



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 to show you've completed it, then [fill out this survey](#) to earn various prizes! With so many options, you're sure to find something fun to try!



CURRENT HIGHLIGHT | OBSERVE WILDLIFE CHALLENGE

OUTDOOR ACTIVITIES

Part of spending time outside is interacting with wildlife that call the mountains, rivers and deserts of Utah home. Utah is home to thousands of native birds, reptiles, and mammals. As you earn your Observing Wildlife Challenge sticker, [follow these guidelines](#) about staying safe amongst some of Utah's more dangerous wildlife.

Fishing – Utah is home to many rivers, lakes, and streams teeming with wildlife. These bodies of water host various fish species, including rainbow and cutthroat trout, bass, and even catfish. Before fishing, make sure to obtain the proper fishing license!

Birding – Head to a local green space in your neighborhood and see what birds you can spot. If you're curious about the species you encounter, try using [iNaturalist](#) or other wildlife identification apps.

Explore Local Wildlife Attractions – Utah's Hogle Zoo is a great place to see wildlife up close and learn about different species. Other educational destinations, like the [Ogden Nature Center](#), [American West Heritage Center](#), and [Best Friends Animal Sanctuary](#), also offer valuable opportunities to learn about wildlife.

Tip: Many zoos, nature centers, animal sanctuaries, and preserves accept SNAP EBT benefits for discounted or free admission.

Build a Bird Feeder – Only put out a bird feeder during times of the year when birds need extra help finding food, such as in

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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 COOKING

winter or during migration. Research the birds that live near you and learn what they like to eat. For example, the black-throated sparrow in San Juan County enjoys seeds, insects, and berries!

Visit the Living Planet Aquarium – Utah is fortunate to have the Living Planet Aquarium along the Wasatch Front, visit the aquarium to learn about the diverse animals that inhabit our planet's deep oceans.

Tip: The Living Planet Aquarium accepts SNAP EBT benefits, offering a discounted admission rate of \$2.

Create an Animal Habitat – Choose one of your favorite wild animals and learn about the food, shelter, and resources it needs to survive. After researching, try creating a small habitat that models what the animal needs in the wild—such as a butterfly garden, a bird feeder, a water source, or a bat house.

Animal Signs Scavenger Hunt – While hiking, biking, or exploring your favorite trails, see if you can find signs of wildlife. Look for things like antlers, fur, scat, or footprints. As you find these signs, try to guess which animals might have left them behind!



Nature Journaling: Document the animal signs you discover! Try sketching a footprint, describing an animal's fur, or writing a story about what you observe.

Use Binoculars – Libraries usually have binoculars, which you can check out! If you don't have access to binoculars, make your own by tying two cardboard tubes together, cover them with paper and decorate! They won't magnify what you're looking at but will help you focus on smaller areas to see wildlife!

Sit and Spot – Find a quiet spot in your neighborhood, schoolyard, park, cemetery, or on a trail. Try drawing or writing in a notebook about what you see, hear, smell, and feel. Older youth can spend a few hours each week returning to the same spot, recording the animals they see in their yard or local park.

Make a Bug Hotel – Collect a few bugs (roly poly bugs, also known as pillbugs, work great!) and place them in a large container filled with moist dirt, twigs, leaves, and food. See if you can track where they burrow and what they're eating!

Tie a Fly – In fly fishing, anglers identify which flies are hatching in an area and then create artificial flies to attract fish. Try making your own fly using materials you find outdoors. If you're unsure where to start, check out online video tutorials for guidance.

Make a Reptile Rockpile – This is a great activity if you live in a hot, sandy area. Pile a bunch of rocks in a sunny spot outdoors, leaving gaps for reptiles to enter and exit. See if you can spot any reptiles coming in and out of your rockpile!

Wildlife Photography – See if you can sit still and capture a photo of an animal in its natural habitat. You don't need a special camera—phones can take great photos!



Nature Journal Challenge: Use the photos you take as inspiration for sketching an image, or write a story or poem about the scene you captured!

Junior Ranger Programs – Many of Utah's national and state parks offer Junior Ranger programs, which include activities like tracking animal prints, bird watching, and learning about habitats. With five national parks and 46 state parks, there's likely one near you!



Share Nature with a Friend Challenge: Help a fourth-grade friend sign up for a [free National Parks Pass](#) and join the Junior Ranger Program together.

Nighttime Wildlife Viewing – Many animals - such as bats, great horned owls, desert tortoises, and beavers - come out at night when it's dark and quiet. With the sun setting earlier in the fall, it's the perfect time to spot these nocturnal creatures!

Insect observation – Look for insects in gardens, parks, or your home. Use a magnifying glass or take a photo with a phone to enlarge it and see details.



Nature Journaling Challenge: Use a notebook to sketch which insects you see, record what they are doing, and where they are found.

Become a Citizen Scientist – Throughout history, everyday people—like you—with a good eye for observation and a love for nature have made important discoveries about the world around us. Check out the [National History Museum of Utah's](#) website to learn more about cool citizen science projects you can take part in!

