

tread lightly!®

# LIGHTFOOT AND FRIENDS



**ACTIVITY BOOK**

**T.R.E.A.D.  
PLEDGE**

**T**RAVEL ON TRAILS

**R**ESPECT ANIMALS, PLANTS AND PEOPLE

**E**DUCCATE YOURSELF, BE SAFE AND BE PREPARED

**A**LWAYS BE CAREFUL WITH FIRE

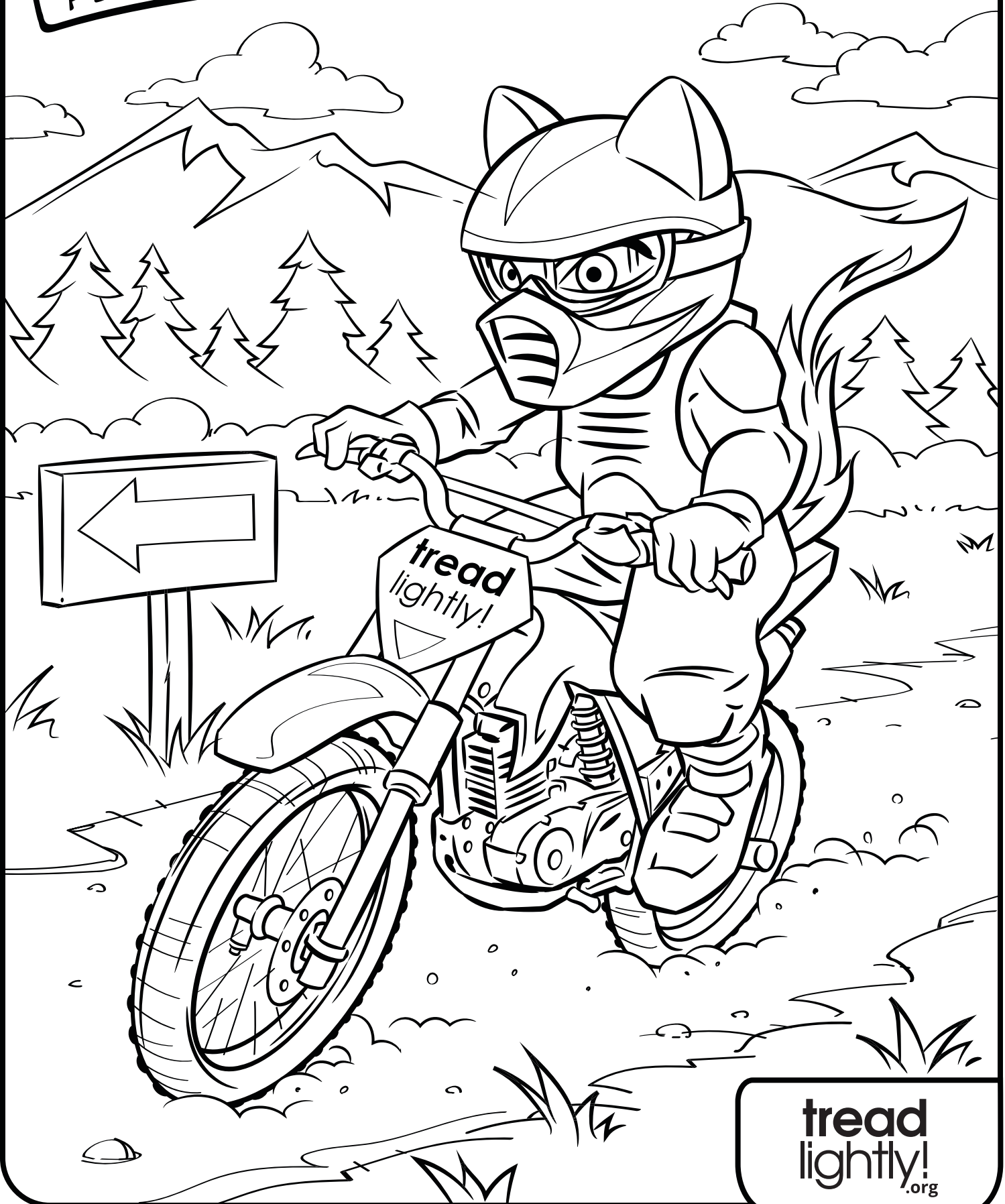
**D**O YOUR PART

tread  
lightly!  
.org



**TREAD  
PLEDGE**

**T**RAVEL ON TRAILS - COLORING PAGE

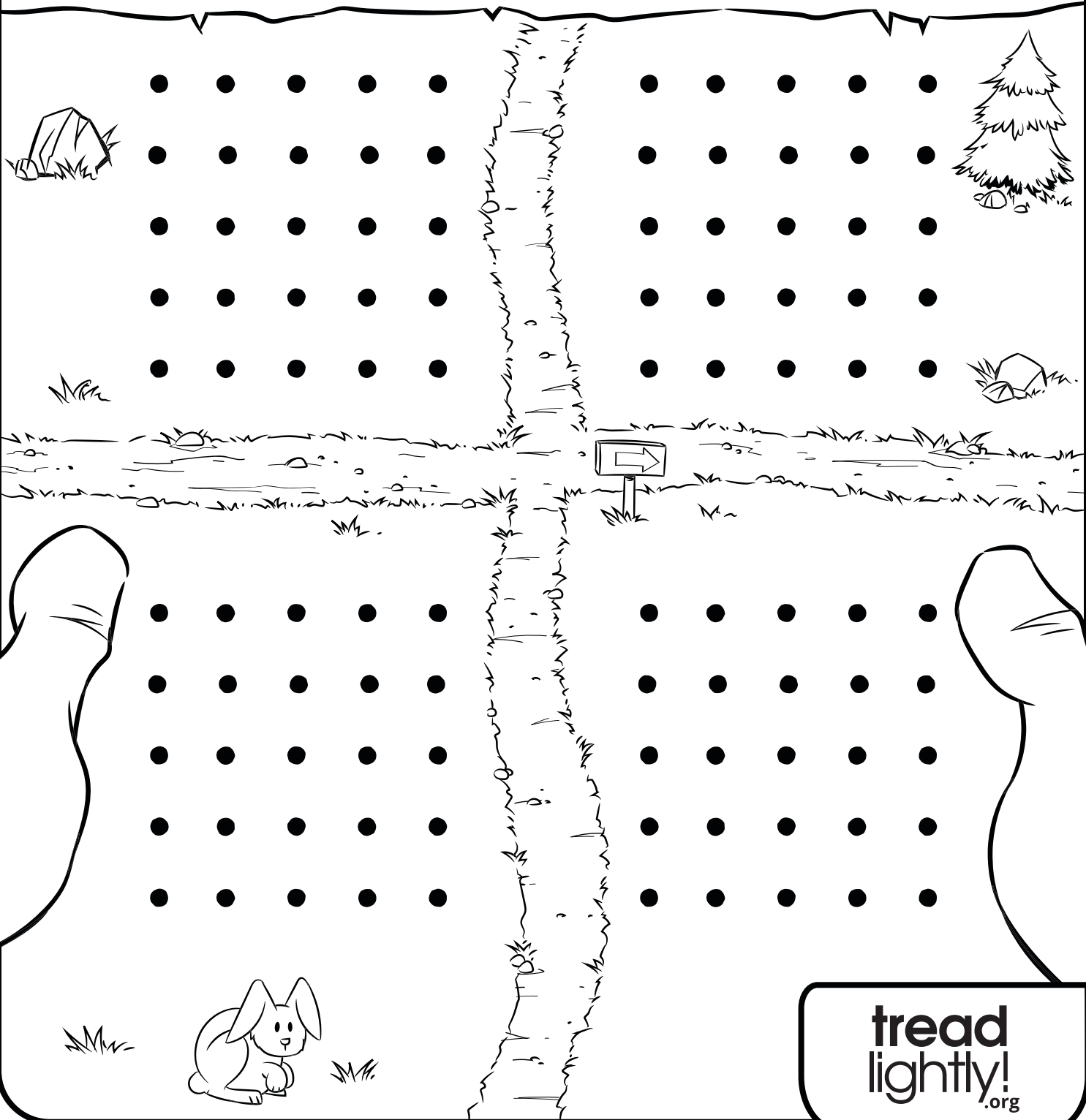


**tread  
lightly!**  
.org

# TREAD PLEDGE

## TRAVEL ON TRAILS - CONNECT THE DOTS

A game for two players. Who can make the longest line? Take turns drawing a line from one dot to another (no diagonal lines allowed please) making a continuous line as long as you can. The first player who can't continue their line because they are blocked loses.



