



READY, SET, EXPLORE!

COMING SOON!

We are so excited to introduce you to the new program from University of Wyoming Extension

Ready, Set, Explore!

This is a free, family-friendly program designed to inspire outdoor adventures and create unforgettable memories.

Throughout this packet, you will find information on what to expect while participating in this program, information about our partners, and learn how to sign up!

OCTOBER- SNEAK PEAK!



In October, families can enjoy a "sneak peek" of the **Ready, Set, Explore** program! During this month, you'll have the chance to participate in all the activities without needing to officially register. Beginning in November, we'll start sending out monthly incentives to registered families (1 incentive per family), and participation to earn your WY State Parks Annual Day Pass will kick off as well! Participants can register anytime throughout the month. Don't miss the opportunity to try it out this October and see if you're ready to

Ready, Set, Explore!

To register use the following link or scan the QR code!
https://bit.ly/ready_set_explore_registration



FAMILY ADVENTURES AWAIT!

QUESTIONS?  307.568.4160  gasvoda@uwyo.edu

4-H, CVH, WORTH, & ANR



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READY, SET, EXPLORE!

PROGRAM INFORMATION

This is a free, family-friendly program designed to inspire outdoor adventures and create unforgettable memories. This program will take place from October, 2024 - April, 2025. Each month, families are encouraged to step outside, discover the beauty of the natural world, and enjoy quality time together. Whether it's hiking through scenic trails, discovering local wildlife, or simply enjoying a picnic under the stars, "Ready, Set, Explore" brings families closer to nature—and to each other!

HOW IT WORKS!

Each month, participants will:

1. Register to participate at:
https://bit.ly/ready_set_explore_registration
2. Be emailed all Ready, Set, Explore information for the month: activities, extras, and questions.
3. Choose to do 4 or more of the activities listed for that month.
4. Answer the 4 activity questions.
5. Email your answers to the 4 activity questions along with 1-4 pictures from that month to:
readyssetexplore.4h@gmail.com

EXTRAS!



The fun doesn't stop there! Each month participants will also be sent the following information that they are encouraged to do, but not required:

- Nature Journaling Prompt
- Vibrant Health Tip
- Snack Idea
- Leave No Trace Tip
- Natural Resource Handout

WHAT YOU GET FOR COMPLETING THE MONTH!

For each month completed (see how does it work above) participants will be sent a monthly incentive!

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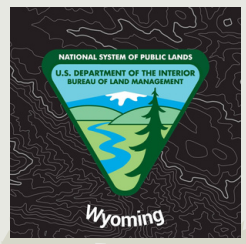
READY, SET, EXPLORE!

OUR PARTNERS

We couldn't make this program happen without the help from our amazing partners from around the state! Check out our partners below as well as more ways to Ready, Set, Explore Wyoming!

PARTNERS

- Wyoming State Parks
- Wyoming Office of Outdoor Recreation
- Wyoming Game and Fish
- Wyoming Bureau of Land Management



Wyoming Game and Fish Inspire a Kid Program:

What can we all do to ensure the future health and viability of wildlife and their habitats? The answer lies in how we inspire youth to experience the outdoors. The most important component to the future of our wildlife is having people who want to continue conservation. We are successful today in addressing our most pressing challenges because the people of our state value wildlife and are willing to put passion into action. Check out the resources below for inspiration on how to get your family outdoors and help inspire the next generation of conservationists.

<https://wgfd.wyo.gov/education-camps/conservation-education/inspire-kid>

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OCTOBER 2024

Activities: Pick 4 or more:

1. Visit a pumpkin patch and get a picture with your favorite pumpkin.
2. Carve a Pumpkin.
3. Walk in Nature and Collect three distinct kinds of leaves: <https://www.arboday.org/trees/whattree/whattree.cfm?ItemID=W6A>
4. See if you can find a pumpkin at a store or pumpkin patch that is not orange and research what variety it is.
5. Collect 5 rocks from various locations. (4-H Natural Resources Level 1 Step into Nature) page 18

Identify if they are Igneous, Sedimentary, or Metamorphic:

Identify what minerals are present:

- Hardness of Rock:
- Grains visible:
- How rock breaks up:
- Diagram:

Outdoor Survival Skill - Knot Tying (Camping Adventures Level 2) page 14

- Bowline Knot
- Honda Knot
- Double Half Hitch
- Fisherman
- Square Knot
- Sheet Bend
- Figure Eight Knot
- Clove Hitch

7. Make a pinecone into a bird feeder- Link to steps

8. Go for a fall photography scavenger hunt and look for the following:

- A yellow leaf
- A red leaf
- An orange leaf
- A bird in a tree
- A leaf pile
- Someone peaking out from behind a tree
- A flower
- A pumpkin



9. Write the word "October" with natural things you find on the ground (ex. Leaves, sticks, pinecones, acorns, feathers, etc.) But make sure they are already on the ground! Take a picture and when you're done, scatter your natural things back around.

10. What Changed? Play this game inside or outside. Have the players leave the area and while they are gone, change three things. For example, turn a pillow over or move a flower pot or decoration. Once they return, the players will try to spot what has changed. The first person to name the 3 differences becomes the person to change the objects in the next round.

