



The Utah Division of Outdoor Recreation is excited to introduce the **Outdoor Adventure Challenge**. The program is open to **all school-age children and their families**. Each month, participants are encouraged to take on new challenges that promote outdoor recreation, nature exploration, and skill-building, all while fostering a love for the outdoors.

Adaptive Access: We partner with organizations that provide resources for people with disabilities, and the Adventure Challenge Eventbrite pages prompt participants to sign up for specialized equipment. Utah-based organizations like the [National Ability Center](#), [Ogden Valley Adaptive Sports](#), [Wasatch Adaptive Sports](#), and [TRAILS Adaptive](#) offer adaptive equipment and scholarships to ensure that cost is never a barrier to recreation.

Note to Parents/Guardians: Feel free to modify the challenges to match your child’s age, interests, and needs. Whether you shorten the time spent on each activity or simplify tasks, the most important thing is spending quality time together and exploring our backyard wonders at your own pace.

Choose Your Own Adventure: Start by picking up your challenge stickers at a [partnering location](#) then choose at least one of the activities listed below. Be sure to have someone take a photo of you while doing the activity then [register here using this survey](#). We will send another survey quarterly to check-in on your progress and to enter you into giveaways.



CURRENT HIGHLIGHT | HARVEST CHALLENGE

OUTDOOR ACTIVITIES

Fall is a time of harvest, not only for people but also for many animals. Autumn in Utah is a perfect time to gather ripe fruits, vegetables, and seeds. This season is also full of activity in the natural world as plants and animals prepare for the colder months ahead. Look around your area—what foods are in season, and what changes are happening in the plants and wildlife around you?

Volunteer to Pull Weeds – Some plants are considered invasive or noxious and can cause environmental harm. Fortunately, some organizations coordinate invasive weed-pulling events, find one near you and learn the effective ways to remove and handle noxious weeds.

Safety Tip: Volunteer with a professional organization to learn how to handle toxic species safely.

Nature Mandala – A mandala is a design used for contemplation or meditation. In the autumn, many plants drop leaves, seeds, pinecones, and flowers. Investigate your yard, a park, or a hiking trail, and search the ground for plant pieces that catch your eye. Arrange your treasures on the dirt or grass to create a pattern or design made from organic material.

Explore Hue – September is ideal for watching the leaves change from green to yellow, orange, red, and brown. Late blooming flowers add bursts of color. Pick a scenic spot to soak up the colors. Then, transfer your feelings onto a page using

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CURRENT EVENTS

Monthly events and event details are being finalized, check back for updates!

ONGOING OPPORTUNITIES

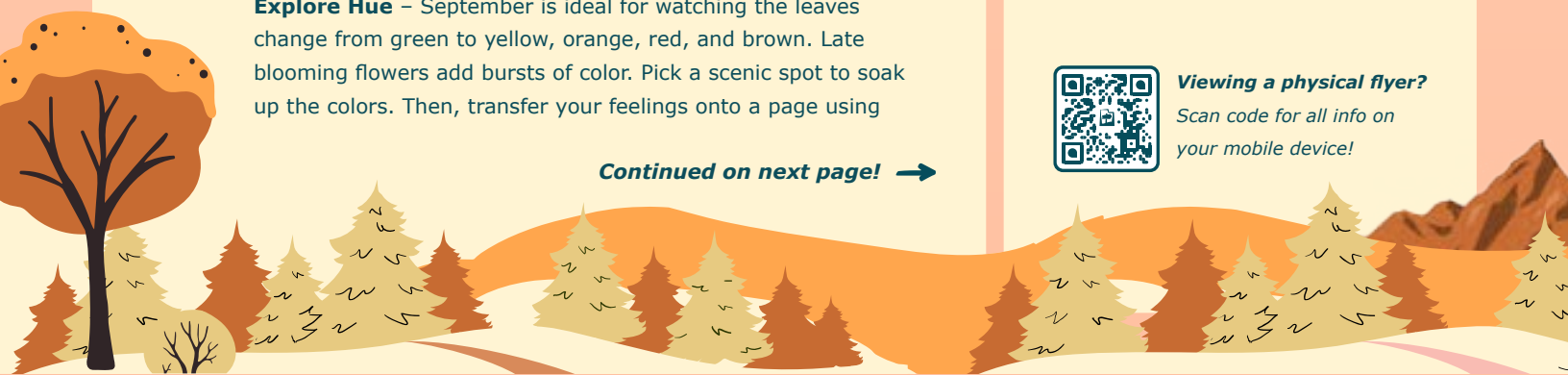


Bring a Friend to Nature
– Choose any activity to participate in and invite a friend to come along.