**TREAD  
PLEDGE**

**T**RAVEL ON TRAILS - MAZE

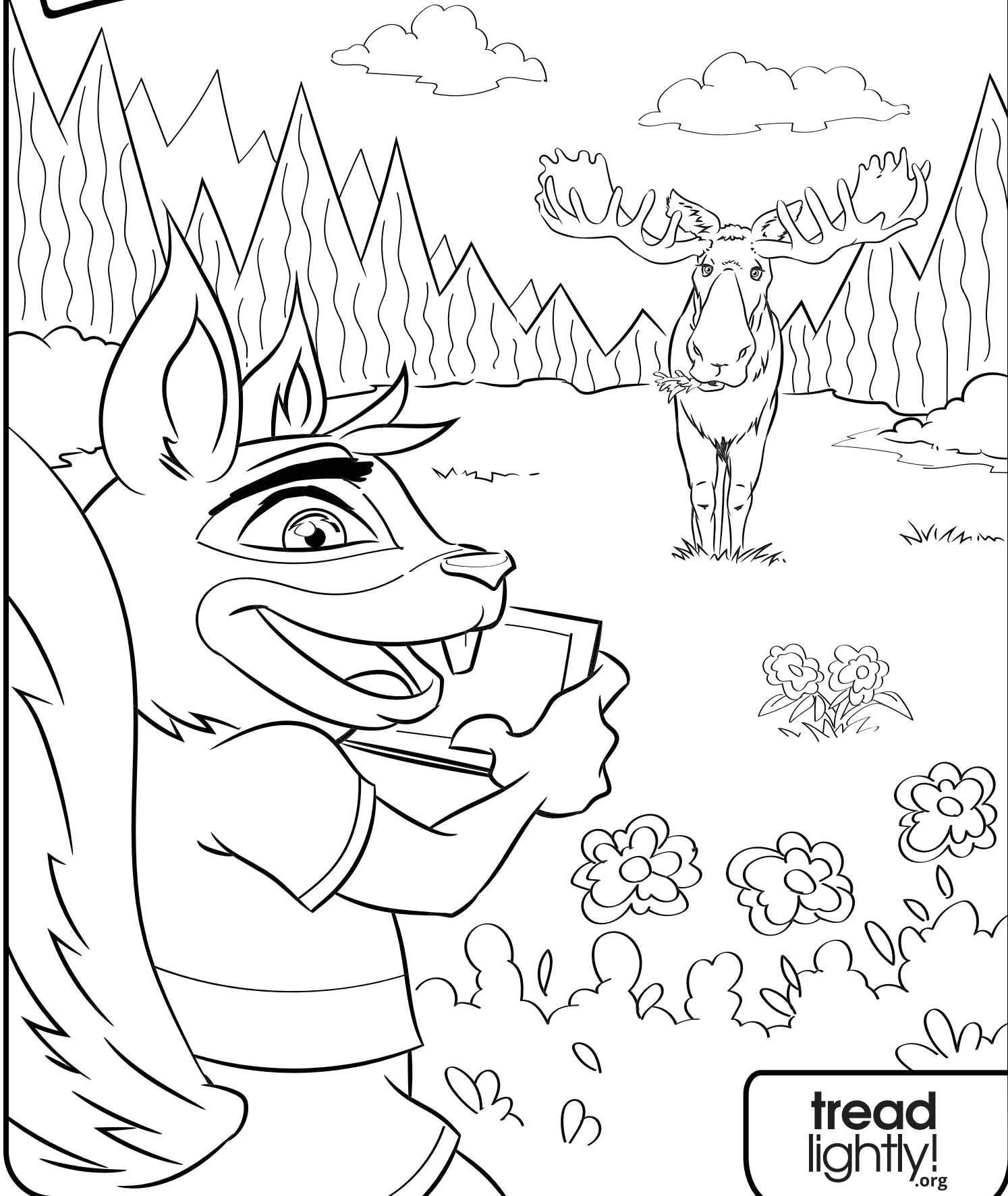


Start  
Here

**tread  
lightly!**  
.org

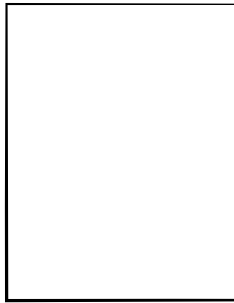
**TREAD  
PLEDGE**

**R**ESPECT ANIMALS, PLANTS, AND PEOPLE  
- COLORING PAGE

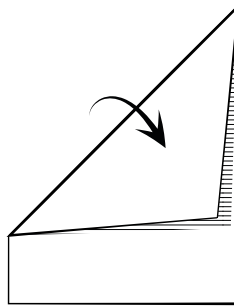


# TREAD PLEDGE

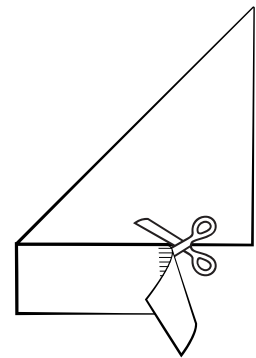
## RESPECT ANIMALS, PLANTS, AND PEOPLE - ORIGAMI FISH



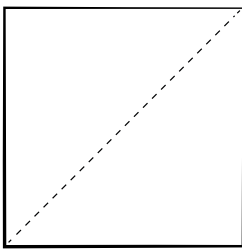
STEP 1: GET A SHEET OF PAPER.



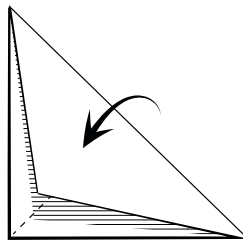
STEP 2: MAKE IT SQUARE BY FOLDING THE LEFT CORNER DOWN TO THE RIGHT SIDE. CREASE THE RIGHT CORNER ALL THE WAY TO THE TIP.



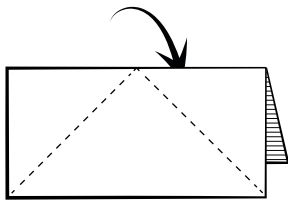
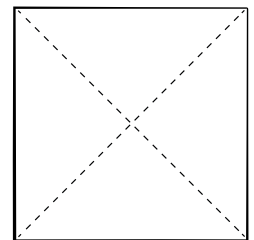
STEP 3: CUT OFF THE BOTTOM RECTANGLE.



