



4-H Adventures in Nature

In every walk with nature, one receives more than he seeks.

~John Muir

Want to spend more time outdoors? The sign up for the 4-H Adventures in Nature monthly challenges to get you outside and exploring!

Starting in April, 4-H will offer a series of five monthly challenges! For each month you complete a challenge, you will receive a digital badge, along with a fun, family prize that will be handed out at an Outdoor Adventure Fun Day on August 27.

Sign up now and get started on a grand adventure. go.illinois.edu/AdventuresInNature

Here are a few ideas to get you started:

- **Square Foot Hike:** Take a 4-foot piece of string, a piece of paper, a writing utensil, and (if you have one) a magnifying glass to any outside location and shape the string into a square on the ground. Then, spend 10 minutes observing the things in your square. What do you notice about the ground covering? Do you see any insects, and if so, what are they doing? What kind of plants are growing? Record your observations on your paper as lists, drawings, stories, or other creative interpretations.
- **Cloud Spotting:** Take a few moments for mindfulness and imagination. Lie in the grass and look up at a blue sky speckled with clouds. What do you see?
- **Play Pick-up Sticks:** Wander through your yard, your neighborhood, or a local green space to find and collect a bunch of small sticks (three or four handfuls should be plenty). Drop the sticks into a jumbled pile, then take turns with the other players as you each attempt to remove one stick from the mass without disturbing any of the others.
- **Take a Walk:** If this seems too run-of-the-mill, add some new elements. Try counting how many items you see: cars you pass, dogs on leashes, cracks in the sidewalk – anything! Or try to make it through the entire alphabet by naming things you see that start with each consecutive letter, like a-airplane overhead, b-baby in a stroller, c-cardinal in a tree.
- **Star Gaze:** Pick a clear night, go outside, and look up. The millions of twinkling stars never cease to amaze.



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