



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

2025-26

This is a free, family-friendly program designed to inspire outdoor adventures and create unforgettable memories. This program will take place from October 2025 - May 2026. 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!



UNIVERSITY
OF WYOMING

Extension



Welcome to Ready, Set, Explore!

Dear Participant,

We are so excited to welcome you to Ready, Set, Explore! This program is designed to help you and your family step outside, discover the wonders of nature, and create lasting memories together. Each month, you'll be able to do fun activities and challenges that encourage exploration, creativity, and a deeper connection to the outdoors.

Whether you're hiking a new trail, observing wildlife, trying a hands-on activity, or simply taking time to notice the beauty in your own backyard, we hope you enjoy the time you spend outside with friends and family.

This year's packet also includes optional extras like nature journaling prompts, Leave No Trace tips, vibrant health tips, snack ideas, and natural resource handouts. Plus, families may have opportunities to join in-person clinics hosted by local Extension educators in your area.

Throughout the program, you can look forward to:

- Engaging activities for families and all ages
- Opportunities to connect with Wyoming's natural spaces
- Incentives and prizes for participation
- New ways to learn about the environment and local resources

How it Works: To receive the monthly educational incentive, participants must complete at least 4 of the month's activities, submit their information through the completion form, and share 1–4 photos of their family completing that month's activities.

Thank you for joining us on this journey. We can't wait to see the many ways you'll explore and experience the outdoors this season. This program is made possible by the University of Wyoming Extension, Ellbogen Foundation, and our several state partners.

Family adventures await, let's **Ready, Set, Explore!**

-Ready, Set, Explore! Team

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Mandy Marney, Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

Persons seeking admission, employment, or access to programs at the University of Wyoming shall be considered without regard to race, sex, gender, color, religion, national origin, marital status, disability, age, veteran status, sexual orientation, genetic information, political belief, or other status protected by state and federal statutes or University Regulations in matters of employment, services, or in the educational programs or activities it operates, in accordance with civil rights legislation and University commitment. To request accommodations, please contact the UW Extension Communications & Technology Office at (307) 766-5695 or uwe-ct@uwyo.edu to discuss possible solution(s) to fit your specific needs.



READY, SET, EXPLORE!

How it works!



https://bit.ly/ready_set_explore_registration

1. Register once to participate at:
https://bit.ly/readysetexplore_registration
2. Upon registering, you'll receive a link to the full Ready, Set, Explore! packet that includes activities and extras for all months (Oct-May).
3. Choose to do 4 or more of the activities listed for each month.
4. Submit monthly completion form and share pictures from your adventures!
https://bit.ly/readysetexplore_completion

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!

Committee Names and Contact Info:

- Joshua Bliss- Natrona County 4H Educator
- Joddee Jacobsen- Natrona County Community Vitality & Health Educator
- Gretchen Gasvoda- Big Horn County 4H Educator
- Hailey Sorg- Jay Kemmerer Wyoming Outdoor Recreation, Tourism, and Hospitality Educator
- Jedidiah Hewlett- Converse County Agriculture & Natural Resources Educator

Contact Information:

- Email: readysetexplore.4h@gmail.com

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

OCTOBER 2025

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

OCTOBER 2025 - General Activities List

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 fallen leaves and see if you can identify them on <https://www.arbor-day.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
 1. Identify if they are Igneous, Sedimentary, or Metamorphic:
 2. Identify what minerals are present:
 3. Hardness of Rock:
 4. Grains visible:
 5. How rock breaks up:
 6. Diagram:
6. 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.
11. Make a Fall Leaf Mobile <https://www.soul-flower.com/blog/diy-autumn-leaf-mobile/>
12. Prize Pumkin Decorating <https://www.rd.com/list/how-to-decorate-a-pumpkin-without-carving/>
13. Squirrel Awareness Month: Did you know squirrels are one of the biggest contributors to planting trees? Squirrels forget where they bury their treasure, leading to new growth in our nation’s forests. Get outside this month and watch these little furry tree planters.
14. October 10th is World Mental Health Day: Take care of yourself and enjoy outdoor time in the crisp, fresh Wyoming air.
15. Visit Apple Orchard
16. Make a Scare Crow
17. Visit a Corn Maze
18. Visit or Volunteer at a local Farmer’s Market
19. Practice plein air artwork with your favorite artistic medium
20. Go on a bike ride

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

OCTOBER 2025 - A Healthy Snack

Pumpkin Chili

Ingredients

- ½ pound lean ground meat (beef, turkey, or game)
- ½ cup onion (chopped)
- 2 garlic cloves (or 1 tsp minced or 1/2 tsp powder)
- ½ cup green bell pepper (chopped)
- 3-4 cups cooked pinto or kidney beans (or two 15-ounce cans, drained)
- 1 15-ounce can whole tomatoes
- 1 8-ounce can tomato sauce
- 1 15-ounce can pumpkin (or 2 cups fresh cooked pumpkin, puréed)
- 1 4-ounce can green chilies (drained)
- 2 cups Water
- 1 Tablespoon chili powder
- 1 teaspoon cumin
- salt to taste

Directions

1. Brown meat, onion, garlic, and bell pepper in a large pot. Drain fat.
2. Add remaining ingredients. Cover and simmer for 30 minutes or longer. Add a small amount of water if chili gets too thick.
3. Serve with brown rice or corn bread muffins.



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

HUNT UP SOME FUN THIS FALL!

Fall is a great time to get out to enjoy fishing or the pursuit of wild game.
Here are some reminders for outdoor adventure seekers:



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



Check the weather forecast
and plan for the unexpected



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 Northern Pike
caught in Wyoming measured
47" in length and weighed 27.25
pounds! It was caught in
Keyhole Reservoir in 2004.

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

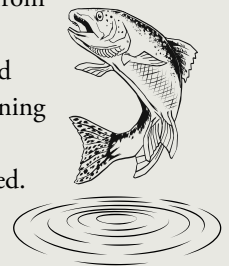
Ingredients

- 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.



