



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



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

- Follow a stream as far as you can. Use a map to help you find your way along the stream.
- Go geocaching or letterboxing and plant a new geocache or letterbox somewhere along a stream.
- Visit one spot in a stream several times over a few weeks. Rate the temperature of the water on a scale of coldest (1) to warmest (10) each time.
- Paint dry rocks near the stream with creek water. You can use a clean paintbrush, leaves from the ground, or your own fingers.
- Bring water blasters and have a water battle with your friends using water from the stream.
- Look underneath rocks in the stream bed for water insects and try to **Catch a bug**. Make sure to return the rock to the spot you take it from.
- Find some flat stones to skip across the water. Can you get it to the opposite bank?
- Hike along a stream and count the number of waterfalls you pass.
- If you were a beaver, where would you build a dam? Search a stream for the perfect spot.
- Find a sturdy, large log that crosses a stream and practice your balance as you walk across.
- Make a boat from twigs and leaves. Race yours against a friend's down the stream.
- Play "Pooh sticks". One a bridge over a stream, throw a stick in the water on the upstream side. Run to the other side and watch your stick float down from underneath the bridge.
- When it rains, look for streams running down your road. Put on some rain boots to splash in colder months, or go barefoot if it is a warm summer storm.
- Visit the stream nearest to your home at least once a week for a month. Observe how the water level and other parts of the stream change each time you visit.
- Go for a spring bike ride along the Jordan River Parkway and search for the perfect spot to stick your feet in the water to cool off.
- Did you know dirt can make your brain happier? Play in the mud along a stream bank.

Salt Lake City spots great for this activity:

Sugarhouse Park
1330 2100 S

Memory Grove
300 N Canyon Rd



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

