



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 sound map. Sit in one spot in nature. Listen all around you and draw all of the things you can hear. If you can't identify what is making some sound, try investigating.
- Find your own special sit spot. Once a week go to that spot. Sit and listen and watch all of the natural things around you.
- Make an acorn cap whistle using these instructions.
- Make a duck call out of your own two hands using these instructions and lots of practice.
- Go out after dark with your family to listen to the sounds of the night. Can you hear any animal sounds? Try to **Spot & identify a wild animal** like an owl or toad.
- Climb a tree or string up a hammock. Sit and focus on all the sounds that are within that tree: the birds, squirrels, leaves and anything else your ears can pick up.
- Use a recording device or app to go on a sound scavenger hunt. Find animal sounds, insect sounds, tree sounds, and grass sounds.
- Head to a pond on a spring evening to record frog and toad choruses. Listen and record the calls and try to identify them using a call guide like this one.
- Make a musical instrument with seeds. Cover up one end of an empty toilet paper roll with construction paper or plastic wrap. Find a handful of seeds to put inside and then cover up the other end. Decorate with leaf rubbings, paint, or sticky side up tape and anything that will stick to it. Create a song with friends and their own seed instruments.

*Salt Lake City
spots great for
this activity:*

1800 N Wetland
1800 N Redwood Rd

**Miller Park Bird
Refuge and
Nature Park**
1708 E 900 S



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

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