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

OCTOBER 2025 - Nature Journaling

Falling Leaves

Watch the leaves change color and fall. Sketch their shapes, colors, and patterns. Write about the transition from summer to fall and how it makes you feel. Try to use at least 1 picture, 1 sentence, and 1 number in your journal entry!

Leave No Trace Tip

What is Leave No Trace? Leave No Trace is a set of 7 ethics and principles for recreating outside to minimize your impact on the natural world and other visitors. Each month we will identify 1 way we can leave no trace! Learn more about Leave No Trace here: <https://lnt.org/why/7-principles/>

Vibrant Health Tip

Put the screens on hold. Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport, or play a game of tag or hide-and-seek.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

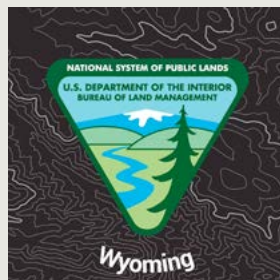


READY, SET, EXPLORE!

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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program



Established in 1946, the BLM is today the nation's largest land manager. Our roots go back to the years after America's independence, when the young nation began acquiring additional lands. At first, these lands were used to encourage homesteading and westward migration. The General Land Office was created in 1812 to support this national goal.

Over time, values and attitudes regarding public lands shifted, and President Harry S. Truman, by means of a government reorganization, merged the GLO and another agency, the U.S. Grazing Service, creating the Bureau of Land Management. Learn more about our origins and how the BLM evolved over time in

"Opportunity and Challenge: The Story of the BLM."

The BLM manages 245 million acres of public lands and 700 million acres of mineral estate. Americans rely on these lands for our way of life. We hunt, fish and play here. These lands provide the energy to light and warm our homes, the wood we build with, and places where we camp, hike and make lasting memories.

For more resources
from our partners,
scan this QR code



Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

NOVEMBER 2025

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

NOVEMBER 2025 - General Activities List

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. Make a poster made of natural items (leaves, sticks, flowers, etc.) and take it to your local senior center, assisted living, library, or soup kitchen to share a few words of encouragement to the staff or residents.
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.
13. Friday, November 28th is National Take a Hike Day: Brush up on hiking skills and Leave No Trace practices, then take off for the trailhead.
14. Tuesday, November 11 is Veterans Day: Honor America's heroic veterans with an educational visit to one of our nation's battlefields, military parks, and historic sites.
15. November 4th is National Day of Community Service: Get outside and involved in your local communities.
16. Write a letter to a veteran/draw pictures.
17. Volunteer at local food pantry or collect/donate to local food pantry
18. Enjoy family campfire ~ roasting marshmallows
19. Make a pressed flower/grasses coaster on tree cookies
20. Visit the USFS learn about aging trees/types of trees

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

NOVEMBER 2025 - A Healthy Snack

Homemade Dips

Here are a couple of easy dips to make fresh fruits or veggies:

- Vanilla yogurt
- Creamy salsa (1 cup mild salsa mixed with ½ cup sour cream or plain Greek yogurt)
- Peanut butter dip (microwave ½ cup peanut butter for 10–20 seconds, then add a pinch of cinnamon)




READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

DISCOVER THE *CUCURBITACEAE* FAMILY



Extension

The cu-corbit-AY-see-ee or cucurbit family is where to find a variety of fruits with a thick skin or rind. Some are bland, while others are sweet.



Summer squashes, like zucchini and crookneck squash, are usually eaten when the fruit, skin, and seeds are still tender and immature.



Pumpkins, acorn, and spaghetti squash are examples of winter squashes. These are usually harvested after the seeds and skin have become hardened. Only the flesh is eaten.



Watermelon, cantaloupe, honeydew are a summer delight! The hardened rinds protect a sweet and juicy flesh inside. The rind can be carved to make a creative bowl!



Plan lots of space for long vines and large leaves.

Garden Crops

Cucumbers

Gourds

Melons

Squashes

Pumpkins

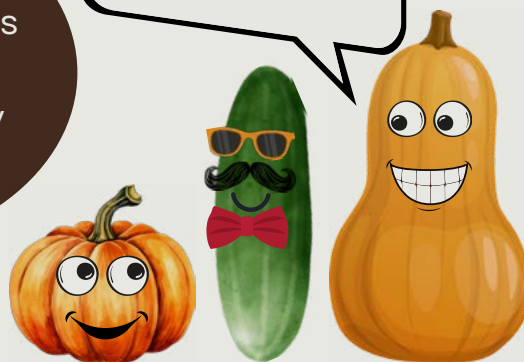


POLLINATOR
REQUIRED

Consider adding a trellis to support plants as they grow

The largest pumpkin on record for Wyoming was grown in 2023 near Cheyenne and weighed 2,062 pounds!

Cool as
a cucumber!



Refer to seed packets for planting and care guidelines.

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

NOVEMBER 2025 - Nature Journaling

Reflection, Connection, and Joy!

This activity helps us reflect on the moments and memories we create outdoors by combining words, numbers, and drawings. It encourages participants to record experiences, make connections, and express joy.

How to do this activity:

- **Draw:** Sketch an object, landscape, or anything around you.
- **Reflect:** Add words, numbers, or symbols to describe what you're experiencing (what you're doing, who you're with, why you're journaling).
- **Connect:** Note connections your observations spark (memories, reminders, or links to other experiences).
- **Find Joy:** Capture the things that excite you or make you happy (a discovery, time with friends/family, wanting to keep journaling).

Leave No Trace Tip

Principle 1- Plan Ahead and Prepare

Take time to plan out your adventures before you head out! Think through what items you need to bring, where you are going, and who you are going with. By planning ahead and preparing for anytime outside, it allows you to have a more fun and safe experience!

