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

### 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.

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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.

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**Connections & Events**

- **Presentation Days** – Share what you’ve learned with others through a presentation.
- **Field Days** – 4-H members may participate in a variety of contests related to their project area.
- **4-H Camps** – Day or overnight camps engage youth in outdoor activities.

Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

**Curriculum**

- **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](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](https://shop4-h.org/products/wildlife-science-set-of-4-digital-download)

**4-H Record Books**

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit [http://ucanr.edu/orb/](http://ucanr.edu/orb/)

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**University of California** Agriculture and Natural Resources

**Author of 4-H Outdoor Adventures Project Sheet**: Nicole Marshall-Wheeler
**UC ANR 4-H Youth Development Program** • [http://4h.ucanr.edu](http://4h.ucanr.edu)
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University of California
Agriculture and Natural Resources
Communication Services
2801 Second Street
Davis, CA 95618
Telephone 1-800-994-8849
E-mail: anrcatalog@ucanr.edu

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Publication 8654

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An electronic copy of this publication can be found at the ANR Communication Services catalog website, http://anrcatalog.ucanr.edu/.
This publication has been anonymously peer reviewed for technical accuracy by University of California scientists and other qualified professionals. This review process was managed by ANR Associate Editor for Human and Community-Youth Development Kendra Lewis.

California 4-H Project Sheet Technical Editors
NICOLE MARSHALL-WHEELER, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.

California 4-H Project Sheet Series Authors
VERA M. BULLARD, 4-H Program Representative, UC Cooperative Extension, Amador and El Dorado Counties; JENNA COLBURN, 4-H Program Representative, California State 4-H Office; ANNE IACCOPUCCI, 4-H Healthy Living Academic Coordinator, California State 4-H Office; ALLISON KEANEY, CEO, Sonoma-Marin Fairgrounds; SHANNON KLSCH, UC CalFresh Community Education Supervisor, UC Cooperative Extension, San Luis Obispo County; NICOLE MARSHALL-WHEELER, 4-H Youth Development Advisor, UC Cooperative Extension, Colusa, Sutter, and Yuba Counties; FE MONCOA, 4-H Youth Development Advisor, UC Cooperative Extension, Santa Clara County; KATHERINE E. SOULE, Youth, Families, and Communities Advisor and Director of UC Cooperative Extension, San Luis Obispo and Santa Barbara Counties; MAURA SPARREVOHN, 4-H Youth Member, Sacramento County; and STEVEN WORKER, 4-H Youth Development Advisor, UC Cooperative Extension, Marin, Napa, and Sonoma Counties.