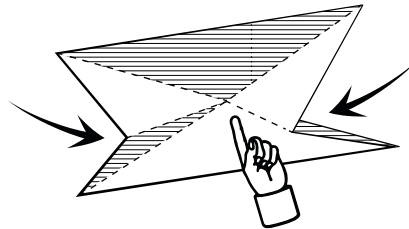
STEP 4: OPEN THE PIECE OF PAPER.



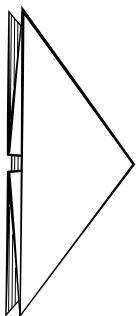
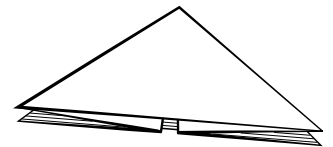
STEP 5: FOLD THE PAPER CORNER TO CORNER THE OTHER WAY AND OPEN IT BACK UP. YOU SHOULD HAVE AN X FROM CORNERS TO CORNERS, MEETING IN THE MIDDLE OF THE PAPER.



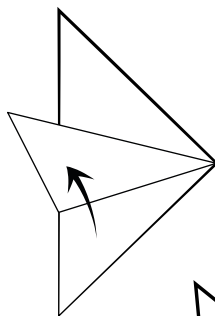
STEP 6: FOLD THE TOP HALF BACK SO THE EDGES MEET. UNFOLD THE PAPER.



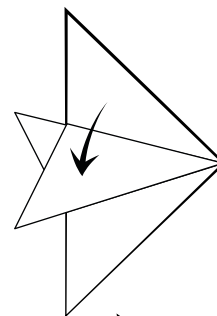
STEP 7: POKE THE CENTER OF THE PAPER WITH YOUR FINGER AND BRING THE SIDES TOGETHER SO IT MAKES A TRIANGLE.



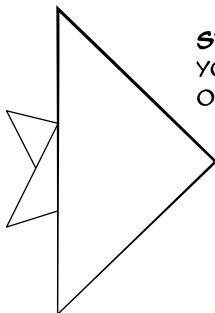
STEP 8: ROTATE THE TRIANGLE SIDWAYS.



STEP 9: FOLD THE BOTTOM CORNER UP TO MAKE HALF OF THE TAIL.

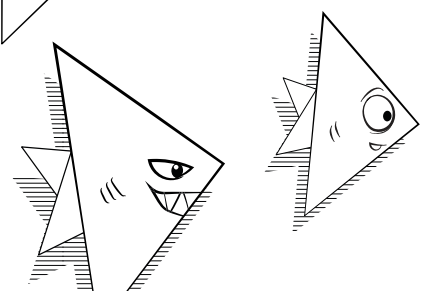
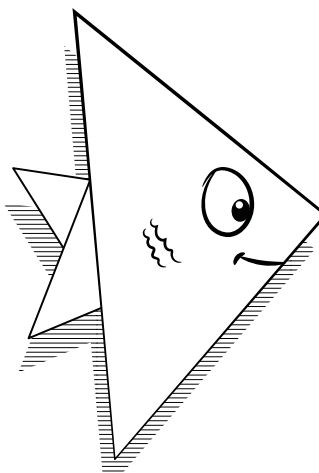


STEP 10: FOLD THE TOP CORNER DOWN TO MAKE THE OTHER HALF OF THE TAIL.



STEP 11: TURN OVER YOUR FINISHED ORIGAMI FISH.

STEP 12: DRAW A FUNNY EYE, GILLS, AND OTHER CREATIVE ADDITIONS.



# TREAD PLEDGE

RESPECT ANIMALS, PLANTS, AND PEOPLE  
- MAD LIB

MY FRIEND \_\_\_\_\_ AND I DECIDED ONE DAY  
TO \_\_\_\_\_ INTO THE WOODS. WE WANTED TO  
SEE THE WILD \_\_\_\_\_ AND SMELL THE  
\_\_\_\_\_ ALONG THE WAY. WE CAME PREPARED.  
I BROUGHT MY \_\_\_\_\_, MY FRIEND BROUGHT A  
\_\_\_\_\_, JUST IN CASE WE MET A \_\_\_\_\_  
AND HAD TO \_\_\_\_\_. AS WE \_\_\_\_\_ ALONG  
THE TRAIL, WE HEARD VOICES. WHEN WE CAME INTO A  
CLEARING, WE SAW \_\_\_\_\_ AND \_\_\_\_\_,  
THEY HAD STOPPED TO EAT SOME \_\_\_\_\_ AND  
SIP ON BOTTLES OF \_\_\_\_\_. WE NOTICED THAT  
THEY HAD LEFT THEIR \_\_\_\_\_ ALL OVER THE  
GROUND. MY FRIEND AND I TOLD THEM THEY SHOULD  
RESPECT THE OUTDOORS. WE OFFERED TO HELP  
THEM CLEAN UP. WE \_\_\_\_\_ UP THE MESS AND  
PUT IT IN \_\_\_\_\_. WE CARRIED EVERYTHING  
OUT WITH US AND PUT IT IN THE BACK OF THE  
\_\_\_\_\_. WHEN WE REACHED A DUMPSTER, WE  
THREW OUR TRASH AWAY. WE TAUGHT OUR FRIENDS  
THAT DAY HOW TO RESPECT ANIMALS, PLANTS, AND  
PEOPLE IN THE OUTDOORS.



