



# SAN BRUNO MOUNTAIN PARK

## Junior Ranger



Oil painting by Mary Betlach

**Name:**



# Map





# Introduction



Welcome, future Junior Rangers, to San Bruno Mountain State & County Park! We are so excited for you to explore the amazing flora and fauna that our park provides.

## Instructions

To become a Junior Ranger you must:

1

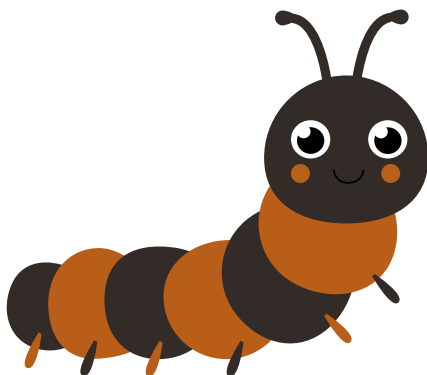
Fill out this booklet as you explore the park! You'll need a pencil or pen, and some coloring materials if you'd like! You don't need to fill out the booklet all in one visit.

2

Once you have finished your booklet, sign your name on page 12 and recite the Junior Ranger Pledge.

3

Email photos of your finished packet to us at [sanmateocountyparks@gmail.com](mailto:sanmateocountyparks@gmail.com) to receive your badge!



Hi there! I'm Charlie the caterpillar! I live here on San Bruno Mountain! Look for my picture for facts and tips about me and my home.



# Park Safety & Rules



Like with all things, it is important to treat your parks with kindness and respect. As a Junior Ranger, it is your job to understand the rules and make sure your group does the same! Using the word bank, fill in the blanks to complete the rules and safety tips below.

1. Don't trample the grass! Stay on the designated \_\_\_\_\_.
2. Please do not pick the \_\_\_\_\_ and \_\_\_\_\_; they provide an important food source for animals.
3. Observe \_\_\_\_\_ from a distance - do not feed or approach \_\_\_\_\_.
4. Due to the sensitive species that live on the mountain, \_\_\_\_\_ and other pets must stay home.
5. Leave no trace - put all \_\_\_\_\_ in the bins.
6. Stay with your \_\_\_\_\_ when you are \_\_\_\_\_.
7. Avoid \_\_\_\_\_ by walking in the middle of the trail and stay away from bushy areas with tall grass and leaf litter. Check your body and clothing after your hike.
8. \_\_\_\_\_ is an important food source for many animals, but it can make humans itch, so avoid touching it.



Here's the **word bank!**

animals  
dogs  
flowers  
garbage  
group  
hiking  
plants  
poison oak  
ticks  
trails  
wildlife



# Get to Know San Bruno Mountain



Choose at least two of the activities below to get to know San Bruno Mountain Park.

- In the Interpretive Pavilion, located behind the main restroom, pick one of the educational signs and read it.**

1. Which sign did you read?
2. What is something interesting you learned?



- In the Interpretive Pavilion, located behind the main restroom, watch a video.**

1. What was the video about?
2. What is something interesting you learned?

- Go for a walk on one of the trails. Make sure you take an adult with you!**

1. Which trail did you take?
2. What are some plants and animals you observed?



# Animal Adaptations



Life on San Bruno Mountain isn't always easy! **Adaptations** are a feature an animal has on its body or a behavior an animal does that helps it survive in its habitat.

**Match the animal to the adaptation that helps it live on San Bruno Mountain.**



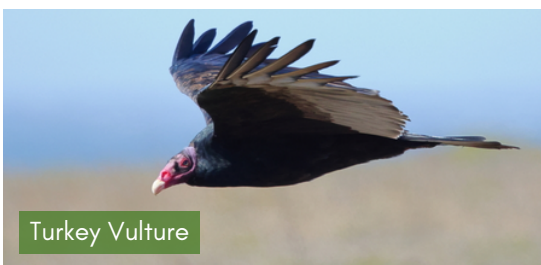
I have a very good **sense of smell**, which helps me track down carrion, or dead animals, for me to eat!



