



# Get Outdoors Challenge 2020

Whether it's from your windowsill, porch, backyard, or local park or trail, this patch program is designed to connect you with nature and the outdoors. All of these activities are designed to be accessed by mobile device or computer and all materials are likely to be laying around the house. Choose **five** activities to do as a family or on your own. The different activities below are grouped by theme, but feel free to complete any five, even some from the same category. Then order your *Get Outdoors Challenge* patch by contacting us at 800-565-4475 or [customer care@gswise.org](mailto:customer care@gswise.org).

## Take a Hike

Get out and explore. You don't need to go far to get a great outdoor experience.

Check out these hiking websites: [Alltrails.com](https://www.alltrails.com), [Milwaukee County Parks](https://www.milwaukee-county.com/parks), [Ice Age National Scenic Trail](https://www.iceagenational.com), [Traillink.com](https://www.traillink.com).

Prefer an app? Hiking apps: [IAT Mammoth Tracks](https://www.iatmammoth.com), REI's [Hiking Project](https://www.rei.com/hiking), [All Trails](https://www.alltrails.com). Try some [themed hikes](#) like a color hike, plant hike, or a search for signs of spring hike, to add some variety.

Notes:

- Some local parks and trails require a vehicle admission pass, including, state parks and trails through the [Wisconsin DNR](#), [Waukesha](#) and [Washington](#) County Park Systems.
- Check park or trail websites for current operating hours.

## Outdoor First Aid

Learn some new first aid skills for your next outdoor adventure. Learn how to splint an arm or help a friend with asthma. Use your teddy bear for practice or a family member. Just remember, you should never do CPR or administer any medication to someone who does not absolutely need it.

- Check out the YouTube channels of [CPRkids](#) and [Operation Ouch](#) (note that this video is from the UK. Do not call 999 in an emergency, call 911).
- Make a [First Aid kit](#). Try sewing a [little pouch](#) or bag that can fit in your backpack.

Find an online class to take such as American Red Cross's online Babysitting Basics course.

## Start a Garden

This is a perfect time of year to get that summer garden started. Get creative and resourceful with what you decide to grow.

- Try growing food from your food scraps. All you need is a couple of containers (upcycle if you can), water, sunlight, and a little bit of time. Monitor your recycled garden every day by changing out the water regularly and transplanting into soil once the roots develop. Directions and tips for starting your recycled garden can be found [here](#) and [here](#).
- Create a container garden at a windowsill, then move it to the porch or the yard once the weather warms up. Use what you can find in your house such as old coffee cans, [tin cans](#), yogurt containers, and [toilet paper tubes](#).
- Only have a window? This [resource](#) can help you figure out what to grow in the space that you have.
- You can't regrow all food, but it can still be recycled. Start a compost bin in [your yard](#) or even under [your sink](#)! By the time you are ready to plant in your yard or on your porch, you should have great soil full of nutrients to continue your gardens. Speed up the process and create a [worm composter](#) with some wiggly friends. A helpful guide to get started can be found [here](#).

## Critters

- Get to know your backyard birds. Make a birdfeeder out of a [milk jug](#) or [pinecone](#). Wisconsin's [eek!](#) website can direct you to great apps for to help you identify birds, like the [Audubon Bird Guide](#).
- Collect some bugs in the yard as the weather warms and they come out of hibernation. Create a bug box out of [scrap wood](#) or a [bottle](#). Observe those creepy crawlies before releasing them to nature.
- Create an [insect hotel](#) for the [beneficial insects](#) that protect your garden or pollinate your plants.

## Become a Keen Observer

- Become a citizen scientist! Collect data and submit it to national or global databases. Check out these apps and websites to find a project that works for you: [iNaturalist](#), [SciStarter](#).
- Phenology is the study of the seasonal changes of animals and plants. Start your own Phenology journal or add to an online [phenology site](#). To make your own nature journal, find a notebook and some pens or pencils. Decorate your special journal with stickers, drawings, or doodles. Start documenting what you see outside every day, maybe a new bird stopped by the feeder or you saw the first mosquito or lighting bug of the season. Draw pictures, collect small samples, and jot down your thoughts on the changing seasons you are experiencing.
- Take part in a spring scavenger hunt in your neighborhood. Check out [this](#) search for younger kids.
- [Adopt a tree](#) and make it your own. Learn about that tree: what it is, what makes it unique, what makes it thrive, any threats, and its importance in the environment. Learn to [ID trees](#) in the park with a dichotomous key.

## Go Fishing!

Waterways are opening up and soon fishing season will too. May 2 is the official opening date for the Wisconsin fishing season. Rules and Regulations for fishing in our state can be found [here](#). Remember the state of Wisconsin requires all anglers over the age of 16 to acquire a [fishing license](#).

Before casting that line:

- Learn the [knots](#) you need to catch a fish.
- Make a reel out of a [Pop Can](#).
- Try your hand at learning the different local [fish species](#).