Vibrant Health Tip

Practicing gratitude as a family can bring joy and connection. When we take time to notice the good - whether in our day or in each other - we build a more positive mindset and a happier home. A simple question like "What put a smile on your face today?" can open the door to meaningful conversations and shared appreciation.

Make a thankful tree ~ write/draw on colorful construction paper leaves



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program



The Wyoming Association of Conservation Districts (WACD) is a nonprofit organization that represents Wyoming's 34 conservation districts and their 170 elected Board members. Districts work with landowners, counties, cities, towns and other community organizations to conserve land and water resources on private and public lands in the United States. The Wyoming Natural Resource Foundation (WNRF) is a sister organization to the WACD and is dedicated to conserving Wyoming's natural resources, heritage, and culture.



Scan this QR Code to find out about our 80th Annual Convention happening November 19-21, 2025 in Gillette, Wyoming!

For more resources from our partners, scan this QR code



Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

DECEMBER 2025

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

DECEMBER 2025 - General Activities List

1. Snow Designs! Make designs in the snow with water tinted with food coloring
2. Take a winter walk around your neighborhood or community and look at the holiday decorations.
3. Go outside and try to catch snowflakes on your tongue!
4. Enjoy a fun-filled day of sledding with the whole family. Ensure everyone has warm clothing, waterproof gloves, hats, scarves, and sturdy boots. Don't forget the sleds! Pack the essentials: Bring a thermos of hot cocoa, snacks like granola bars or cookies, and some extra layers in case it gets colder.
5. Organize a family snowball fight by dividing everyone into teams and setting clear boundaries to keep it safe. Start with a quick warm-up game, then let the fun begin with plenty of snowballs and laughter. Be sure to end with hot cocoa and a group photo to capture the snowy memories! No snow outside? Use wadded up pieces of paper or make yarn balls for indoor snowballs <https://simpleacresblog.com/yarn-pom-pom-snowballs/>
6. Embark on a snow hike for a delightful winter adventure! Bundle up and explore a snowy trail, making the hike fun with games like scavenger hunts or tracking animal footprints. The crisp air and snowy scenery make for a memorable outing and a great way to enjoy the winter sunshine together.
7. Go skiing or take a family lesson and learn to ski!
8. Make a list of outdoor winter items and go on a winter scavenger hunt.
9. Go outside when it's dark and look up at the night sky and look for constellations. This website will get you started: <https://extension.usu.edu/iort/cp-darkskies/learn/explore-the-night-sky/year-round-constellations>
10. Bundle up in warm clothing and go on a Holiday Lights Walk in your neighborhood.
11. Make paper bag snowflakes to decorate your home. Easy directions on how to make the snowflakes can be found on this YouTube video: https://www.youtube.com/watch?v=9YN5Q_ws3c0
12. During a winter hike, collect objects to make a tree ornament.
13. December 21st – National Flashlight Day: While hiking in the afternoons and evenings of winter, you'll surely need to bring a flashlight!
14. December 31st – No Interruptions Day: Unplug on this day and change your pace! This is a great holiday to practice intentionality and mindfulness and re-evaluate your habits. Why not do it outdoors, as you look toward the new year?
15. Evergreens – [watch this identification video](#). Draw an evergreen into your nature journal and add some facts you learned. [Easy drawing](#) (three ways) or [more advanced drawing](#).
16. Mistletoe – [Learn more about mistletoe here](#).
17. Holly – [Get inspired to paint some in your nature journal](#).
18. December 12th is Poinsettia day – Read [The Legend of the Poinsettia](#) by Tomie dePaola. Make a [Poinsettia collage project](#).
19. Hibernation – [find out more here](#). Read [Over and Under the Snow](#) by Kate Messner.
20. The Winter Solstice (21) – [Read more about the reason for the seasons here](#).

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

DECEMBER 2025 - A Healthy Snack

Fun Popcorn Toppings

Turn plain popcorn into a crave-worthy snack with just a drizzle of oil and a sprinkle of flavor! Perfect for movie nights, community events, or a quick treat that satisfies.

Instructions

1. Pop your favorite plain popcorn—air-popped or stovetop works great.
2. Lightly drizzle with oil (olive, avocado, or coconut oil all work well).
3. Make the seasoning blend below and sprinkle generously while tossing to coat.

Cinnamon Sugar Popcorn - Sweet and cozy with a hint of spice.

Mix together:

- 1 tbsp powdered sugar
- 1 tsp ground cinnamon

Sprinkle and enjoy the warm hug of flavor.



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

NEEDLES IN NATURE

Conifer trees are named for the cones that hold the seeds. The leaves of conifer trees are either needle-like (i.e., pine or fir) or scale-like (i.e., Juniper).

Many conifers are called “evergreen” trees because they do not lose their green needles all year long. Depending on where you live, you may be able to spot some of these conifers in your community or in a nearby forest:

AUSTRIAN PINE

LODGEPOLE PINE

PINYON PINE

PONDEROSA PINE

SCOTCH PINE



ROCKY MOUNTAIN JUNIPER

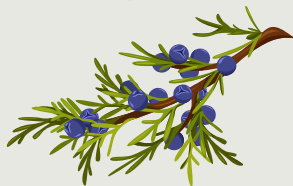
CONCOLOR FIR

DOUGLAS FIR



ENGELMANN SPRUCE

NORWAY SPRUCE



HISTORY HIGHLIGHT

“O Tannenbaum” (O Christmas Tree) is a German Christmas carol written by the composer Ernst Anschütz in 1824

WATCH:

How to Identify Conifer Trees



READ:

Selecting and Caring for a Christmas Tree



TRY TO FIND THESE WORDS:

E G Q N W U G L C T R U N K
I R L T E E B V N P Q G E N
B E B I Z E E A K O N F A W
R E P L M C D A R A R I Q P
I N U O U B S L M K R W D Z
S F I R N E E L E T W J A P
T W P C N D E R S S H X L Y
L S I O D G E U E F I P Z P
E G C M N W A R U D T E P X
C X A E A G O H O W E E I R
O J U N I P E R Y S I Y N P
N S C O T C H S K B A E Y I
E D O U G L A S E F C U O N
J G E V C O L O R A D O N E

SCOTCH
LIMBER
NORWAY

GREEN TRUNK
WHITE
CONES
BARK
BLUE
PINE
FIR

ENGELMAN
BRISTLECONE
PONDEROSA
AUSTRIAN
COLORADO
DOUGLAS
NEEDLES
JUNIPER
SPRUCE
PINYON



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



Extension





READY, SET, EXPLORE!