**TREAD  
PLEDGE**

**E** DUCATE YOURSELF. BE SAFE AND  
BE PREPARED - COLORING PAGE



**tread  
lightly!**  
.org

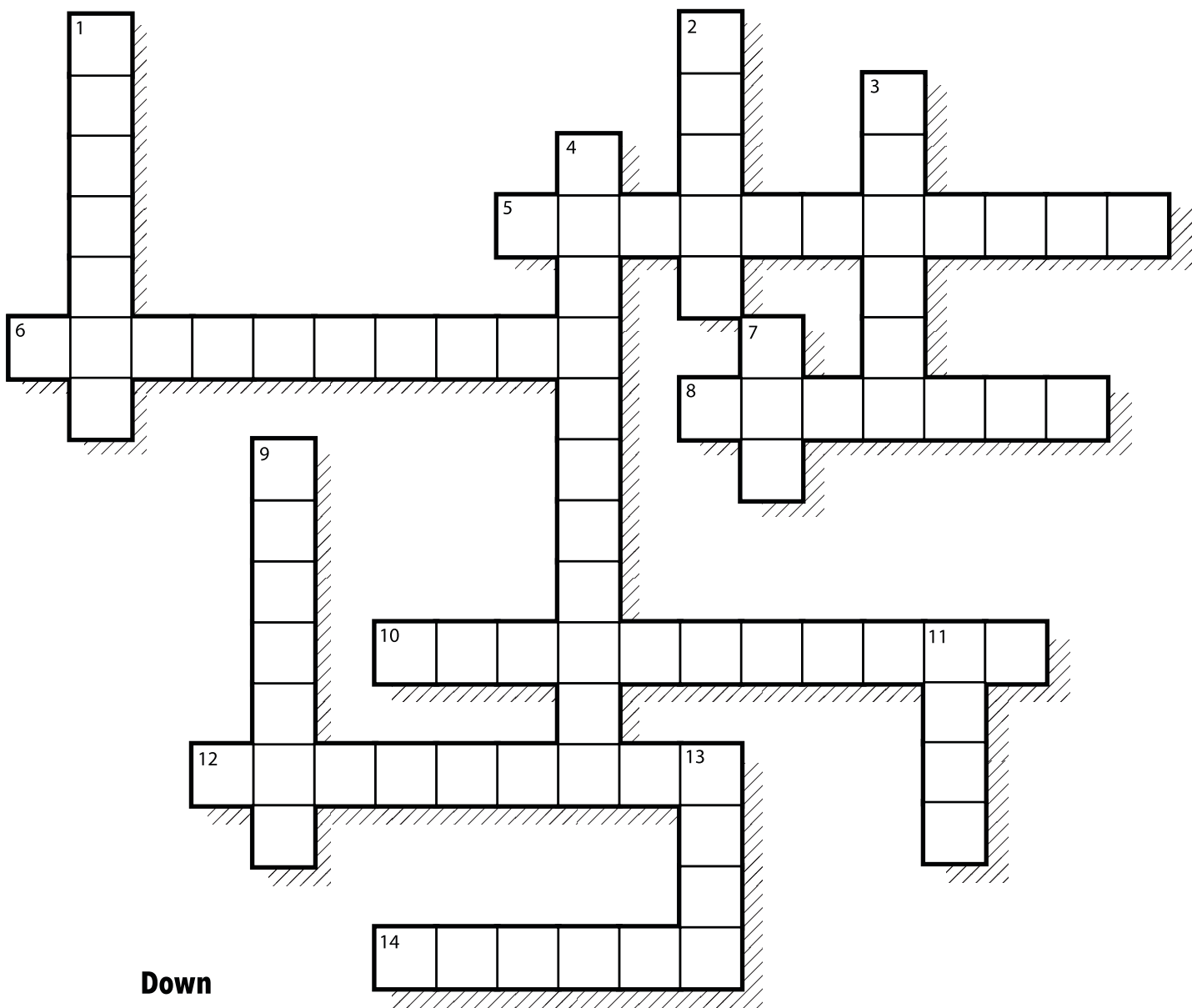
# TREAD PLEDGE

**E**DUcate YOURSELF. BE SAFE AND BE PREPARED - MAD LIB

OUR BIG CAMPING TRIP HAD FINALLY COME. WE WERE SO \_\_\_\_\_ TO HEAD OUT THAT WE NEARLY \_\_\_\_\_ OUR \_\_\_\_\_. WE HAD RENTED A \_\_\_\_\_ AND PLANNED TO STAY ALL WEEKEND LONG. I COULDN'T WAIT TO ROAST \_\_\_\_\_ ON THE FIRE AND TELL CAMP FIRE STORIES ABOUT \_\_\_\_\_ BEFORE WE GOT IN THE CAR TO HEAD OUT TO OUR FAVORITE CAMPING SPOT, WE DECIDED TO CHECK OUT PACKS. I HAD BROUGHT A FLASH LIGHT, WARM CLOTHES, EXTRA SOCKS, A WHISTLE AND A FIRST AID KIT. MY FRIEND HAD PACKED A \_\_\_\_\_, A \_\_\_\_\_, A PAIR OF \_\_\_\_\_, SIX \_\_\_\_\_, AND A BOX FULL OF \_\_\_\_\_. I ASKED MY FRIEND IF THEY HAD EVER BEEN CAMPING BEFORE. THEY TOLD ME THEY HADN'T EVER BEEN TO THE WOODS. I TOLD THEM THEY COULD LEARN HOW TO BE BETTER PREPARED BY VISITING