



UTAH FOREVER CHALLENGE | *Ensuring Utah's outdoors for years to come*

DO YOU PART TO BE A STEWARD OF UTAH'S LAND, ANIMALS, AND PEOPLE.

It's never too young to start taking care of the places we play and explore. Teaching 3 to 5-year-olds to be stewards can help instill habits of kindness and appreciation for the natural world.

WHAT IS UTAH FOREVER?

"Utah Forever" is a promise to protect Utah's beautiful lands, lakes, parks, and special ancient places, so they remain healthy and clean, now and for every child who will live here in the future. Stewardship is caring for the natural environment we call home.

Why Practice Stewardship? Learning to care for nature builds essential life skills!

- **Responsibility:** Caring for a plant or building a home for a bird teaches accountability and patience.
- **Teamwork with Nature:** Children learn that humans can be valuable partners with the environment, not just visitors.
- **Kindness and Empathy:** Taking action to help an animal or clean up a park builds a strong sense of empathy for the natural world.

SAFETY FIRST

Stewardship requires careful planning. Please follow these rules at all times:

- **Trusted Adult Help:** All building and construction activities (like using a hammer, nails, or tools) must be done by a trusted adult. Children can help with planning and decorating!
- **Wear Gloves:** When picking up litter, always have your child wear gloves to keep their hands safe and clean.
- **Know Your Plants:** Be sure your child knows what poison ivy or poisonous plants look like before touching plants.
- **Protect Special Things:** Never touch or climb on ancient things like old rock art or historic buildings. Look with your eyes, not your hands!

NATURE'S LITTLE GARDENER

What To Do

Help water a young tree or a struggling plant in your yard or a local park. Gently remove weeds that are growing right next to the plant you want to help. Observe the plant closely after you water it. Does it look happier?

Learning Goal

Practicing kindness and care toward living things. Using small tools (like a little shovel or watering can) helps develop fine motor skills.





BUILD A CREATURE HOME

What To Do

Work with a trusted adult to build a new home for local wildlife! This could be a bird feeder (placed far from predators), a simple bug hotel (made by stacking sticks and leaves in a small container), a Mason Bee house*, or a bat box. Have your child help paint the project, fill the feeder, or find the perfect spot for the bug hotel. (*Mason bees are non-stinging, essential pollinators, and the construction process is simple enough for the child to participate in safely: filling tubes, decorating the outer shell.)

Learning Goal

Learning how to help nature grow and survive in our yards and parks. It teaches responsibility through caring for a habitat.

EARTH HELPERS

What To Do

Visit a park, trail, or even your backyard and look for any trash or litter that doesn't belong. Give your child gloves and a safe container. Help them collect litter and safely put it in the correct trash bin.

Shoreline version: At a waterside park, creek bank, or beach: Look for any trash or litter that is near the water or could wash into it.

Learning Goal

Understanding that we are part of **nature's team** and need to keep our shared spaces clean. It builds **empathy** for the environment.

Shoreline cleanup connections: Understanding that trash hurts the water and the animals that live in it. This activity builds **empathy** and **water protection awareness**.

THE COMPOST CREW

What To Do

Help your trusted adult add "brown" (dry leaves, sticks) and "green" (fruit/veggie scraps) materials to a compost pile or bin.

Use a small stick or shovel to turn the compost pile over. Look for worms—they are the Compost Crew's best helpers!

Learning Goal

Learning that **waste can become treasure!** It teaches a core lesson in **environmental recycling** and helps children **think like scientists** about what earth needs to grow.

LITERACY CONNECTION

Trusted Adults: Enhance stewardship and ecological care concepts with a picture book from your library!

You can start with these titles and get more recommendations from your librarian:

- [The Lorax](#) by Dr. Seuss
- [We Are Water Protectors](#) by Carol Lindstrom
- [The Curious Garden](#) by Peter Brown
- [Compost Stew An A-to-Z Recipe for the Earth](#) by Mary McKenna Siddals





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"The places we love today should still be here tomorrow — beautiful, welcoming and thriving. That's Utah Forever."

- Utah Office of Tourism

Take the Pledge - Take the [Utah Forever Pledge](#) and commit to being a good steward of our state and its resources.

Be Prepared - There are several aspects of being prepared to engage in the outdoors. Practice checking the weather, including air quality and the UV index. Gather all the materials you'll need in your outdoor backpack.

Pack What You Need - There are 10 essential items you should pack as a good starting point for any outdoor activity. These include: food, water (½ liter per hour of activity is a good baseline), emergency shelter (a reflective space blanket works great), extra clothes or layers, multi-tool, navigation (map/compass), light (flashlight/headlamp), first aid kit, fire (lighter or match), and heat/sun protection (sunglasses and hat).

Respect Cultures - Utah is home to a variety of cultures. Each deserves to be treated with respect. While engaging in the outdoors, get to know the cultures of the areas you visit. Ancient sites are a heritage and should be shown respect and maintained for future generations.

Leave No Trace - Aim to leave each space you visit better than you found it. Learn and follow the [Leave No Trace](#) principles as you engage outdoors, and preserve ensure that our amazing landscapes are available for future generations.

Water Exploration - Explore your local stream, pond, or river from the shore to learn about the plants, animals, and ecosystems that thrive there. Identify species of fish, birds, and aquatic plants, and understand their role in maintaining healthy waters. Practice responsible behavior by respecting wildlife, avoiding pollution, and following "Leave No Trace" principles. This is a great way to get your Observe Wildlife and Plant Discovery badges as well!

Welcome Visitors - Every year, Utah welcomes tourists from all over the world to experience its outdoor spaces. In 2034, Utah will take center stage as we host the Winter Olympics. Create a space where visitors are welcome in your community and where you show off your state with pride.

Get to Know Utah's Tribes - There are 8 federally recognized Tribes and over 50 tribal nations in Utah. Additionally, there are many historical Native American sites. As you visit them, learn more about the native tribes that built them and the indigenous communities there today. The [Native Land Digital site](#) is a great place to start.

TAKE IT UP A NOTCH!

Volunteer - Find ways to volunteer in your area. The [UServeUtah](#) site is a great place to start.

Participate in the Utah Youth Service Month - Utah holds the [Youth Service Month](#) from April 11th to May 11th.

Join a Youth Council - Many communities have youth councils. Find one in your area!

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Watershed Education and Respect - In Salt Lake County our drinking water comes directly from melted snow that flows down the mountain in streams and rivers. 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 and a great opportunity to help educate less informed users.

Plant a Tree - It can be hard to believe that a mighty tree comes from something as tiny as a seed! Try this adventure two ways!

Help the Trails Out - When you're out on a trail, see if you can remove dead branches or long grasses that hang over the trail.

Plant a Perennial and an Annual Flower - Some flowers and plants come back yearly; they are called perennials. Other plants and flowers need to be replanted every year; they are called annuals.

Seed Saving - Our ancestors relied on seed saving to plant crops. While we can easily buy seeds today, that wasn't always the case. Harvesting, drying, and saving seeds is an ancient practice that can keep gardening costs low and add another layer of connection to the garden.

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!