Fourth graders get a [FREE National Parks Pass](#).



Viewing a physical flyer?
Scan code for all info on your mobile device!





OUTDOOR ACTIVITIES

colored pencils, markers, crayons, or paints. You can also describe the colors with words, poems, or a story.

Native Foods Feast – Harvest produce from your garden, a U-pick farm, or a farmers market. Select the produce that looks the most beautiful or delicious, and choose a recipe based on what you gather.

Tip: There are some excellent Indigenous cookbooks, like "[Seed to Plate](#), [Soil to Sky](#)," which contain recipes derived from native ingredients.

Autumn Harvest Crafting – Use natural materials like fallen leaves, acorns, pinecones, and even colorful autumn flowers to create your own autumn-inspired crafts. You can make leaf rubbings, create a fall wreath, or make a nature-themed greeting card using your findings. What colors, textures, and patterns do you see around you?

Cornucopia – A cornucopia is a horn-shaped object overflowing with freshly harvested food. Try building your own cornucopia. Find a basket, cardboard box, or any other container and fill it with items harvested from your garden, the farmers market, a U-Pick farm, or treasures found while exploring the outdoors. Arrange the harvest as an artistic expression of abundance.

Garden Bouquet – Gather flowers from your yard, deck, or balcony garden to create a beautiful bouquet for yourself or as a gift.

Stewardship Tip: Please refrain from picking wildflowers. Removing them from the mountains means they don't have an opportunity to reproduce, wildlife loses them as a source of food, and the scenery for other recreators diminishes. If you don't have any flowers growing at your house, visit a U-Pick farm.

Aspen Groves – When the leaves start changing color in the fall, see if you can spot groves of aspens changing color at the same time. Aspens that turn golden or strawberry together are all the same organism. See how many aspen organisms you can spot on a mountainside.

U-Pick Fruits and Veggies – Many farms allow people to come and harvest their own produce. These places are called U-pick farms, and there are many in Utah. You can harvest fruits, veggies, herbs, and flowers.

Seed Saving – Harvesting, drying, and saving seeds is an ancient practice that can keep gardening costs low and adds another layer of connection to the garden.



Stewardship: Save the seeds from some of your favorite veggies, fruits, flowers, or herbs and plant them next spring to enjoy during the growing season.

Farmer's Market – Head to a local farmer's market to see a colorful display of Utah-grown delectables.

Tip: Many farmer's markets accept SNAP EBT.

Forage and Feast – Many plants growing in the foothills, along streambeds, in the mountains, and in the deserts of Utah are edible. Identify a plant you know is safe for consumption and harvest some to incorporate into a meal or enjoy as a snack.

Safety Tip: Properly identify plants as edible by cross-referencing identification apps and regional guidebooks.

Stewardship Tip: Never take more than half of a plant's leaves or flowers off; only take what you will eat.

Preserve – Typical forms of preservation include drying, canning, and salting. Gather herbs or produce and decide the best preservation technique.

Safety Tip: Canning requires a stove and detailed recipe following. Adult supervision and direction are necessary.

Share the Abundance – If you grew produce, share it with neighbors, family, and friends! Also consider community programs where home gardeners can bring in extra produce to provide food for families in need.

Root, Stem, Leaf, Flower, and Seed – Learn how to distinguish parts of a plant and how each part functions for its overall success. Choose a plant to draw and label each part of the plant.

Harvest Photos – Observe and photograph various wildflowers. You can use photography to see details of the flowers, such as petal structure, patterns, and color.



Nature Journal Challenge: Sketch, paint, or draw a picture that you took. Or write a poem or story about what you observe.

Stewardship Tip: Be sure to respect nature by leaving plants untouched while documenting them.

Watch Animals Gather Food for Winter – Visit a local park, forest, or even your backyard to watch animals getting ready for winter. Look for them collecting acorns, seeds, etc. and storing it in burrows or nests.

