

Outdoor Activities

Virtual Activities Guide



Relevant Projects

- **Walk on the Wildside**
- **Outdoor Living**
- **Birdwatching**
- **Wheels in Motion: Mountain Biking**
- **Fishing**
- **Snowmobiling**



Digital Resources

Discover The Forest - Activity Ideas & Resources

<https://discovertheforest.org/activities>

Alberta Orientation Association

<https://www.orienteeringalberta.ca/resources-intro-to-orienteering.html>

12 Virtual Hiking Trails from Around the World

<https://www.travelandleisure.com/trip-ideas/nature-travel/virtual-walking-trails-around-the-world>

Directional Art

<https://kinderart.com/art-lessons/drawing/unique-drawing-experience/>

Merlin - Bird Identification App

<https://merlin.allaboutbirds.org>

Global Mountain Bike Network - YouTube Channel

<https://www.youtube.com/c/gmbn/playlists>

Fish ONLine - Ontario Virtual Map of Water & Fishing Information

<https://www.liaapplications.lrc.gov.on.ca/fishonline/Index.html?viewer=FishONLine.FishONLine&locale=en-CA>

Achievement Day Idea

Have members prepare a plan for a trip! This could be anything from a weekend camping excursion, international travel experience, or a trip to participate in an outdoor hobby like rock climbing, fishing or mountain biking. Have them look at all components of the trip, packing list, maps, risk management, itinerary, etc. They can present this in various different formats: create a video, slideshow or document. Have them then present their trips to the group. Take this to the next level by plotting everyone's destinations on a map, using Google Maps.

Speaker Ideas

- Horticultural Society Member
- Bike Shop Owner
- Outdoor Enthusiast/Interesting Outdoor Hobbyist
- Professional Angler
- Representative from Local Conservation Authority
- Outdoor Safety Expert /Wilderness First Aid
- Geocaching Expert

Activity #1 Trail Mix

Trail Mix is a fantastic snack for all our outdoor activities. It travels and keeps well, packs a lot of nutrients, and has so many flavour combination possibilities. Have members make ahead 1 or more recipes for future outdoor adventures.

Here are 13 Trail Mix Recipes: <https://www.freshoffthegrid.com/trail-mix-recipes/>

Activity #2 Packing List - Judging

As we know judging is an important component of the 4-H program. Have your members judge a class of packing lists for an overnight camping adventure. Set the criteria for the trip, where it is, what they will be doing. Then present four packing lists and have them place them and provide their reasoning. You can do these activities several times with changing the outdoor adventure type and criteria.

Examples:

- 2 Night Camping at Pinery Provincial Park
 - 8 Hour Mountain Bike Trip in the Fall
 - Winter Camping with Four Friends
 - 1 Day Hike in the Grand Canyon
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Activity #3 Nature Scavenger Hunt

Challenge members to get outdoors and explore a green space nearby, whether that be a park, conservation area, or their own backyard. Have members complete a nature themed scavenger that has them search for items and take photos. Build a list of 10-20 items or tasks. This can be done individually and then results can be compiled into a slideshow to share. Alternatively, this could be done as a socially distanced group.

Examples:

- Spell your name with items found in nature
 - One item in nature of each colour of the rainbow
 - Spot & Identify 3 species of birds
 - Pick up 5 items of trash
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Activity #4 Rock Tic Tac Toe

This is a great way to use natural resources to create a classic game to now be enjoyed outdoors. Have members collect 10 rocks about the same size. On the rocks using paint or permanent marker mark five with an "X" and five with an "O". Members can either create the tic tac toe with sticks or drawing in the dirt or sand. Additionally, you could use a piece of wood and paint a grid on it for game play.
