fill in the bar graph when you have found all the objects. Using the items you found, make a piece of nature art.

10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
	5 smooth stones	9 rough sticks	10 acorns	7 dried leaves	4 pine cones	2 pieces of bark

INITIAL WHEN DONE

OCEANS OF POSSIBILITIES

These Bennington area libraries will be doing the ***Oceans of Possibilities*** **summer reading program:** John G. McCullough Free Library and Bennington Free Library. If you can't take a trip to the ocean this summer, then find some local wetlands to explore such as a pond, lake, stream, river or a marsh. Check out a book to help you learn about wildlife at a wetland near you.

GET YOUR STAMP

ANIMAL SIGNS

Check out an animal identification or scat book from local library and see what you can discover!

SOUND MAP

Take your passport and a pencil or pen with you on a trail or in your neighborhood. Draw a tiny picture of yourself in the center of the space. Sit quietly and close your eyes. When you hear a sound open your eyes and draw an arrow from "you" in the direction of the sound, then draw a symbol for what you heard at the end of the arrow (like a bird or car). Listen for nature and people sounds and map them all. Try this in different places and compare your maps.

INITIAL WHEN DONE

WILLOW PARK

EAST RD, BENNINGTON, VT

INITIAL WHEN EXPLORED

STARK STREET PARK - SVMC TRAILS

150 STARK ST, BENNINGTON, VT

INITIAL WHEN EXPLORED

SHAFTSBURY STATE PARKS

262 LAKE SHAFTSBURY RD, SHAFTSBURY, VT

INITIAL WHEN EXPLORED

LAKE PARAN AND ROBERT FROST TRAIL

INITIAL WHEN EXPLORED

LAKE PARAN: 893 PARAN RD, NORTH BENNINGTON, VT

GREENBERG - HEADWATERS NATURE TRAIL

INITIAL WHEN EXPLORED

414 ROUTE 7 SOUTH, BENNINGTON, VT

MAIN STREET POCKET PARK AND FOUNTAIN

INITIAL WHEN EXPLORED

336 MAIN ST, BENNINGTON, VT

GEORGE AIKEN WILDFLOWER PARK AT MUSEUM

77 MAIN ST, BENNINGTON, VT

INITIAL WHEN EXPLORED

MILE AROUND WOODS

WOODS LN, NORTH BENNINGTON, VT

INITIAL WHEN EXPLORED

LIONS PARK

6 HOUGHTON ST, NORTH BENNINGTON, VT

INITIAL WHEN EXPLORED

HOWARD PARK

61 BUCK HILL RD, SHAFTSBURY, VT

INITIAL WHEN EXPLORED

WHITE ROCKS NATIONAL RECREATION AREA

449 NORTH BRANCH ST, BENNINGTON, VT

INITIAL WHEN EXPLORED

WOODFORD STATE PARK

142 STATE PARK RD, WOODFORD, VT

INITIAL WHEN EXPLORED

LOCAL FOODS

Check out the farmer's markets and other food activities on the next pages. Vermont is a great place to discover fun foods!

LOOK FOR THE ICON AND SHARE YOUR PHOTOS!

BENNINGTON FARMER'S MARKET SCAVENGER HUNT

Find a rainbow color of food and check them off as you find them. Check off colors of produce as you find them.

Food Name	Color

FOOD SLEUTH

Visit your local market and try a new fruit or vegetable you haven't tried before! Give it a star rating after you're done. Color in the number of stars you rate the new food (1-5 stars).

Food	Rating
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆
	☆☆☆☆☆

EXPLORE YOUR COMMUNITY

Get curious about the great places and activities in your community. You may find out something new about your town!

Please remember to stay safe, follow state guidelines and make the best choices for your family.

LOOK FOR THE ICON AND SHARE YOUR PHOTOS!

BENNINGTON MUSEUM

Get creative and explore at the museum. Open June through October. 10am to 4pm everyday except Wednesday. Children under 17 are free.