WEBSITES ABOUT THE AREA WE WERE GOING. MY FRIEND ASKED IF HE COULD BORROW SOME GEAR. TOGETHER, WE RE-PACKED HIS PROVISIONS. MY FRIEND STILL INSISTED THAT HE WANTED TO BRING A \_\_\_\_\_ AND A FULL SET OF \_\_\_\_\_. HE SAID HE WOULD NEED THEM TO \_\_\_\_\_ HIS \_\_\_\_\_. I SMILED AND SAID THAT WOULD BE OKAY. WE HAD A GREAT TIME CAMPING BECAUSE I TAUGHT MY FRIEND HOW TO COME PREPARED.

# TREAD PLEDGE

## EDUCATE YOURSELF. BE SAFE AND BE PREPARED - CROSSWORD



### Down

1. A way to let people know where you are.
2. Stay hydrated on the hike.
3. Avoid red skin.
4. Dry 'em after you wash 'em.
7. Stay comfortable, even on the rocks.
9. Carry your water along as you go.
11. Keep that tent clean.
13. A home away from home.

### Across

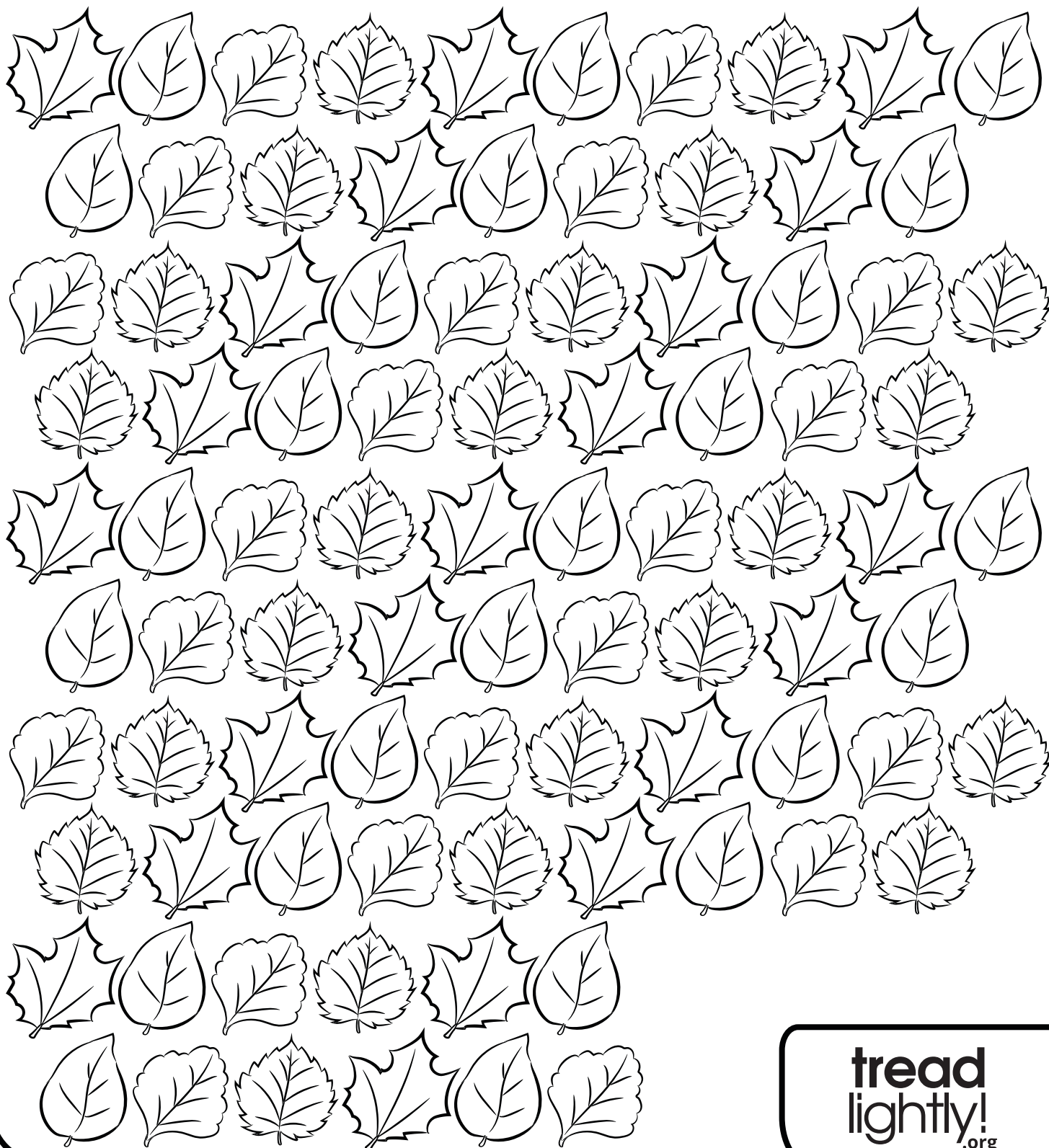
5. Stay warm all night long.
6. Shine it back and forth on the move.
8. Enough light for the whole camp.
10. Tough feet for tough trails.
12. Keep those mosquitos away.
14. Keep the wind away.

