



Smoky Trail Rangers

English · DRAFT Oct 2026

Contents

1. Sprouts: My First Ranger Book

Sprouts: My First Ranger Book

*Read it together with a grown-up.
Point at the pictures. Say Lily's
words out loud!*

Hello, Ranger!

Lily: "Hi! I'm Lily. I'm the smallest Ranger. Let's learn together!"

[Picture: Lily waving, red shoes, red bow, small pale-yellow bag]

1. Notice, shout, help

Something wrong? Someone hurt? 1. **Notice.** Look. 2. **Shout.** "Help!" 3. **Help.** Find a grown-up.

Lily: "Notice, shout, help!"

[Picture: Lily pointing, Ricky running to Dr. Hazel]

2. Water

Water can look clean and still have germs. A grown-up boils it. You stand back.

Lily: "Looks clean? Could still have germs. Boil it first!"

[Field Card #001]

3. Wash your hands

Soap. Scrub. Sing. Rinse. Before you eat. After the toilet.

Lily: "Soap and a song,
scrub it long!"

[Field Card #005]

4. Stay together

Hold hands. Stay with your grown-up. Know your meeting place.

Lily: "Nobody gets left behind!"

[Picture: the crew holding hands]

5. Lost?

Stop. Stay. Find a helper. Say your name.

Lily: "Stop, stay, find a helper!"

6. Something strange?

Stay on the path. See something strange? **Stop. Don't touch. Go back. Tell a grown-up.**

Lily: "Stop, don't touch, go back, tell!"

[Field Card #SH01: four pictures]

7. Fire is hot

Stay back from fire: two big steps. Matches? Give them to a grown-up. Clothes on fire? **Stop, drop, roll!**

Lily: "Stop, drop, roll!"

8. Water is a grown-up place

Never play near rivers, wells, ponds or big buckets without a grown-up.

Lily: "Water? Grown-up first!"

9. Warm and dry

Hat on. Dry socks. Something soft under you.

Lily: "Dress like an onion:
layer by layer!"

[Field Card #009]

10. Ground shakes?

Drop. Cover. Hold on.

Lily: "Ground shakes?
Drop, cover, hold on!"

11. Feeling sick?

Tell a grown-up straight away.

Lily: "Feeling bad? Don't wait. Tell a grown-up!"

12. Big feelings

Sad? Scared? Cross? That's okay.
Smell the flower (breathe in)...
blow out the candle (breathe
out). Hug your soft toy. Tell
someone you love.

Lily: "Big feelings are OK!"

13. My body is mine

My body belongs to me. No scary secrets. If something feels wrong, I tell a grown-up I trust.

Lily: "My body is mine. I tell!"

14. My go bag

Water, snack, light, whistle, warm layer, my toy, my name card.

Lily: "Pack it light, keep it right, ready by the door, day or night!"

[Field Card #GB1]

15. Be kind

Say hello. Share. Play together.

Lily: "Every Ranger belongs!"

My Sprout badges

Colour a heart when you can **say**
the rule. ❤️ Water · ❤️ Clean
hands · ❤️ Stay together · ❤️
Something strange · ❤️ Fire is
hot · ❤️ Big feelings · ❤️ My body
is mine

*For grown-ups: Sprouts earn **Heart**
only (saying the rule), plus Bronze
for showing it with props if they
like. There are no tests. See the
Grown-Ups' Book.*