11. Make a Fall Leaf Mobile <https://www.soul-flower.com/blog/diy-autumn-leaf-mobile/>

12. Prize Pumpkin Decorating <https://www.rd.com/list/how-to-decorate-a-pumpkin-without-carving/>

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JOURNAL PROMPT

“Leaf What You Find”

Take time to explore the vibrant colors of autumn as a family! As you wander, notice the different leaves that catch your eye. Instead of picking them up, leave the leaves where they are and take a moment to observe each one closely. Write about the shapes, patterns, colors, and what types of tree each leaf came from!

Creative Activity: Sketch the leaves in your nature journal or write a short story or poem inspired by one of the leaves.

VIBRANT HEALTH TIP

Visit a Pumpkin Patch!

Instead of picking up your pumpkins at the grocery store, why not head to a local pumpkin patch with family or friends? You'll have so much fun strolling through the fields and savoring the crisp autumn air while searching for the perfect pumpkin. (Extra points if you carry the pumpkins back to the car instead of using a wheelbarrow!)

LEAVE NO TRACE TIP

Principle 1- Know Before You Go



Before heading out on an adventure, learn about the place you're visiting so you can be safe and prepared. Knowing the rules and what to expect helps protect nature and makes your trip more fun!

SNACK IDEA

Pumpkin Seed Trail Mix

Line a baking sheet with parchment paper. On the sheet, toss together 1 cup of cashews, 1/2 cup of pecans and/or walnuts, 1 cup of pumpkin seeds, 2 Tbsp. oil, & 1/2 tsp of salt. Bake at 325 degrees for 10 minutes. Let cool and add 1/2 cup of raisins, chocolate chips, dried fruit like banana chips, dried mango, etc. Makes about 3 1/2 cups.

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WHAT IS NATURE JOURNALING?

A WAY TO ENGAGE IN OBSERVATION, CURIOSITY, AND CREATIVE THINKING IN NATURE!

NATURE JOURNALS ARE USED BY SCIENTISTS, NATURALISTS, THINKERS, POETS, WRITERS, ARTISTS, ENGINEERS, AND ANYONE ELSE WHO WANTS TO USE ONE!

WHY DO WE DO IT?

WE NATURE JOURNAL TO:

- SLOW DOWN, PAY ATTENTION, AND EXPERIENCE WONDER
- DEVELOP CREATIVITY AND CRITICAL THINKING
- TO NURTURE CONNECTION TO NATURE
- TO HAVE FUN!



MATERIALS

- NOTEBOOK
- PENCIL
- NOT REQUIRED, BUT CAN BE USED:
 - COLORED PENCILS
 - STICKERS
 - WATER COLOR PAINTS
 - RULER/MEASURING TAPE
 - ANYTHING ELSE YOU WANT

HOW DO YOU DO IT?

- EITHER BY YOURSELF OR WITH YOUR FAMILY, USE WORDS, PICTURES, AND NUMBERS TO RECORD WHAT YOU ARE EXPERIENCING



STEP 1



RECORD METADATA

- METADATA- DATA THAT PROVIDES INFORMATION ABOUT OTHER DATA
- WHAT DOES THIS LOOK LIKE FOR NATURE JOURNALING?
 - USUALLY IN TOP CORNER (OR WHEREVER YOU WANT!)
 - DATE
 - LOCATION
 - WEATHER
 - ANYTHING ELSE YOU WOULD LIKE TO RECORD

STEP 2

START JOURNALING!
LOOK AT THIS MONTH'S PROMPT TO LEAD YOUR JOURNAL!



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HAPPY HUNTING!

Fall is a great time to get out to enjoy fishing or the pursuit of wild game. Here are some things to keep in mind when hunting or fishing this season:



Plan ahead. Let someone else know when and where you will be out



Use good principles of ethics and sportsmanship



Obtain proper licensing and permission before going afield



Practice safety when using any knife, bow, or firearm



Bring along extra food, water, fuel, and clothing

Wyoming is home to 9 native and 19 non-native gamefish species

DID YOU KNOW?

Wild game meat is an excellent lean source of protein, supplying iron and B-vitamins.



The largest Wyoming lake trout on record was caught in 1995 in Flaming Gorge Reservoir. It measured 48" long and weighed 50 pounds!



Game Meat Stroganoff

This skillet meal uses ground game meat (or beef) and comes together quickly on busy nights. Makes 4 servings.

Source: UW CNP

Ingredients

- 1 pound ground game meat
- 1/2 cup chopped onion
- 1/2 cup sliced fresh mushrooms
- 2 garlic cloves, minced (1 teaspoon powder)
- 1/8 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups low-sodium broth
- 6 Tablespoons of flour
- 1 cup plain yogurt or low-fat sour cream
- 4 cups cooked whole-wheat pasta



Directions

- Wash hands with warm, soapy water for 20 seconds.
- In a large skillet or electric skillet, brown ground meat with onions, mushrooms, garlic, salt, and pepper. Remove from skillet.
- In the same skillet, mix together 1/2 a cup of broth and flour. Heat, stirring constantly, until thick. Add remaining broth.
- Reduce heat to low. Add yogurt and stir until combined.
- Add meat mixture and heat through.
- Serve over hot whole-wheat pasta.





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OCTOBER 2024

ACTIVITY QUESTIONS

- Describe your favorite activity and what made it enjoyable for everyone.
- How did these activities help your family spend quality time together?
- How did these activities affect your family's physical and mental health and happiness?
- How many minutes/hours did you spend outside this month completing the Ready, Set, Explore activities?

**SEND YOUR ANSWERED QUESTIONS AND 1 -4 PICTURES BY OCTOBER 31 TO:
READYSETEXPLORE.4H@GMAIL.COM**

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