



# READY, SET, EXPLORE!

## MARCH 2025

### Activities: Pick 4 or more:

1. Luck of the Irish Scavenger Hunt
  - Find something that grows green
  - Find something soft that is green
  - Look for a four-leaf clover in your lawn
  - Find one snack item that is green
  - Name one animal that is green
  - Name a fruit that is green
  - Find something you play with that is green
  - Find something you can color with that is green
  - Find something you can build with that is green
  - Find something on a wall that is green
  - Find something you can wear that is green
2. Ice Fishing - follow all safety guidelines
3. Hiking...choose a park in your town to explore or a state park that is nearby.
4. Celebrate National Backyard Day on March 19th- From turning the soil in our garden to embarking on epic scavenger hunts, from camping under the stars in our own backyards to tackling homemade obstacle courses, these green spaces are our go-to for finding both peace and creative sparks. 🏡🌟
5. Horseback Riding – is there a stable in your area where you can ride a horse? Follow all safety guidelines
6. Visit a farm to see new spring baby animals
7. Go on a spring nature scavenger hunt/nature walk and discover what's changing in your neighborhood.
8. Hike to a waterfall. Hiking weather is perfect this time of year – not too hot, not too cold.
9. Fly a kite! March is a very windy month and kite flying is such a fun activity that everyone can enjoy.
10. Learn a new sport...warmer days are on the way and recreational sports are so fun!
11. Indoor pools are a great reason to pull out that swimming suit and have fun with friends and family and a fun physical activity.
12. Get your rain gear ready! March can be very rainy so go find some muddy puddles!
13. March 30th is Take A Walk In The Park Day, and it's a fantastic way to get outside and get some fresh air.
14. Watch the Canada geese as they fly near bodies of water and fields. Listen to them honking and how they set their wings as they land.

**FAMILY ADVENTURES AWAIT!**

QUESTIONS? ☎ 307.568.4160 ✉ gasvoda@uwyo.edu

4-H, CVH, WORTH, & ANR



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### JOURNAL PROMPT

#### Signs of Spring

- Step outside and observe the early signs of spring in your surroundings. What changes do you see, hear, or feel? Look closely at the ground for new plant growth, listen for different bird calls, or notice how the sunlight shifts throughout the day. Draw or describe at least three signs of spring in your journal. How do these changes make you feel? What are you most looking forward to as the season continues to unfold?

### LEAVE NO TRACE TIP

#### Principle 6- Respect Wildlife

- Animals need their space, just like you do! If you see a wild animal, watch from a distance and never try to touch or feed it. Giving animals people food can make them sick, and getting too close might scare them away from their homes. Use binoculars to look at animals up close and remember—quiet explorers see the most wildlife!

### VIBRANT HEALTH TIP

#### Fuel the Adventure!

Kickstart the day with a power-packed breakfast—energy for big ideas and even bigger adventures! And when the day's escapades wind down, gather for a family meal, swapping stories and laughs around the table. Strong minds, strong bodies, unforgettable memories!

### SNACK IDEA

Here's a super easy and delicious Chex Mix recipe!

#### Ingredients:

- 3 cups Rice Chex
- 3 cups Corn Chex
- 3 cups Wheat Chex
- 1 cup pretzels
- 1 cup mixed nuts or peanuts (optional)
- 1 cup bagel chips or cheese crackers (optional)
- 6 tbsp butter, melted
- 2 tbsp Worcestershire sauce
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp seasoned salt

#### Instructions:

1. Preheat oven to 250°F (120°C). Mix: Combine Chex cereals, pretzels, nuts, and bagel chips in a large bowl.
2. Whisk: In a small bowl, mix melted butter, Worcestershire sauce, garlic powder, onion powder, and seasoned salt.
3. Coat: Drizzle the butter mixture over the Chex mix, tossing to coat evenly.
4. Bake: Spread on a baking sheet and bake at 45–60 minutes, stirring every 15 minutes, until golden and crispy.
5. Cool: Let cool completely, then store in an airtight container.

Enjoy your homemade Chex Mix! 😊

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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](mailto:READYSETEXPLORE.4H@GMAIL.COM)**

**SCAN TO REGISTER**

**SCAN FOR ACTIVITES ONLINE**



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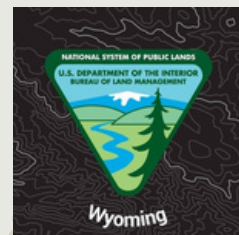
# READY, SET, EXPLORE!

## 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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# LUCKY CLOVERS



**Shamrocks are widely recognized as a symbol of luck and Ireland.**  
**The word “shamrock” comes from the Gaelic word for clover, seamróg.**  
Clovers belong to the Genus *Trifolium*, recognized for having a main stem with three leaflets.

**White, purple, or red clover are popular choices for lawns and pastures, but did you know there are over 200 known species of clover?**



**White Clover**

Clover is a common lawn weed in Ireland, and can grow in a variety of soils.

Clover flowers are a valuable source of nectar for bees. Be mindful of pollinators when planting clover!

Four-leaf clovers are considered a rare find



**Strawberry Clover**

Clovers belong to a class of plants called ‘legumes’ which are prized for their ability to fix atmospheric nitrogen in the soil with the help of bacteria.

Other legumes include peanuts, alfalfa, peas, lentils, and beans.



**Yellow Clover**

**Why should you not iron a shamrock?**

You don't want to press your luck!



**Red Clover**