DECEMBER 2025 - Nature Journaling

Color Hunt

December can sometimes feel like it lacks color, but if you look closely, there are vibrant shades all around us. Look around you and search for different shades of the same color in nature. For example, you can try to find at least five shades of green. Record each shade in your journal by coloring a small box or making a swatch. If you don't have colored pencils, write descriptive names instead, like "pine green," "dusty sage," or "shiny grass."

Next to each swatch, write where you found it (for example: pine needles, moss, or grass blades).

Leave No Trace Tip

Principle 2- Travel & Camp on Durable Surfaces

Durable surfaces include premade trails and campsites, rock, gravel, sand, dry grasses, and snow. These are known as durable surfaces for recreating because they can withstand heavy foot traffic or camping without being damaged.

Vibrant Health Tip

Families can be powerful role models by making healthy eating and daily physical activity a natural part of everyday life—showing that wellness starts at home.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program



The mission of Wyoming State Parks is to protect and enhance our state's natural, cultural, and historic treasures by providing enjoyable, educational, and inspiring experiences for present and future generations. With diverse state parks, historic sites, and recreation areas offering opportunities for hiking, biking, fishing, camping, tours, and interpretation, the system creates spaces where people of all ages and abilities can connect with both nature and history. Programs and events—from guided hikes and living history demonstrations to educational workshops and seasonal activities—are designed to make Wyoming's outdoors and heritage accessible, fun, and meaningful for families, adventurers, and first-time explorers alike. Don't forget to check out your local Wyoming State Parks and Historic Sites in 2025 & 2026!

For more resources
from our partners,
scan this QR code



Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

JANUARY 2026

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

JANUARY 2026 - General Activities List

1. Go snowshoeing
2. Warm up with a swim in a local hot springs
3. Plan Ahead! It's the New Year, that means that you have a whole year of fun outdoor adventures ahead of you. Take time to plan ahead 1 outdoor trip you want to take this year (ex. Camping, hiking, skiing, etc.)

Things to plan:

- Where you're going
 - How long will you be there
 - Who is going with you
 - What time of year
 - What gear will you need
 - Share why you want to go on this trip
4. Go Stargazing! Take advantage of the longer nights and clear winter skies to observe constellations and planets.
 5. Create a winter scavenger hunt with your friends
 6. Frozen Water Art- Collect leaves, twigs, and small objects, place them in shallow dishes with water, and let them freeze overnight. Hang the frozen decorations from trees in the morning.
 7. Snowball Target Practice- Set up targets (like cans or plastic bottles) and have a snowball-throwing contest to see who can knock them down.
 8. Shovel someone's sidewalk- Whether it be a neighbor, friend, or family member, take some time to show them some new year love!
 9. Warm up around a campfire and roast some s'mores!

10. Have a Winter Picnic. Grab your favorite warm drink, a snack, blanket, and head to a local park or even your own backyard!
11. Go ice skating!
12. Take silly group photos at your favorite nature spot!
13. January 1st – [First Day Hikes](#): This day is when many parks have free entry to popular spots that require fees. Take advantage of the opportunity to get outside for an incredible hike! We recommend checking out your local WY State Parks!
14. January 5th - National Bird Day: How many birds can you spot in your community or favorite park? This Cardinals in the Snow [chalk pastel project](#) is perfect for today!
15. January is Walk Your Dog Month: This is one of the simplest ways to get outdoors. Take your dog on a walk each day and track your progress!
16. Start a [phenology wheel](#).
17. Ice – Make a [nature ice wreath](#).
18. Snowflakes – Learn all about [the different shapes of snow](#).
19. Hibernation – Watch this video on [why animals hibernate](#).
20. National Seed Swap Day (29) – Now is the time to start [planning your summer gardens](#)! Do you know someone who gardens? Connect your kids with a knowledgeable mentor if you don't garden yourself.

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

JANUARY 2026 - A Healthy Snack

Apple Nachos

Ingredients

- 2–3 apples (in-season or your favorite variety)
- 2 teaspoons lemon juice
- $\frac{1}{4}$ – $\frac{1}{2}$ cup nut or seed butter
- $\frac{1}{4}$ cup mini chocolate chips
- 2 tablespoons shredded coconut

Directions

1. Wash your hands with soap and water.
2. Wash the apples under cool, running water.
3. Core and slice the apples into 8–10 slices per apple. Drizzle with lemon juice.
4. Arrange the apples evenly on a plate in a single layer.
5. Microwave the nut butter for 20 seconds or until smooth.
6. Drizzle the apple slices with nut butter.
7. Add toppings and enjoy

Add raisins for more fiber. Add nuts for more crunch. Add a dash of cinnamon to enhance the flavor.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

WOOLLY WYOMING

Sheep have been raised in Wyoming for over 150 years!

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?



Sheep wool keeps you cozy!



Quilt batting



Sweaters &
thermal layers



House insulation



Dryer balls



Socks, hats, and mittens

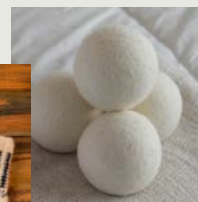
Wool is a great all-natural and
renewable soil amendment for
potted plants and gardens!

It contributes carbon and nitrogen to
the soil, and retains 35% of its
weight in water!

What is a sheep's favorite
sports car?

A Lamborghini!

READ, EXPLORE!



