



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 November, 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) each family will be sent a monthly incentive!

FAMILY ADVENTURES AWAIT!

QUESTIONS?  307.568.4160  gasvoda@uwyo.edu
4-H, CVH, WORTH, & ANR



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READY, SET, EXPLORE!

NOVEMBER 2024

Activities: Pick 4 or more:

1. Create a Gratitude Box. This can be any kind of box and can be decorated for a fun and exciting family activity or just a plain box from around the house.
 - Get Index cards and pencils.
 - For 6 days during November, each family member writes one thing that they are grateful for on a card.
 - Put each completed card in the Gratitude box.
 - At the end of November one family member reads what the family is grateful for.
2. Find a family recipe that has not been made by you before, and work to make it for the November festivities. **Note:** the recipe can come from a grandparent, aunt, cousin, close friend, etc.
3. Consider your community: Many shelters or food pantries need help at any time but especially during November. A few ideas could be:
 - Providing socks to a shelter
 - Making and providing a tie blanket to a shelter.
 - Help serve at a food kitchen or distribute (give out) food at a food pantry.
 - Research your own idea. There are so many ways to help.
4. Get crafty! Create a fall wreath with items you find outside. (ex. Leaves, sticks, pinecones, berries, flowers, etc.)
5. Participate in National Take a Hike Day on November 17th and go on a favorite hike or try a new hike!
6. Read a Nature Book! Grab a nature focused book from your local library and read your book outside.
7. Gratitude Walk: A gratitude walk can be in any location. Find a great day to walk outside in November. Plan four stops on the walk.
 - First Stop: name a smell that you are grateful for.
 - Second stop: name an item that you see that you are grateful for.
 - Third stop: name something that you can touch that you are grateful for.
 - Fourth Stop: Name a sound that you hear and are grateful for.
8. Hop on your bikes and hit up your favorite trail for an adventure together! Pack some hot chocolate and healthy snacks to enjoy a cozy break along the way while soaking in the gorgeous day.
9. Search for an apple cobbler recipe and bake it together as a family. Enjoy your delicious creation while gathering around the fireplace or firepit outside.
10. Set up an obstacle course in your backyard and time each participant to see who completes it the fastest. Track both individual and team times for comparison.
11. Skip some stones on a lake or pond. Look for flat, smooth rocks to skip on the surface.
12. Hunt for frost covered leaves.

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JOURNAL PROMPT

Reflection, Connection, and Joy

- While doing one of this month's activities, Dive deeper into your outdoor experience by reflecting, connecting, and expressing joy.

How to do it:

- Draw something around you—a landscape, object, etc.
- Reflect: Add words, numbers, or sketches to capture what you're experiencing right now (e.g., what you're doing, who you're with, why are you doing this, etc).
- Connect: Note any connections or reminders from your observations. (e.g., this reminds me of my favorite memory because...)
- Express Joy: Highlight what brings you joy in this moment (e.g., exciting sights, quality time with loved ones).
- Use both words and pictures in your journal to fully capture your experience.

LEAVE NO TRACE TIP

Principle 2- Travel and Camp on Durable Surfaces

Stick to paths and trails when hiking, and set up your campsite on rocks or grass instead of delicate plants. This helps keep nature safe and looking great!

VIBRANT HEALTH TIP

Make the most of the cool temperatures and vibrant fall colors by enjoying outdoor activities like:

- hiking, cycling, or taking a brisk walk.
- Fall is also a great time to incorporate seasonal produce such as pumpkins, apples, and sweet potatoes into your diet, as these nutrient-rich foods support your immune system and overall health.

SNACK IDEA

Pumpkin Spice Popcorn

- 10 cups popped popcorn
- 2 tablespoons sugar
- 1 tablespoon pumpkin pie spice
- 1 teaspoon sea salt
- Combine sugar, cinnamon, nutmeg, ginger and sea salt in a small bowl and shake to combine.

Sprinkle dry mix over popcorn and toss to combine.

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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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WOOLLY WYOMING

Sheep have been raised in Wyoming since 1870

In 1932, there were over 3.7 million sheep in Wyoming.

Today, Wyoming is home to 320,000 sheep and lambs.

How many sheep can you count on this page?



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Sheep wool keeps you cozy!



Quilt batting



Sweaters & thermal layers



House insulation



Yarn



Dryer balls



Socks



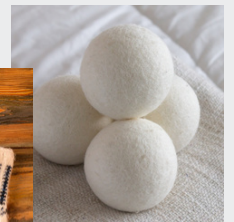
Much more!

Most sheep are shorn once a year and yield about 9 pounds of wool

Wyoming sheep produced 2.3 million pounds of wool in 2023

How do sheep say 'Merry Christmas' in Mexico?

Fleece Navidad



WOOL ADVANTAGES

- + Natural & Renewable
- + Warm
- + Odor & Flame Resistant
- + Wicking





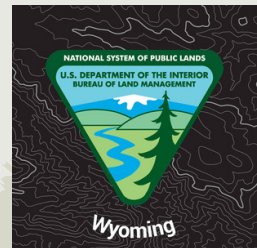
READY, SET, EXPLORE!

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 Office of Outdoor Recreation Wonder Map!

Where will your outdoor recreation adventures in Wyoming take you? If you need some help planning your next outing, take a look at the Wonder Map developed by the Wyoming Office of Outdoor Recreation! This is an interactive, online map that shows locations and information on parks, campgrounds, guides, trails, water access, winter activities, services and more for the entire state of Wyoming.

Check it out here!



<https://wondermap.wyo.gov/>

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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 November 30 to:
READYSETEXPLORE.4H@GMAIL.COM

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