1. Whistle 2. Water 3. Sunhat 4. Clothesline 5. Sleepingbag  
6. Flashlight 7. Pad 8. Lantern 9. Canteen 10. Hikingboots  
11. Tarp 12. Repellent 13. Tent 14. Jacket

### Answers:

**TREAD  
PLEDGE**

**E** DUCATE YOURSELF. BE SAFE AND  
BE PREPARED - SHAPES 'N COLORS



**tread  
lightly!**  
.org

**TREAD  
PLEDGE**

**A** ALWAYS BE CAREFUL WITH FIRE  
- COLORING PAGE



**tread  
lightly!**  
.org

**TREAD  
PLEDGE**

**A** ALWAYS BE CAREFUL WITH FIRE  
- WORD SEARCH

## HOW TO BE CAREFUL WITH FIRE

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| F | F | F | R | I | E | N | D | S | H | B | Y | N | J |
| O | H | I | U | W | E | G | A | H | L | K | H | O | P |
| R | O | M | R | A | N | G | E | R | I | I | G | F | G |
| E | R | M | C | E | F | C | J | P | G | N | S | I | H |
| S | O | U | F | R | W | U | F | T | H | D | M | R | D |
| T | C | F | C | I | O | A | N | Q | T | L | O | E | W |
| M | K | I | A | C | R | S | R | K | E | I | R | W | A |
| A | C | R | M | A | G | E | T | N | R | N | E | O | T |
| T | I | E | P | U | D | F | W | A | I | G | S | R | E |
| C | R | P | I | T | L | N | A | O | Y | N | G | K | R |
| H | C | I | N | I | O | P | K | M | O | B | G | S | X |
| E | L | T | G | O | T | V | F | I | I | D | A | S | U |
| S | E | W | I | N | D | N | H | C | J | L | R | C | L |
| B | E | C | A | R | E | F | U | L | L | B | Y | V | K |