WOOL ADVANTAGES

- + Natural & Renewable
- + Easy to clean
- + Odor & Wrinkle Resistant
- + Wicking
- + Breathable
- + Warm



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

JANUARY 2026 - Nature Journaling

Winter's Stillness

Observe a winter scene in your area. Sketch or describe how the landscape looks at rest. What signs of life do you notice? How do animals and plants adapt to the cold?

Leave No Trace Tip

Principle 3- Dispose of Waste Properly

Pack it in- Pack it out!

Remember to pick up all your trash and put it in a bag or trashcan while you're outside. Leaving things like food, wrappers, bottles, and other trash behind can impact wildlife and others!

Vibrant Health Tip

Just dance. Clear some space, put on some music, and take a dance break! It can re-energize a study session, a lazy Sunday or game night. Let each person take a turn as DJ so everyone's favorites get played.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program



The Wyoming Game and Fish Department is dedicated to conserving, enhancing and protecting Wyoming's exceptional fish and wildlife resources and the habitats that support them. The Inspire a Kid newsletter aims to connect families with Wyoming's abundant natural wonders and incredible wildlife resources. Each week features a different activity, including recipes, crafts, videos, podcasts, and so much more! Here is a link for families to sign up for their weekly newsletter: https://public.govdelivery.com/accounts/WYWGFD/subscriber/new?topic_id=WYWGFD_275

For more resources
from our partners,
scan this QR code



Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

FEBRUARY 2026

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

FEBRUARY 2026 - General Activities List

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.
6. Read aloud together: Share an adventure without leaving the couch.
7. Dance party: Turn up the music and show off your moves!
8. DIY birdfeeder: Use recycled materials to create and enjoy birdwatching.
9. Go for a winter hike and drink hot chocolate outside.
10. Have 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. Kite Flying: February often brings breezy weather, making it ideal for flying kite.
15. Blow a frozen bubble!

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

FEBRUARY 2026 - A Healthy Snack

Energy Balls

Ingredients

- 1 cup quick oats
- ½ cup mini chocolate chips
- ¼ cup honey ¼ cup nut butter (any variety)
- 2 tablespoons chia seeds
- 1 teaspoon pure vanilla extract

Directions

1. Wash your hands with soap and water.
2. Add all of the ingredients to a mixing bowl and stir.
3. Cover with foil. Refrigerate for 30 minutes.
4. Roll into 1-inch balls.
5. Enjoy!



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

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

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

FEBRUARY 2026- Nature Journaling

Early Signs of Change

Look for subtle signs that winter is ending. What changes do you see in the sky, soil, or wildlife? . Record your observations in words, sketches, or both. What hints of new life do you notice? How does this make you feel about the season ahead?

Leave No Trace Tip

Principle 4- Leave What You Find

Bring a camera! There are so many cool things to see in the outdoors, but if we take them home with us, others won't get to experience them. Instead, take pictures of the cool things you see so the memory can last forever!

Vibrant Health Tip

Families can be role models for healthy living by making wellness fun. Play tag, cook colorful meals together, create a rainbow of fruit and vegetables shopping list, or explore the neighborhood with a walking scavenger hunt - simple activities that build lasting habits and joyful memories.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program



Learning happens everywhere, and young people thrive in environments where they feel a sense of belonging and purpose. The Wyoming Enrichment Network aims to strengthen and make enrichment experiences more accessible across Wyoming, ensuring that every child benefits from high-quality, out-of-school learning opportunities. Young people spend 80% of their time outside of school, presenting an enormous opportunity to develop their skills, foster creativity, and build essential life competencies. By empowering the individuals and organizations that support youth, we foster sustainable, community-driven change that positively impacts young people's lives.

- <https://wyoenrichmentnetwork.org>
- <https://www.facebook.com/WyomingOST>
- https://www.instagram.com/wyoming_ost/
- <https://www.linkedin.com/company/wyomingost/>

For more resources from our partners, scan this QR code



Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

MARCH 2026

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

MARCH 2026 - General Activities List

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. Go Ice Fishing - follow all safety guidelines
3. Hiking...choose a park in your town to explore or a state park that is nearby that you've never been to before.
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?
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.
15. March 3rd & 4th – National Day of Unplugging: This day encourages people to take breaks from technology! Get outside this year and try something new (or old!).
16. Find an interesting tree and hold a piece of paper firmly against the bark. Use a crayon or pencil to color over your paper and the pattern of the bark will be revealed!
17. Nature's Art! Make some decorative art by making a string of leaves. You will need some string, a needle, and a collection of leaves. Thread your string through the center of each leaf to create a beautiful decoration for every occasion.
18. Start some seeds inside – tomatoes/peppers/flowers
19. Create Story Stones- gather smooth rocks and paint spring symbols (sun, flower, raindrop, bird) to use in storytelling games.
20. Sunrise or Sunset Walk- take a walk at either sunrise or sunset and take pictures!

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

MARCH 2026 - A Healthy Snack

Fruit Smoothie

Ingredients

- ½ cup milk
- ¾–1 cup fruit
- ¼ cup yogurt

Directions

1. Wash your hands with soap and water.
2. Add all ingredients to the blender.
Blend until smooth.
3. Add a straw and enjoy!

Frozen fruit is a great option for smoothies. Add a handful of spinach leaves for more nutrients and fiber. You can use any variety of milk or milk substitutes.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

LUCKY CLOVERS



Extension

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.

Four-leaf clovers are considered a rare find



Strawberry Clover

Clover flowers are a valuable source of nectar for bees. Be mindful of pollinators when planting 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 *Rhizobium* bacteria on the roots.

Yellow Clover



Other legumes include:

PEANUTS
ALFALFA
DRY BEANS
PEAS
LENTILS
GARBANZO BEANS



Red Clover

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

MARCH 2026- Nature Journaling

Curiosity Crash Course

1. **Record:** Note your metadata (date, time, location).
2. **Observe:** Find a natural phenomenon and sketch it in the center of your page. Add words, numbers, or pictures.
3. **Question:** Use Who, What, When, Where, How, Why to generate as many questions as you can—don't answer yet!
4. **Sort:** Mark your most interesting questions with bold question marks and start seeking answers there.

