



EVERY KID OUTDOORS
**ADVENTURE
CHALLENGE**

**EARN YOUR SHARE NATURE WITH A FRIEND
STICKER!**

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 | SHARE NATURE WITH A FRIEND CHALLENGE

OUTDOOR RECREATION ACTIVITIES

Spending time outdoors with others is great for many reasons! First, there is safety in numbers; if something were to happen to you in the outdoors having others there to call for help is crucial. Second, memories are stronger when we experience them with others. Creating memories outside with others is a great way to bond and learn new things about each other!

The Bring a Friend Adventure Challenge can be done anytime during the year and can be a part of any of the other challenges you complete.

Rock Climbing – Sport climbing is an activity that requires two people to participate together. One person will be climbing while the other belays. As a belayer, make sure that you are aware of the needs of your climber and provide the proper tightness in the rope as they climb the wall.

Safety: Outdoor rock climbing demands a solid understanding of technical equipment. The best way to learn is with a qualified guide. For a top-notch educational and safe experience, choose a guide certified by the American Mountain Guide Association.

Outdoor Yoga – Find a quiet place outdoors with plenty of room to move around. Take a few deep breaths then practice linking movement with breath. Or Sign up for an outdoor class with a local yoga studio or recreation center.

Tip: Youth ages 0–18 can sign up for a [free My County Rec Pass](#), which gives access to 18 Salt Lake County parks and recreation amenities, including yoga classes.

Continued on next page! →

CURRENT EVENTS

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

ONGOING OPPORTUNITIES

[Ski for FREE.](#)

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



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





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OUTDOOR RECREATION ACTIVITIES

Junior Ranger Programs – Many of Utah’s National and State parks have Junior Ranger programs that include activities like tracking animal prints, bird watching and learning about habitats. Utah has 5 national parks and 46 state parks, so there’s probably one not too far from where you live! Help a fourth-grade friend sign up for a [free national Parks Pass](#) and join the Junior Ranger Program together.



Become a Junior Ranger AND earn your [Observing Wildlife challenge](#) sticker at the same time!

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. While crafting, take some time to reflect on how the changing season influences your creativity. What colors, textures, and patterns do you see around you? How do these natural materials spark new ideas for your projects?

Local Food and Traditions – Fall is a season of harvest and celebration. In Utah, many fruits, vegetables, and other foods are gathered during autumn. Explore what is in season near you: What local foods are available during this time? How do people in your community celebrate the harvest? You might learn about events like Melon Days in Green River, Peach Days in Brigham City, or the Fall Harvest Festival in Wellsville. In some communities, traditions like pine nut harvesting are an important part of the season, especially for members of the Paiute and Goshute tribes. Is there a particular food or tradition that helps you connect to the season?

Park Events – Attend events like full moon hikes or meteor shower watches. Some national and state parks host special events during these times, so you can learn more about the night sky while taking a guided hike or listening to a talk from a ranger or other expert.

Join a 4H Club – 4H stands for Head, Heart, Hands, and Health and is over 100 years old! Joining 4H is only \$10 a year, and members gain confidence and learn about leadership while exploring agricultural activities, indoor

gardening, food preparation, and recreation (and many other activities).

Utah Wild Places – Explore the Utah’s Wild Places, choose your own adventure ideas. Decide on a new location to visit and bring a friend along with you! Or bring a friend to your favorite wild place.

Learn about Avalanches – The Utah Avalanche Center is Utah’s avalanche forecasting non-profit. Their job is to educate and inform the public on the conditions of our snowpack during Utah’s winter months. As you take part in any activity in the backcountry, whether that’s hiking, snowmobiling, skiing.

Tip: The Utah Avalanche Center’s free “Know Before You Go” talks are a great introduction to avalanche awareness.

Build your own Winter Game – Imagine you are the head of the next winter Olympics. What new sport would you invent? Try writing out the rules for your new sport

Snowman Building Competition – Making a snowman requires teamwork. Gather in teams of 2 or 3 and see which team can build the tallest snowman!

Snowball Dodgeball – Snowball fights are a fun way (as long as everyone wants to be involved!) to enjoy snow. Using soft snow (no ice!) make snowballs and see if you can get enough friends together to play a game of snowball dodgeball.

Watershed Education – In Salt Lake County our drinking water comes directly from melted snow that flows down the mountain in streams and rivers. Little Cottonwood Canyon, Big Cottonwood Canyon, and Bells Canyon are protected watershed areas. We can help ensure clean drinking water by following watershed regulations - no swimming (that includes wading and splashing), no dogs or animals in watershed areas, and no camping within 200 feet of watershed lakes and rivers. This is a perfect opportunity to view activity and life around flowing water and lakes without getting wet.

Tell a friend or trail user about why it’s important to protect the watershed and lead by example.

Group Water Relay – Have fun with a water relay! Organize a race where you paddle, row, or sail through different checkpoints. This team challenge is excellent for practicing your skills and having fun with friends or family.