FIREPIT  
ROCKCIRCLE  
WATER  
NOFIREFWORKS  
FIREWARNING  
MATCHES  
LIGHTER

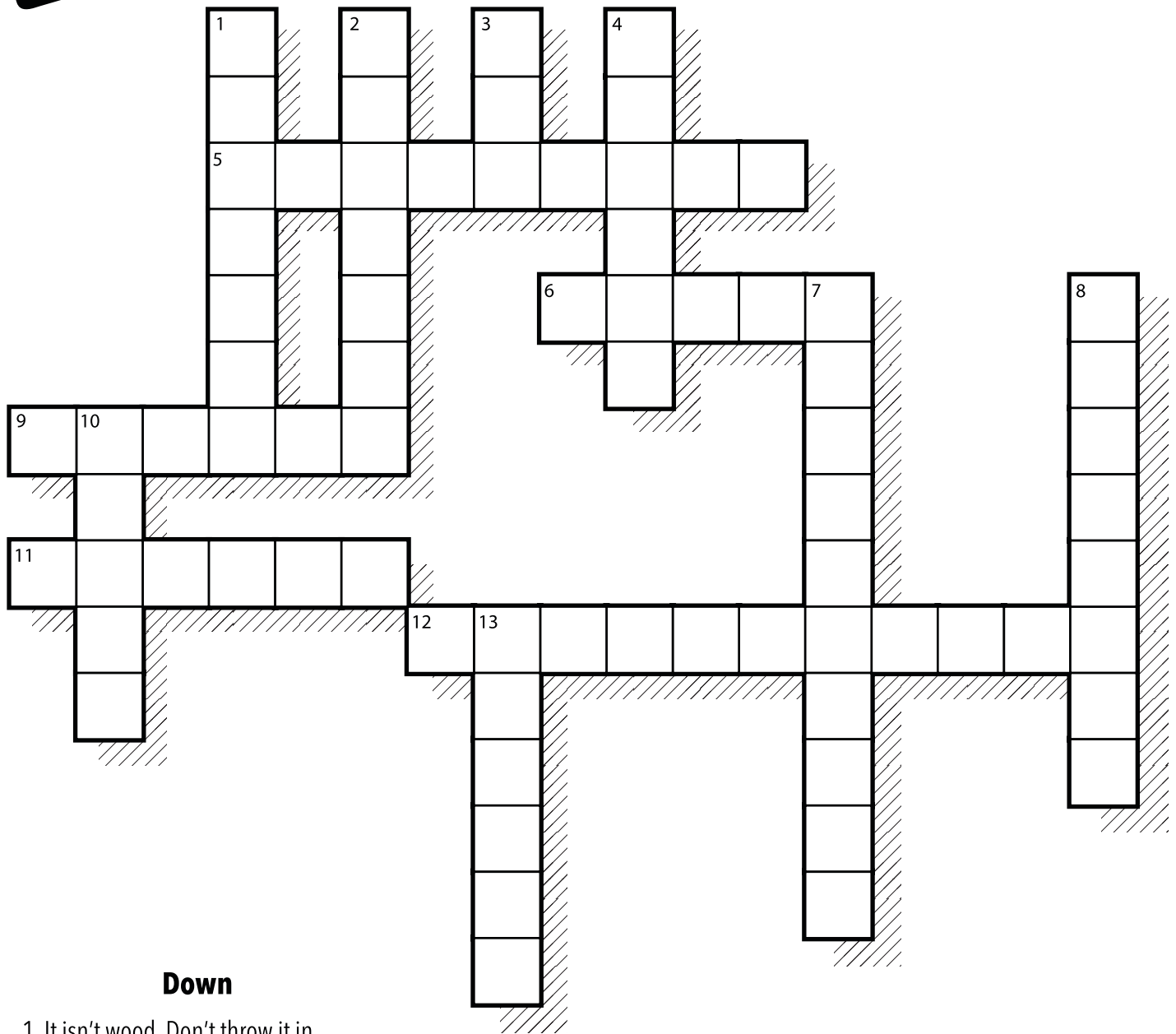
KINDLING  
FIREWOOD  
WIND  
STAYBACK

BE CAREFUL  
SMORES  
FUN  
CAMPING

tread  
lightly!  
.org

# TREAD PLEDGE

## ALWAYS BE CAREFUL WITH FIRE - CROSSWORD



### Down

1. It isn't wood. Don't throw it in.
2. Don't play with them; respect them.
3. What happens when you follow re safety rules.
4. Play it and sing with friends.
7. Make the right shape with the right items
8. Check them to make sure res are allowed.
10. Don't do this, you might get burned.
13. Where to stack your wood.

### Across

5. Never leave a re by itself.
6. The best way to douse those ames.
9. Leave them in the re.
11. Fill it up; keep it ready.
12. Always have an adult on hand.

1. Plastic 2. Matches 3. Fun 4. Guitar 5. Attentive 6. Water  
7. Rockcircle 8. Warnings 9. Sticks 10. Touch 11. Bucket  
12. Supervision 13. Upwind

### Answers:

**tread**  
**lightly!**  
.org

**TREAD  
PLEDGE**

**D**O YOUR PART. ALWAYS TREAT THE  
OUTDOORS WITH CARE - COLORING PAGE

**TREAD!**



**tread  
lightly!**  
.org



# TREAD PLEDGE

## DO YOUR PART. ALWAYS TREAT THE OUTDOORS WITH CARE - IMAGE SEARCH

Help Ranger Jane clean up by coloring all the trash red:

EMPTY BOX  
BOOT

PAPER BAG  
TIRE

MILK JUG  
WATER BOTTLE

BASEBALL CAP  
CANDY WRAPPER

METAL CAN  
SODA CUP



tread  
lightly!  
.org

# TREAD PLEDGE

DO YOUR PART. ALWAYS TREAT THE OUTDOORS  
WITH CARE - DRAWING CHALLENGE





\_\_\_\_\_ agrees to follow the T.R.E.A.D. Pledge!

**TRAVEL ON TRAILS.  
RESPECT ANIMALS, PLANTS AND PEOPLE.  
EDUCATE YOURSELF. BE SAFE AND BE PREPARED.  
ALWAYS BE CAREFUL WITH FIRE.  
DO YOUR PART. ALWAYS TREAT THE OUTDOORS WITH CARE.**

LIGHTFOOT!

Glaude

Jane

**T**RAVEL ON TRAILS

**R**ESPECT ANIMALS, PLANTS AND PEOPLE

**E**DUCCATE YOURSELF. BE SAFE AND BE PREPARED

**A**LWAYS BE CAREFUL WITH FIRE

**D**O YOUR PART



FOR MORE INFORMATION  
CALL 1-800-966-9900 OR  
EMAIL US: [TREADLIGHTLY@TREADLIGHTLY.ORG](mailto:TREADLIGHTLY@TREADLIGHTLY.ORG)

**TREADLIGHTLY.ORG**

**tread  
lightly!**  
.org