Leave No Trace Tip

Principle 5- Minimize Campfire Impacts

Campfires are some of the best activities about being outside- who doesn't love a good s'more! Make sure when you are done with your campfires that you burn all wood and coals to ash and put the fire out completely.

Vibrant Health Tip

Families can support healthier, more active lives by making small, meaningful changes to their daily routines. Start with simple habits like eating breakfast together, choosing high-fiber and calcium-rich foods, and including low-fat dairy options like yogurt and milk. Preparing meals at home and sharing them as a family builds connection while encouraging better nutrition. Cutting back on fast food and prioritizing good sleep also play a big role in supporting overall wellness. Little shifts can lead to lasting impact!


READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program



The Wyoming Office of Outdoor Recreation is proud to lead the charge in connecting people to Wyoming's world-class outdoor recreation opportunities. Our mission is to make the outdoors more accessible, safe, and sustainable—while supporting local economies and enhancing quality of life for residents and visitors alike. One of the initiatives that our Office leads is the Pathfinder Program.

Our Pathfinder Program is one-of-a-kind, offering personalized itineraries and/or trip recommendations for residents and visitors to Wyoming communities, like you. These itineraries can focus on places, events, or activities, or include suggestions for a tent site, a 33-foot motorhome, or the best hotel for a growing family, with or without pets! Or perhaps you'd like to go rock climbing, hiking, fly fishing, and boating over the 4th of July weekend: we have you covered. Whatever your interests, we are here to help you create memories! Request a personalized itinerary today.

Our Pathfinders also help recreationists find their perfect weekend adventure. With over 1,000 outdoor recreation events, activities, and programs listed on our Wyoming Outdoor Recreation Events Calendar, we have something for everyone. Find the calendar here.

Looking ahead to 2026, we're excited to share that our Pathfinder Program will begin offering in-school presentations on fun, safe, and responsible outdoor recreation to classrooms around the state. Stay tuned for more information in the coming months!

If you are hosting a public outdoor event and would like assistance with an activity or would like us to present on a topic, please get in touch with Frances Schaez at frances.schaez1@wyo.gov or 307-388-8748.



For more resources from our partners, scan this QR code

Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

APRIL 2026

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

APRIL 2026 - General Activities List

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:

- **Find Calm Water:** Look for a flat or calm body of water like a lake or pond.
- **Choose Smooth Stones:** Select flat, smooth stones that fit comfortably in your palm.
- **Grip the Stone:** Hook your pointer finger around the stone and balance it between your thumb and middle finger. Hold the smooth side down.
- **Throw the Stone:** Use a low sidearm swing and flick your wrist. Aim for a 20-degree angle to the water for maximum skips.
- **Release:** 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. Go visit a museum or historic site near you

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

7. Embark on a 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>

13. April 5th is National Walking Day: Calling all watch-wearers! It's time to get your steps this coming April. Just make sure you have some good walking sandals or hiking boots for the day!

14. Cook an outdoor meal: There are so many options here!! Cook over a fire or use a grill or camp stove.

15. "Sit Spot": Find a spot to sit and observe for 15 or 20 minutes. Come back a day or two later and see what is the same and what is different. Often you may notice the same squirrels or birds!

16. Make a bug hotel ~ Earth Day

17. Start an Herb Garden

18. Make a map of your yard and practice using a compass

19. Eat every meal for a day outside

20. Learn about soil!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

APRIL 2026 - A Healthy Snack

Oatmeal Chocolate Chip Cookies

Ingredients

- 2 bananas (very ripe)
- 1 cup oats (quick or old-fashioned)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- ½ cup chocolate chips

Directions

1. Wash your hands with soap and water.
2. Preheat the oven to 350°F.
3. In a medium bowl, mash the bananas with a fork until mostly smooth.
4. Add oats, cinnamon, vanilla, and chocolate chips. Mix well.
5. Drop spoonfuls of dough onto a lightly sprayed or oiled baking sheet. Flatten with the back of a spoon or bottom of a drinking glass.
6. Bake 10–15 minutes. Remove from the oven and let cool before serving.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

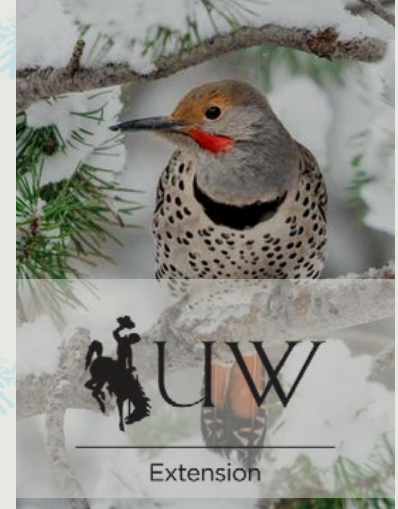


BACKYARD BIRD WATCHING

Here are a few birds you might see this winter:

Townsend's Solitaire

Grey bird with darker colors on wings and tail. They have a white eye ring and outer tail feathers. Eats insects and fruits from juniper trees, hackberry, mistletoe, and others. Similar in size to robins.



Northern Flicker



House Finch

Brownish bird with blurry darker stripes over light colors on sides and underparts. Males have red eyebrows and throat. Diet consists mostly of seeds, buds, berries, and a few insects. Similar in size to sparrows.

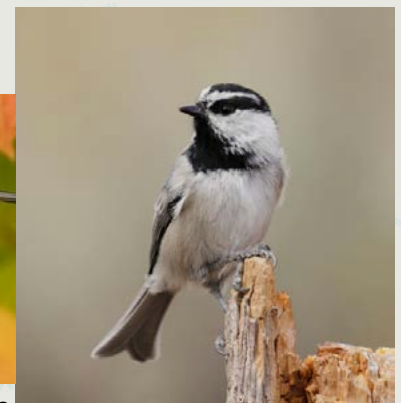


Chickadees

Grey to cream colored bird with black cap, bib, and tail. Mountain chickadees have a distinctive white eyebrow. Eats insects, seeds, and berries. Similar in size to sparrows.



