



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 | PLANT A SEED CHALLENGE

OUTDOOR RECREATION ACTIVITIES

Watching a plant grow is a magnificent way to connect with nature and learn about life cycles. Observing plants helps us connect to nature and the living world around us. Plus, spending time around plants can help reduce stress, provide food, and be a source of beautiful inspiration.

Plant a Garden – The bright sun and warm summer months make Utah a great location to plant a successful garden. Choose a location for planting, ideally a spot with plenty of sunshine (a patio, balcony, windowsill, or somewhere outside). Identify a few vegetables, greens, flowers, or herbs you like to eat and plant the ones best suited to the garden space. Plants like lettuces and greens are great to plant from seed. However, larger plants like tomatoes, squash, and cucumbers may produce more when grown in a greenhouse first.

Create a Planter – Upcycle used plastic food containers (like yogurt, cottage cheese, or to-go cups). Poke a few holes in the bottom, fill with dirt, and plant a seed(s). Place in an area with lots of sunlight, provide the appropriate amount of water, and watch the plant grow!

Plant a Perennial and an Annual Flower – Some flowers and plants come back year after year; they are called perennials. These plants include daisies, roses, lavender, and sage. Other plants and flowers need to be replanted each year; they are called annuals. Choose a place to plant a perennial and watch it grow year after year. Plant an annual to enjoy throughout the warm months.

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ONGOING OPPORTUNITIES



Bring a Friend to Nature

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

RESOURCES

Free Seeds - In the spring, visit a [library location with a Seed Library](#), and you can choose some free packages of seeds to plant at home.

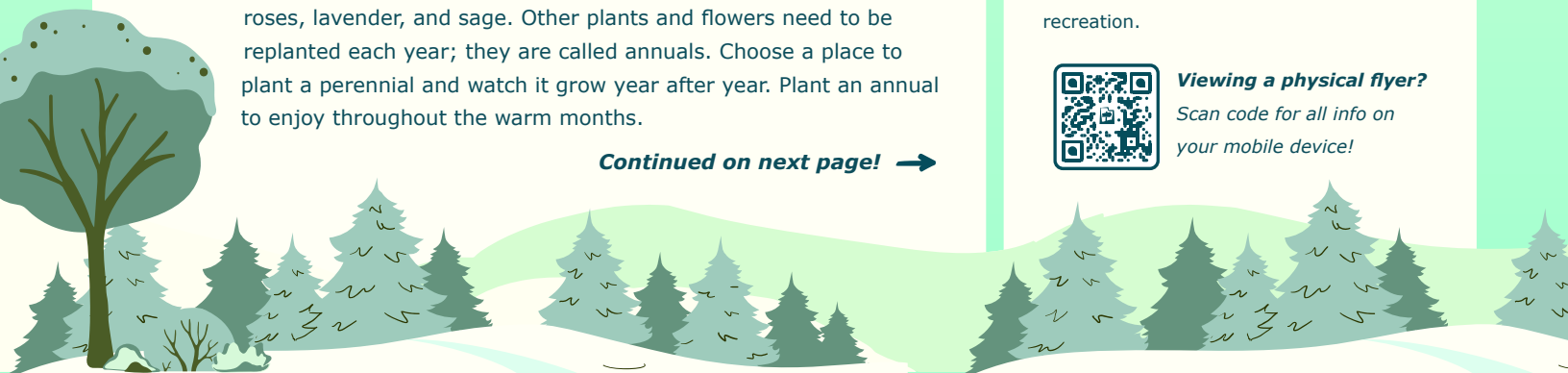
Green Urban Lunchbox - [Join other youth in growing food in urban spaces](#). You can volunteer to plant, care for, and harvest crops while learning about sustainable agriculture.

Join a 4H Club - \$10/year. Members gain confidence and learn about leadership while exploring agricultural activities, indoor gardening, food preparation, and recreation.



Viewing a physical flyer?

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OUTDOOR RECREATION ACTIVITIES

Grow a Culinary Herb Garden – Plant herbs like basil, parsley, thyme, and oregano to connect with nature and add fresh flavors to your meals. These easy-to-grow herbs thrive in small spaces like windowsills or balconies. Harvest your herbs and use them in a dish! Learn how to cut leaves properly and stems without harming the plant, then share your creation with family or friends.

Plant a Tree – Find a space in your yard where a tree can thrive. Visit a local garden center and ask for help identifying the best local species for your space. Once you choose a tree, find the seed at the garden center or look it up online. Then, plant the sapling (baby tree) and watch it grow.

Plant Native Species – Native plants are adapted to local climates and soils, requiring less water and maintenance. They provide essential habitat and food for local wildlife, including birds, insects, and pollinators. By planting native species, you support biodiversity, improve ecosystem health, and reduce the need for pesticides and fertilizers.



Stewardship Challenge – Growing your own food not only tastes better, but it's also a more sustainable choice! It reduces your carbon footprint by reducing the distance food travels and helps plants absorb carbon dioxide from the air.

Identify Plants – Download a free plant identification app like [Seek](#) by iNaturalist. Choose a park or trail and use the app to identify plants. Use the identification tool until you can name the plant without help. Use a local plant identification guidebook like Cottonwood Canyons Foundation "[Wildflowers of the Cottonwood Canyons](#)" to cross-reference identifications

Get to know the Local Flora – Learn the name and appearance of a local plant in the spring and track the plant's evolution throughout the growing season

Nature Reflection: Observe and Create – Spend time in nature and let the sights, sounds, and smells inspire creative writing, drawing, or storytelling.



Nature Journaling: Write a Letter to Future Plants – Write a creative letter to plants that might grow in a

chosen location, imagining what they will experience.



Nature Journaling: Deciduous vs. Coniferous Trees – Observe and compare deciduous and coniferous trees in your nature journal. Deciduous trees shed their leaves in fall and grow new ones in spring, while coniferous trees keep their needle-like leaves year-round. Look for signs of each type of tree in your area, and try to identify at least three of each.

Take a Gardening Class – Learn from experts to refine your gardening skills and help make the growing season successful. Community organizations like [Wasatch Community Gardens](#), [Red Butte Garden](#), [Swaner Preserve & EcoCenter](#), and the [Youth Garden Project](#) provide education experiences designed for young gardeners.

Visit a Botanical Garden or Nature Preserve – Local botanical gardens and nature preserves are the best places to learn about native plants! Research locations close to home and embark on an adventure to witness thriving greenery.

Good to know: Many locations offer free or discounted admittance for families who receive SNAP EBT.

Spring Forage and Feast – Foraging involves finding wild, edible plants that naturally grow in your area. Identify the plants carefully, taking only what you will eat, and use them to create a spring feast. Always cross-check with identification apps or local guidebooks, and avoid foraging in areas with pesticides.

Apothecary – Many medicines come from flowers, plants, and trees, and you can grow herbs to use as natural remedies in food or tea. Here are a few examples that grow well in Utah's arid environment and ways to use them - mint for an upset stomach, chamomile to relax, rose petals for self-love, and echinacea root for an immune system boost. Ensure any herbs you grow are safe for consumption by purchasing from a garden center or cross-referencing identification sources.

Join a Community Garden – Community gardens are shared spaces where individuals or families tend to different garden sections. Some are free to join, while others may charge a fee to rent a plot. Find a garden near you and enjoy the satisfaction of growing your food!

