

Operation: Mile Square Regional Park

Early in World War II the United States Navy Department purchased a square mile of agricultural land in Fountain Valley. During and after World War II these fields served as military training grounds. As the County of Orange developed regional parks in the 1960's, the Mile Square site was viewed as an ideal location for a regional park in the urbanized area of Orange County.

Everyone knows that the rain forest has lots of different plants. Did you know Orange County does, too? Visit the Nature Area to explore plants and habitats unique to this area.



Clue: Walk around South Lake until you find a good look out point. There you will find the key.

With soccer, baseball, softball, fishing and archery available, Mile Square Regional Park offers many opportunities for physical activity. This time your mission is to complete the 3 mile loop located within the park. If you have small children, stop at the playgrounds and allow your children to play.

Have you ever planned a healthy picnic? The American Cancer Society recommends eating five or more servings of fruits and vegetables each day to help prevent cancer. These foods contain important vitamins and minerals. In general, those with the most color (green, red, yellow, and orange) have the most nutrients.



Sound mapping is a great way to relax. Sit with your eyes closed and listen for 2 minutes. Open your eyes, draw yourself below, and then draw pictures representing the sounds that you heard. You will find that you will hear things that you did not notice before.