



READY, SET, EXPLORE!

APRIL 2025

It's Time To...

Ready, Set, Explore!

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

Join us each month from November, 2024 - April, 2025 for fun outdoor activities, snack ideas, journal prompts, tips for enjoying the outdoors responsibly, and more!

GET REGISTERED FOR APRIL'S ACTIVITIES TODAY!

Get ready for an adventure-filled season! Starting in November, we'll be sending out special monthly rewards to families who register and complete that month's Ready, Set, Explore activities! Just one incentive per family each month, but a whole world of memories to create together. Plus, November kicks off the chance to earn your family's Wyoming State Parks Annual Day Pass—complete any 4 out of the next 6 months of activities, and it's yours!

Join at any time during the month, and bring along anyone who feels like family to you. Whether it's parents, grandparents, friends, or neighbors, we welcome all groups who want to take on this journey together.



Don't miss the chance to kick off your adventure this November with,

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



UNIVERSITY
OF WYOMING

Extension

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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 3 activity questions.
5. Email your answers to the 3 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!

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Activities: Pick 4 or more!

1. Play "Kick the Can"

To Prepare: Find a bucket or a can that can handle a good kicking. Gather at least 3 people (the more, the merrier). Designate a 'JAIL' area within sight of the can.

To Start: Choose an 'It' by counting off or another method. 'It' covers their eyes and counts out loud, giving players time to hide. Players hide while 'It' is counting. When counting stops, players try to kick the can without being tagged. If tagged, they go to 'JAIL'. If another player kicks the can, all players in 'JAIL' are set free. The game continues until all players are captured.

Game Notes: A new 'It' is chosen, and the game continues as long as players want to keep playing. This classic game is great for kids, teens, and adults!

2. **Skip Rocks:** Look for a flat or calm body of water like a lake or pond. Select flat, smooth stones that fit comfortably in your palm. Hook your pointer finger around the stone and balance it between your thumb and middle finger. Hold the smooth side down. Use a low sidearm swing and flick your wrist. Aim for a 20-degree angle to the water for maximum skips. Snap your wrist at the end to give the stone a spin.

3. **Adventure awaits on two wheels!** Hop on your bikes and pedal your way to a treat! Enjoy the ride and reward yourselves with something delicious at your favorite spot.

4. **Take a nature walk in your own neighborhood.** How many different species of plants and animals can you identify?

5. Head out to the nearest trailhead by your house! It's even more exciting if it's a spot you haven't explored yet.

6. **Slow the pace on this hike/walk.** Pause for play along the way and enjoy every moment. Make this hike all about the journey, not just the destination!

7. **Embark on an night hike!** Pick a night when the full moon is shining bright and rely on your senses rather than artificial light. It's all about the adventure, not the distance!

8. **Fly a kite** on a windy day.

9. **Make a nature wind chime!** Gather found materials in nature, including a medium sized stick. Cut string into 5-7 pieces to the same length. Tie the string to your various findings (rocks, shells, feathers, twigs, pinecones, etc.) and attach all strings to your stick and hang your wind chime in your house or in your tree!

10. **April 3rd is National Find A Rainbow Day-** take a walk around your neighborhood, local park, or favorite outdoor area and see if you can find items in nature for all colors of the rainbow!

11. **April 22nd is Earth Day-** Go to your local park, trail, or neighborhood and pick up litter. Make it a game and see who can collect the most!

12. **Write your own nature prescription:** <https://parkrxamerica.org/patients/write-your-own-nature-prescription.php>

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JOURNAL PROMPT

April Showers & Weather Wonders

April is known for its changing weather—sunny one moment and rainy the next! Spend time outside and observe the sky, clouds, and how the weather feels on your skin. How does the rain change the world around you? Draw a rain puddle, stormy sky, or describe how nature reacts to different types of weather.

VIBRANT HEALTH TIP

Stay active together and get outside! It's important for both adults and kids to get moving throughout the day. Physical activity boosts health and helps reduce stress. Kids should engage in at least one hour of heart-pumping exercise daily. Fitness classes, playing basketball, dancing, outdoor walks and bike rides are fun ways to stay active as a family. Get outside, enjoy time with family and fiends, and keep moving!

LEAVE NO TRACE TIP

Principle 7- Be considerate of others

Nature is for everyone to enjoy! When you're outside, remember to be kind to other people on the trails, at parks, or in campsites. Keep your voice at a friendly volume so others can enjoy the sounds of nature, and don't block paths so people can walk easily.

SNACK IDEA

Sweet Potato Chips



Ingredients:

- 2 medium sweet potatoes, sliced $\frac{1}{8}$ inch thick
- 1 tbsp olive oil
- $\frac{1}{2}$ tsp coarse salt
- 1 lime, cut into wedges

Instructions:

1. Preheat oven to 400°F.
2. Arrange sweet potato slices on two baking sheets.
3. Drizzle with olive oil, toss to coat, and spread in a single layer.
4. Bake for 22-25 minutes, flipping halfway, until soft in the center and crisp at the edges.
5. Sprinkle with salt and serve with lime wedges. Enjoy!

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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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Pollinators

NATURE'S TINY HELPERS!



WHAT ARE POLLINATORS?



Pollinators help plants grow by moving pollen from flower to flower. This helps fruits, vegetables, and wild plants make seeds! Without pollinators, many of our favorite foods wouldn't grow.

MEET WYOMING'S POLLINATORS!



Bees

Wyoming is estimated to have over 800 species of bees! Some, like the bumblebee, are fuzzy and great at pollinating wildflowers.



Butterflies

Monarchs, painted ladies, and Sheridan's green hairstreak sip nectar and spread pollen as they flutter.



Hummingbirds

These tiny birds love red flowers and help pollinate as they sip nectar.



Beetles & Flies

Not as famous as bees, but these insects also move pollen while they explore flowers.

BE A POLLINATOR PROTECTOR!



- Plant native flowers that bloom at different times of the year.
- Leave dandelions and wildflowers for early pollinators.
- Avoid using pesticides that can harm bees and butterflies.
- Provide a bee bath! Fill a shallow dish with water and small rocks for thirsty insects to land on.

DRAW A POLLINATOR GARDEN!

*In the space below, draw a pollinator garden!
What flowers will you include? Which pollinators will visit?
Add a bee bath or a butterfly resting rock!*



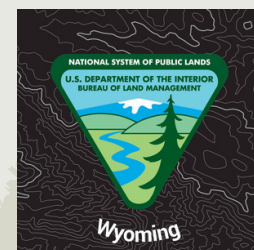


OUR PARTNERS

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

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

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