I can **change colors** from yellow to white to blend in with the flower I'm on while hunting for prey!



I have brown fur that helps me **camouflage** in the underbrush, so I can hide from predators!



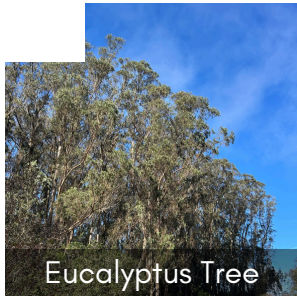
I can't control my body temperature on my own, so I **bask in the sun** to warm up my scales!



I use my spots as **warning colors** to tell birds and other predators that I taste really bad!

# Bingo

Go for a walk at San Bruno Mountain and see if you can find some of the things below. To get a bingo, mark off 4 horizontal, vertical, or diagonal squares in a row.



Eucalyptus Tree



Bush



Bird Song



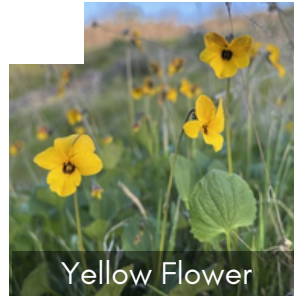
Scenic View



Radio Towers



Raven or Crow



Yellow Flower



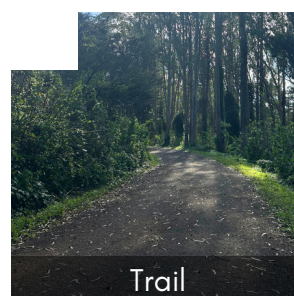
Butterfly



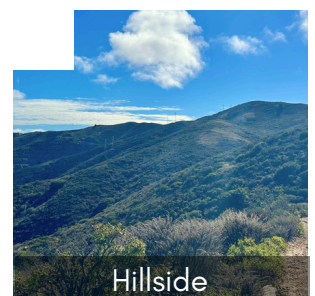
Lizard



Purple Flower



Trail



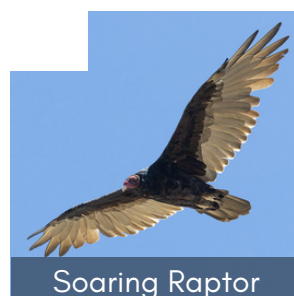
Hillside



Lichen on Tree



Caterpillar



Soaring Raptor



Berries

# Butterfly Life Cycle

Butterflies are an important insect found at San Bruno Mountain, and they have a special kind of life cycle! Butterflies go through **metamorphosis**, which is a series of major changes in an animal's body as it grows throughout its life. Below are pictures of the four life stages of a Variable Checkerspot Butterfly. In the boxes next to each picture, **finish labeling the stage**, and **write something that changed**.

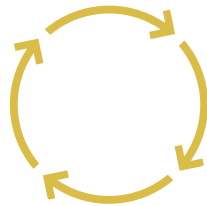
4. B

---



1. E

---



3. Ch

---



2. C

---

I'm currently on the second stage of my life cycle!



# Butterflies and Host Plants

Butterflies lay their eggs on **host plants**. When caterpillars emerge from the eggs, their only source of food is the host plant they were born on! **Trace the lines** to help these butterflies find their host plants. Then using the clues below, **write the name of each plant** under its picture.



-----  
-----

-----  
-----

-----  
-----

Pacific stonecrop: This succulent grows low to the ground in rocky soil.  
Silver bush lupine: These clusters of flowers are similar in color to their host butterfly.  
California golden violet: This sunny flower has large petals.



# History of San Bruno Mountain



**Activity:** Use the words in the word bank below to finish the timeline.

homes    people    park    mountain    cattle    television

**Pre-1800s**

Ramaytush \_\_\_\_\_ are the original inhabitants and stewards of this land.