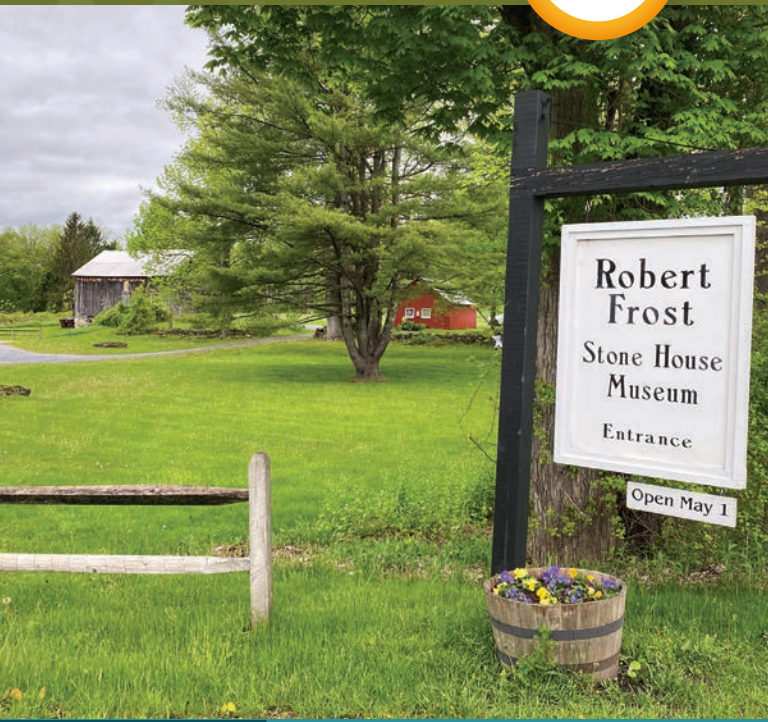
BUILD A TOY CHALLENGE

Create a toy using natural materials. Take a photo or take your creation into the BFYMCA at Bennington Rec Bennington, VT.

ROBERT FROST MUSEUM

Visit the Robert Frost Museum and try out the make your own poem activity while you are there!

INITIAL WHEN DONE



WHAT HAPPENED IN MY TOWN?

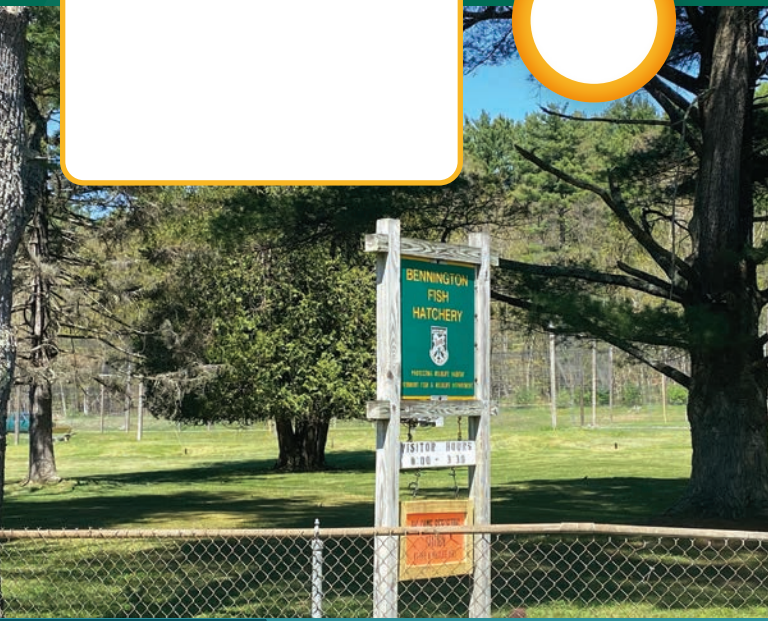
John G McCullough Free Library or Bennington Free Library: Go to your local librarian and ask them to share a silly, funny, or weird story or fact about your town! Have your librarian initial.

FISH HATCHERY

Visit the Fish Hatchery in Bennington at 110 Hatchery Rd. There are different kinds of fish and places to explore at the Hatchery. Try to learn something new about the fish in our area.

Draw a picture of a fish:

INITIAL WHEN DONE



SAVE THE DATE: AUGUST 16

BENNINGTON BATTLE DAY PARADE

Get a picture of you enjoying the Bennington Battle Day Parade or visiting the Bennington Monument. Bennington Battle Day is August 16, 2022.

INITIAL WHEN DONE

REC CENTER FAMILY SWIM

Come to the rec and join a family swim. Bring you passport with you for a complimentary visit if you aren't yet a member! Contact the BFYMCA - Bennington Rec for available swim times.

GET YOUR STAMP

SAVE THE DATE: AUGUST 2

NATIONAL NIGHT OUT

Join National Night Out in Bennington in August. Take a picture of yourself at the event.

INITIAL WHEN DONE

PRIZES

When you complete at least **12 ACTIVITIES** in your passport you can get a prize! You can get one prize at any time during the program.

Claim a prize by **SEPTEMBER 16, 2022**

Visit the Bennington Rec, 655 Gage St. to claim your prize.

GRAND PRIZE DRAWING

For a chance to win the **GRAND PRIZE**:

1) Complete at least 12 activities
2) Fill out the online survey by scanning the QR or visiting: *https://bit.ly/3lwYYLW*

All completed surveys will be entered in the drawings for the grand prizes.

1. **LAKE PARAN - SUPPORTING MEMBERSHIP: INCLUDES BOAT & CANOE USE**
2. **BFYMCA $100 GIFT CARD**
3. **YOUTH BICYCLE**

THIS PROGRAM IS PRODUCED WITH SUPPORT FROM:

VERMONT DEPARTMENT OF HEALTH

WITH ADDITIONAL SUPPORT FROM:

RISE VT

the YMCA

Southwestern Vermont HEALTH CARE

TOWN OF BENNINGTON VT 1749

The Bank of Bennington

act supporting healthy youth

COME ALIVE OUTSIDE

LAKE PARAN NORTH BENNINGTON, VT

SNAP-ED Funding for this program is provided from the USDA. The USDA is an equal opportunity provider, employer and lender.

Come Alive Outside is a 501c3 nonprofit that works to create the awareness, intention and opportunity for people to live healthier lives outside.