



READY, SET, EXPLORE!

FEBRUARY 2025

Activities: Pick 4 or more:

1. Heart shaped item scavenger hunt – indoor or outdoor items the shape of a heart. (rocks, mountains, clouds, etc.)
2. Ice skate: Rent skates for a small fee and hit the rink.
3. Snowball fight: Use snow, pom-poms, or balled-up socks for fun in any climate.
4. Nature-Inspired Valentines: Steps (<https://wilderchild.com/blogs/news/make-nature-inspired-valentines>)

Materials:

- Twine or string
 - Natural items that you find to fit on the valentines (rock, leaf, acorn, feather, pine branch/cone, stick, etc.)
 - Card stock paper
 - Hole punch
 - Glue
5. Visit the library: Explore free family activities, books, or toys. Look for books or magazines to get new ideas for outdoor activities.
 6. Read aloud together: Share an adventure without leaving the couch or read outside!
 7. Dance party: Turn up the music and show off your moves!
 8. DIY birdfeeder: Use recycled materials to create and enjoy birdwatching or coat a pinecone in peanut butter, roll in birdseed, and hang outdoors.
 9. Go for a winter hike...pack hot chocolate and some high protein snacks.
 10. Make a campfire in the cold weather and roast marshmallows and hot dogs.
 11. Look for natural items like leaves, sticks, shells, and rocks to make a mobile.
 12. Go Bird Watching: So many types of birds! Check out a local guide or use apps to ID them by photo or song. How many can you spot?
 13. Go stargazing! Spot constellations, planets, or simply enjoy the ever-changing night sky.
 14. Blow a Frozen Bubble!

A frigid day has its perks—try blowing a frozen bubble!

- Use regular bubble solution and blow a bubble.
- If it's below freezing (ideally in the teens or lower), the bubble will freeze in seconds.
- Catch it on your wand before it hardens, then pop it to watch it shatter!

Tips:

- The colder, the better—below zero works best.
- Be patient; freezing takes time.
- Thick wands work better than thin ones.

It's a fun winter experiment with a touch of science!

FAMILY ADVENTURES AWAIT!

QUESTIONS? ☎ 307.568.4160 ✉ gasdova@uwyo.edu

4-H, CVH, WORTH, & ANR



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JOURNAL PROMPT

Heart of Nature

Inspired by Valentine's Day, search for heart shapes in nature—leaves, rocks, patterns in tree bark, or even a cloud. Reflect on what these natural hearts symbolize for you.

- Sketch: Draw or describe the "hearts" you discover.
- Reflect: What does nature teach you about love, patience, or growth?

LEAVE NO TRACE TIP

Principle 5- Minimize Campfire Impact

- Cozy campfires are part of the adventure, but it's up to you to keep them safe and sustainable! Stick to established fire rings, keep flames small, and ensure your fire is fully out before heading out. Remember, as Smokey the Bear says, "Only YOU can prevent wildfires!"

VIBRANT HEALTH TIP

Quick Winter Tips for Families

- Bundle Up: Dress in layers and don't skip hats and mittens.
- Stay Active Indoors: Build forts, dance, or try fun exercises to keep energy up.
- Eat Healthy: Enjoy soups, veggie snacks, and stay hydrated. Get kids involved in cooking!
- Get Vitamin D: Spend time outdoors.
- Prioritize Sleep: Stick to calming routines and create cozy sleep spaces.
- Boost Immunity: Add vitamin-rich foods and probiotics to meals.
- Rest When Sick: Stay home to recover and avoid spreading germs.
- Create Joy: Enjoy family game nights, movies, and cozy evenings.
- Stay Connected: Check in with loved ones to lift spirits.



SNACK IDEA

Banana Chocolate Chip Energy Bites

Ingredients: 1 cup dry oats, 1/4 cup almond butter, 1/4 cup honey, 1 banana, 1/2 cup chocolate chips

- Mix oats, almond butter and honey in a large bowl.
- Mash the banana, then add it into the bowl of oats.
- Add chocolate chips. Mix.
- Place bowl in the refrigerator for 60-90 minutes, or until the mixture has solidified.
- Mold mixture into bite-sized balls.
- Serve immediately. Enjoy!!

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"The University of Wyoming is an equal opportunity/affirmative action institution."

Roses are Red, SOMETIMES...

Many of the roses sold as cut flowers are hybrids of native plants that have been selected to produce buds with multiple petals. Common modern varieties include the Hybrid Tea, Floribunda, and Grandiflora roses.

The Rose Family (Rosacea) includes many plants native to Wyoming including trees and shrubs. Blooms are usually simple flowers with 5 petals and come in a variety of colors including white, pink, and yellow! Here are a few with edible fruits*:

Wild Rose



Rose hips are high in Vitamin C!

Serviceberry



Crabapple



Chokecherry



Seeds are poisonous!

For more information on native trees, visit the WY State Forester's Tree ID page:
<https://tinyurl.com/25ss64xe>

Wild fruit & berries should only be consumed with expert guidance



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ACTIVITY QUESTIONS

- What was your favorite activity from the Ready, Set, Explore challenge this month, and what made it enjoyable for everyone?
- How did these activities help your family spend quality time together while positively impacting your physical and mental health?
- Approximately how many minutes or hours did you spend outside this month completing the activities?

Send your answered questions and 1 - 4 pictures by February 28, 2025 to:



READYSETEXPLORE.4H@GMAIL.COM

SCAN TO REGISTER

SCAN FOR ACTIVITES ONLINE



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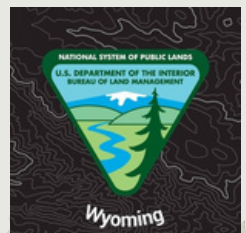
READY, SET, EXPLORE!

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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