



SALT LAKE CITY  
**Children's**  
**OUTDOOR**  
 BILL OF RIGHTS  
**INDEPENDENT ADVENTURES**



*Here are some fun ideas for making the most of this activity!*

- Create a nature ninja course with rocks, hills, and jumps. Pretend you and your friends are ninjas. Time yourself to see how fast you can get through the course.
- Use chalk to draw a target on a rock. Make mud balls and practice throwing them at the target from farther and farther away as you improve your aim.
- Find a large rock and several smaller rocks. Stack the smaller rocks on top of the large rock in one tower. See how high your tower can get.
- Find a field of rocks and boulders. Jump from rock to rock to make your way across the whole field without touching the ground.
- Find a place you can hold onto a rock wall above your head. Time yourself and see how long you can hang from that hold.
- Close your eyes and feel a small rock or a large rock face in front of you. Take your hand off and open your eyes. What do you see on the rock that you were feeling before?
- Play “HORSE” doing moves around boulders and rocks with your friends. One person performs a move they make up and others have to do the same move, otherwise they earn one letter. Continue playing until everyone but one person has earned all the letters in “horse”.
- Learn to identify the rocks around you using a guide like this one from the library.
- Practice climbing a playground near your home in new ways every time. After practicing, try climbing a small rock or bouldering.
- Construct a Halloween costume from natural materials. Dress up like the most interesting rock you can find.
- Find a rock to climb atop that looks across Salt Lake Valley. Can you *See the Great Salt Lake* from this vantage point?

*Salt Lake City spots great for this activity:*

**Mouth of Little Cottonwood Canyon**

**H Rock**  
**1835 Carrigan Dr**



Collect these stickers at Trails & Natural Lands, YouthCity sites, & the Salt Lake City & County Building!



*Join in on the adventure by visiting Trails & Natural Lands to find more info, like fun Independent Adventures activity sheets, and even learn about how to pickup your own SLC Children's Outdoor Bill of Rights Journal!*



Trails & Natural Lands