**1840s**

The mountain became part of large settlements under Mexican land grants. \_\_\_\_\_ ranching was an important part of these ranchos. Many non-native plants were introduced to feed the livestock.

**1949**

Due to its height, several \_\_\_\_\_ and radio towers were built at the summit of the mountain and are still used today.

**1960s**

Companies tried to develop the mountain, including building \_\_\_\_\_ and offices. There was even a proposal to remove the top of the mountain to fill in part of the SF Bay!

**1971**

Wanting to save the \_\_\_\_\_ from development, the Committee to Save San Bruno Mountain was formed. Now called San Bruno Mountain Watch, this group focuses on habitat restoration and education.

**1978-80**

San Bruno Mountain State & County \_\_\_\_\_ was established for all to enjoy!

Volunteers with San Bruno Mountain Watch and the County work together to pull weeds and plant native species so caterpillars like me can survive!



# Mindfulness



Find a place in the park you enjoy and take a seat. Look up, down, and around... what do you **see**? What is the weather like today, and how does it make you **feel**? What is one thing you want to **remember** from your visit today? Write down your observations in the clouds.

I see:

I feel:

I will  
remember:

Parks can help us feel calm, happy, and healthy! One way to experience this is through **mindfulness**. This means paying attention to our surroundings & how we are feeling.



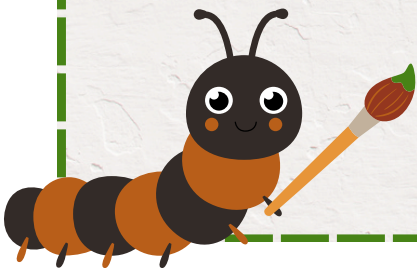
# Reflection



Murals are large pieces of art that are painted directly onto a wall of a room or building. Artists can use murals to share art and ideas with the public. Imagine you are an artist who was asked to design a mural about San Bruno Mountain.



**Use the space below to draw your mural!**



Designed by: Junior Ranger \_\_\_\_\_

(Write your name here)



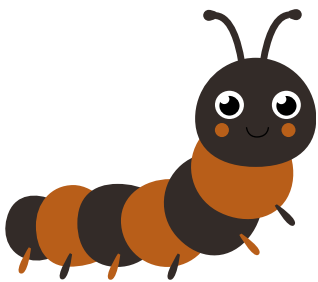
# Pledge



## Congratulations!

You have completed the activities needed to be a San Bruno Mountain Junior Ranger! Being a Junior Ranger is fun, but there are responsibilities. You now must take the Junior Ranger Pledge. Sign your name on the line, then recite this pledge to become a Junior Ranger!

"I, \_\_\_\_\_, promise to help take care of the parks! I will abide by the Leave No Trace principles and respect the plants and wildlife. I will continue to explore and learn more about nature and history and share my discoveries with others. I will encourage my family and friends to help protect the parks and all of our natural resources."



Way to go Junior Ranger! Come visit again soon!

# JR. RANGER





# Explore other County Parks and earn more badges at:

Complete 5 of the 6 Junior Ranger booklets to earn a special gold badge!

You are likely to see lots of wildlife at this spectacular County park!



**Visitor Center Hours:** Saturdays and Sundays 10am-4pm

Learn about our oldest County park as you explore the redwoods!



**Visitor Center Hours:** Friday to Sunday 10am-4pm, Memorial Day to Labor Day

Explore the tidepools at Fitzgerald Marine Reserve!



**Visitor Center Hours:** Hours vary on weekends

This park is known for its beautiful wildflowers!



**Education Center Hours:**  
Sat & Sun 9:30am-4pm,  
Wed 9:30am-12:30pm

If you like horses, you'll love Wunderlich County Park!



**Carriage Museum Hours:**  
Saturdays and Sundays 12-3pm

Visiting a park when the Visitor Center is closed?

Download and print a booklet from our website: [www.smcgov.org/parks](http://www.smcgov.org/parks)

Click on the 'Things to Do' tab.