Black-capped Chickadee



Mountain Chickadee

American Tree Sparrow

5.5 - 6.5" tall. Body is white to gray. Typically have a rusty cap, two-toned bill, dark chest spot, and two white wing-bars. Diet consists mostly of weed and grass seeds, berries, and a few insects.



Create your own bird feeders by tying a string to pinecones and dipping in softened peanut butter or lard. Roll them in bird seed and place on a cookie sheet to cool overnight. Hang them outside and watch for hungry visitors!

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

APRIL 2026- Nature Journaling

Textures of the Trail

- **Gather:** Find 3–5 natural textures (bark, moss, rock, pinecone). Avoid removing anything alive or protected.
- **Record:** Make rubbings with pencil and paper, or sketch/describe the textures (rough, bumpy, soft).
- **Compare:** What do the textures reveal about the object's origin or environment?
- **Reflect:** Which was your favorite and why? What surprised you?

Leave No Trace Tip

Principle 6- Respect Wildlife

Animals are so cool to see while in the outdoors, but make sure you observe wildlife from a distance! Use the “rule of thumb” to know if you are a good distance from wildlife. Hold your arm straight out with your thumb up. If your thumb doesn’t completely cover the animal from your line of sight- you are too close!

Vibrant Health Tip

For a goal of a healthy, active lifestyle, families can aim for simple daily goals: enjoy 5 servings of fruits and vegetables, keep screen time to 2 hours or less (or whatever your family has determined appropriate), get 1 hour of physical activity, and limit sugar-sweetened drinks. These small steps build strong habits and support lifelong wellness.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program

The Cent\$ible Nutrition Program (CNP) is a resource that can help you eat healthier for less. Through the series of 8 lessons, you can learn how to save money and time at the grocery store, cook quick and healthy meals, and stretch your food dollars. Class highlights include:



- Hands-on activities
- Cooking a new recipe every lesson
- A kitchen tool to take home every lesson
- A cookbook to take home with over 200 easy, healthy recipes

For more information scan the QR code to see their brochure! CNP is free to those who qualify. Visit <https://uwycnp.org/cnp-qualify/> for more information.



For more resources
from our partners,
scan this QR code



Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

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

MAY 2026

Get ready for an adventure-filled season! Starting in October, 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, October 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 October with,

READY, SET, EXPLORE!



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

MAY 2026 - General Activities List

1. **Get Caught Reading Month:** One of the best ways to slow down is taking your reading outdoors. This is the best time to start that book you've been wanting to read (or listen to!). Grab your book and get outside!
2. **National Walking Month:** Make a goal to try a new path or trail for walking outdoors this month.
3. May 4th - 10th: **Screen Free Week:** Take a week off from technology. Instead, enjoy the rejuvenation of the outdoors through your favorite walks and hikes. There's nothing better than hiking and listening to the sounds of the forest!
4. Make May Day Baskets
5. Journal a Kindness Sunflower
6. Plant a flower bed/pots
7. Plant a garden/raised beds/pots/etc
8. Volunteer at a community garden
9. Write your name with items you find in nature! Sticks make great straight lines and you can make curved lines with things like rocks, leaves, and flowers.
10. Make nature prints! Paint pieces of nature and stamp them on paper- We suggest using your nature journal to record your experience.
11. Take a hike at a local, state, or national park near you.
12. Find a new spot for a family picnic.
13. Press flowers into your nature journal.
14. Go on a scenic drive
15. Play golf or mini golf
16. Host an outdoor game night! Play frisbee, capture the flag, kickball, or any other outdoor games!
17. Go on a penny walk- take a penny with you and when you come to an intersection flip the penny- if it lands on heads, go right, and if it lands on tails, go left!
18. Get up early and watch the sunrise from your local park.
19. Have a stargazing picnic
20. Visit a botanical garden



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

MAY 2026 - A Healthy Snack

Fruit Sushi Roll

Ingredients

- 1 tortilla
- 1–2 tablespoons nut butter (peanut butter, almond butter, cashew butter, etc.)
- 1 cup fruit (like bananas, apples, or strawberries), sliced

Directions

1. Wash your hands with soap and water.
2. Spread the nut butter onto the tortilla.
3. Add any fruit combinations.
4. Roll the tortillas.
5. Slice into bite-sized pieces.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension

Cooking with Excellence



Extension

Whole Muscle Products

Many meat products are made using whole or partial muscles. You are probably familiar with some of these whole muscle products:

- Ham
- Steak
- Jerky
- Prime rib
- Bacon

COOKERY METHODS

Braising- Meat is seared in a hot, oiled pan and transferred to a pot with hot liquid to finish cooking.

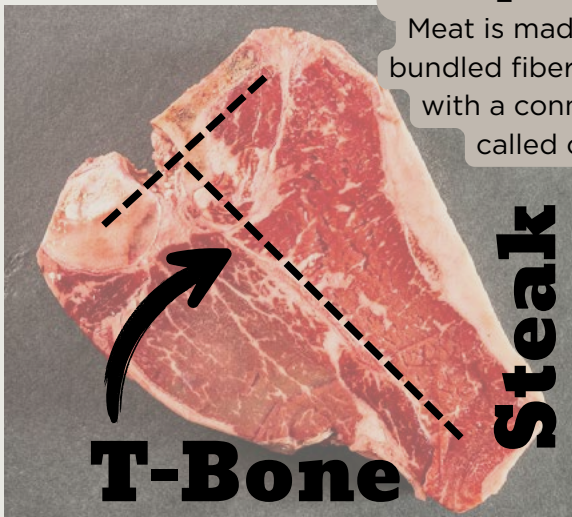
Frying- Immerse meat completely or partially in hot oil for rapid cooking for a juicy interior and crisp exterior.

