



4-H OUTDOOR ADVENTURES PROJECT



4-H THRIVE

Help Youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how this project excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic, and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent, and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character, or establish connections.

Outdoor adventures are recreational activities that take place in the beauty of the great outdoors. Youth may participate in a variety of outdoor activities, including hiking, biking, boating, and camping. Youth learn to successfully and safely participate in those activities. Youth may learn

- how to plan an outdoor adventure outing
- the equipment and safety skills needed for an outdoor adventure
- to cook meals in an outdoor setting
- about issues and careers related to outdoor adventures

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> • Identify various adventures that may take place outdoors (hiking, kayaking, caving, bicycling, etc.) • Learn the equipment and clothing needed to participate in an adventure outing. • Review general safety practices used in outdoor adventures. • Learn "Leave No Trace" practices and apply them. 	<ul style="list-style-type: none"> • Learn how to read a map and use a compass for navigation. • Learn about wildlife and plants which may be present during outings. • Practice packing a backpack or bag for an overnight adventure outing. • Plan a menu and cook a meal over a fire or grill for an adventure outing. • Arrange a group overnight outdoor adventure. 	<ul style="list-style-type: none"> • Challenge yourself with more difficult adventures. • Participate in a Wilderness First Responder class. • Participate in an Open Water Lifeguarding class. • Visit a park ranger and discuss issues facing the park they work in. • Explore careers which are related to outdoor adventures. • Plan a multi-day adventure outing.

The activities above are ideas to inspire further project development. This is not a complete list.



Expand Your Experiences!

Science, Technology, Engineering, and Mathematics

- Map your adventure using a Global Positioning System (GPS) or map and compass.
- Research ecosystems and how adventure outings may impact them.
- Create a video of an adventure outing.

Healthy Living

- Organize an outdoor fitness challenge for the members in your project.
- Take a break during your outdoor adventure to be in the moment and practice mindfulness.
- Identify healthy foods which could fuel your body when on an adventure outing.

Civic Engagement

- Lead a group clean-up in a local park or community outdoor area.
- Teach “leave no trace” practices to a group at another youth organization.

Leadership

- Become a Junior or Teen Leader.
- Become a 4-H camp teen counselor or counselor-in-training.

College and Career Readiness

- Explore college majors within the fields of recreation, parks, and natural resources.
- Host a career fair related to jobs which take place in the great outdoors.

Resources

- American Camp Association
<https://www.acacamps.org/>
- Bureau of Land Management
<https://www.blm.gov/>
- National Park Service
<https://www.nps.gov/index.htm>
- Wilderness Connect
<https://www.wilderness.net/>
- California 4-H Camps
<http://4h.ucanr.edu/Programs/Camps/>

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

Connections & Events	Curriculum	4-H Record Books
<p>Presentation Days – Share what you’ve learned with others through a presentation.</p> <p>Field Days – 4-H members may participate in a variety of contests related to their project area.</p> <p>4-H Camps – Day or overnight camps engage youth in outdoor activities.</p> <p>Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.</p>	<ul style="list-style-type: none"> • 4-H Outdoor Adventures Curriculum: Hiking Trails, Camping Adventures, Backpacking Expeditions, and Helper’s Guide https://shop4-h.org/products/outdoor-adventures-curriculum-set-of-4 • 4-H Wildlife Science https://shop4-h.org/products/wildlife-science-set-of-4-digital-download 	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning, and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p> <p>To access the 4-H Record Book online, visit http://ucanr.edu/orb/.</p>



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