Broiling- Using high heat, thin cuts of meat can be cooked to a crisp, brown exterior. Check frequently to avoid overcooking.

Slow Cooking- Using a crock pot or a roaster, low and slow heat can help break down tough meat fibers and collagen.

Did you know?

Meat is made up of lots of bundled fibers held together with a connective tissue called collagen.



REMEMBER:

Cook meat to the appropriate minimum internal temperature before eating:

Fish - 145 °F

Beef, Pork, and Lamb - 145 °F

(with 3-minutes rest)

Ground meat - 160 °F

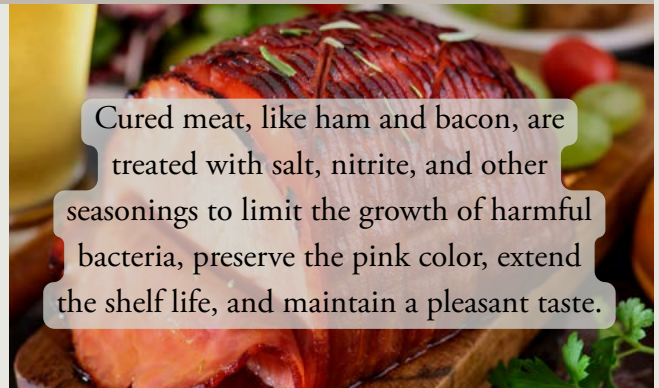
Poultry - 165 °F



Ground Products

Some meat is cut into tiny pieces with a meat grinder to make it easier to chew. These are some examples of ground meat products:

- Burger
- Fresh (uncased) sausage
- Snack sticks
- Pepperoni
- Salami
- Hotdogs



Cured meat, like ham and bacon, are treated with salt, nitrite, and other seasonings to limit the growth of harmful bacteria, preserve the pink color, extend the shelf life, and maintain a pleasant taste.

CAN YOU FIND ANY OF THESE WORDS IN THE MEAT CASE?

BACON Flank HAM
OxTail Chuck Round
Rib LIVER Porterhouse Tongue Picnic
Heart

READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

MAY 2026- Nature Journaling

Park Postcard

- **Choose a Spot** – At the park, find a scenic or meaningful location (trail, riverbank, picnic area).
- **Draw a Scene** – Use one side of your journal page as a “postcard front” to sketch the view. Add color if available.
- **Write a Message** – On the opposite side, write a postcard-style message to a friend or family member describing your experience:
 - What did you see, hear, smell, or feel?
 - What makes this place special?

Leave No Trace Tip

Principle 7- Be Considerate of Others

While outside hiking, yield to other users on the trail. Best practice is bikers yield to hikers, and both hikers and bikers yield to horseback riders.

Vibrant Health Tip

Resilient families stay strong by supporting one another through life's ups and downs. They talk things through, adapt when plans change, and learn from challenges. By staying hopeful, working together in tough times, and openly discussing problems, they build trust and grow even closer.



FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



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!

- Wyoming Game and Fish
- Wyoming Association of Conservation Districts
- Wyoming BLM
- Wyoming Enrichment Network
- Wyoming Office of Outdoor Recreation
- Wyoming State Parks
- Cent\$ible Nutrition Program

We are so grateful for the incredible support of our partners across Wyoming who help make Ready, Set, Explore possible! Their dedication and collaboration bring unique opportunities for families to connect with the outdoors and discover all that our state has to offer. We invite you to visit our Partner Resources page via the QR code to learn more about these amazing organizations and the work they do. Be sure to also take a look back at past months to see the wide range of partners who have joined us on this journey. You'll find inspiration, ideas, and even more organizations here to help you get out and explore Wyoming!

For more resources
from our partners,
scan this QR code



Process for Completion

After completing at least four activities for the month, please submit your responses using the completion form. This form will guide you through a few simple questions and allow you to share your experiences.

Important to know:

- The same form is used each month (October–May).
- It is designed for easy, repeat use, so you can submit a new entry each month without hassle.
- To qualify for monthly incentives, be sure to include 1–4 photos of your family completing the activities.

If you encounter any difficulties, please don't hesitate to call 307-235-9400 and ask for Joshua or Hailey, we'll be glad to help!

Link: https://bit.ly/readyssetexplore_completion



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readyssetexplore.4h@gmail.com



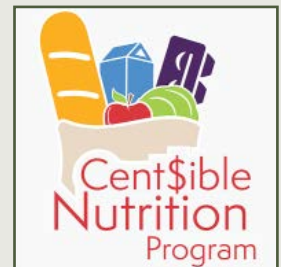
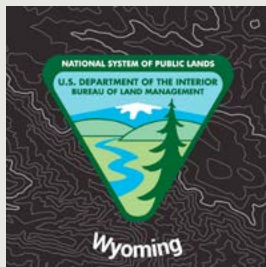
UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

THANK YOU TO ALL OF OUR PARTNERS IN THIS PROGRAM!



For more resources from our
partners, scan this QR code



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!



John P.
ELLBOGEN
FOUNDATION

**THANK YOU TO ELBOGEN FOR
CREATING PARTNERSHIPS TO
CREATE THIS RESOURCE AND
FUND THE INCENTIVES.**



READY, SET, EXPLORE!


FAMILY ADVENTURES AWAIT!

Questions?
307-235-9400
Readysetexplore.4h@gmail.com



UNIVERSITY
OF WYOMING

Extension



Thank You for
participating
and remember
that leading a
healthy life takes
a community.

FAMILY ADVENTURES AWAIT!



READY, SET, EXPLORE!



UNIVERSITY
OF WYOMING

Extension



READY, SET, EXPLORE!

FAMILY ADVENTURES AWAIT!



UNIVERSITY
OF WYOMING

Extension

