



Take part in the Kentucky 4-H Get Outside Challenge this summer!

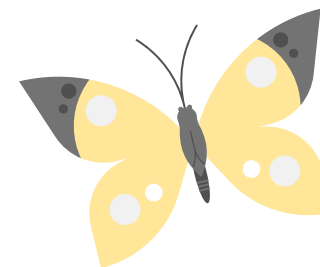
1. Simply track the number of hours you spend outside during June and July using the 4-H Get Outside Tally Sheet.
2. During the first week of August (August 1-7) calculate the total number of hours you spent outside during June and July.
3. Enter those hours online at <https://tinyurl.com/4hgetoutside> by August 7. Participants that have at least 60 hours will be entered into a grand prize drawing. For every 5 additional hours spent outside, the participant's name will be entered into the grand prize drawing again.

To participate, youth must reside in Kentucky and be between the ages of 9-18. Remember to always ask your parent or guardian's permission before going outside!

Here are a few fun ideas to do outside! How many can you do?

- Participate in the KY 4-H BioBlitz
- Walk your dog or a neighbor's dog
- Play kickball
- Take pictures of insects to create a digital 4-H insect collection
- Ride your bike
- Stargaze
- Read
- Have a picnic

- Paint, color, or draw
- Make s'mores
- Go fishing
- Listen for birds
- Watch the sunset
- Collect leaves to create a 4-H leaf collection
- Play hide and seek
- Watch the sunrise
- Make a scarecrow



Visit these websites for more information about 4-H Insect Collections: <https://tinyurl.com/4Hdigitalinsect>,
4-H Leaf Collections: <https://tinyurl.com/4hleafcollection>, and the Kentucky 4-H BioBlitz: <https://tinyurl.com/ky4hbioblitz>.



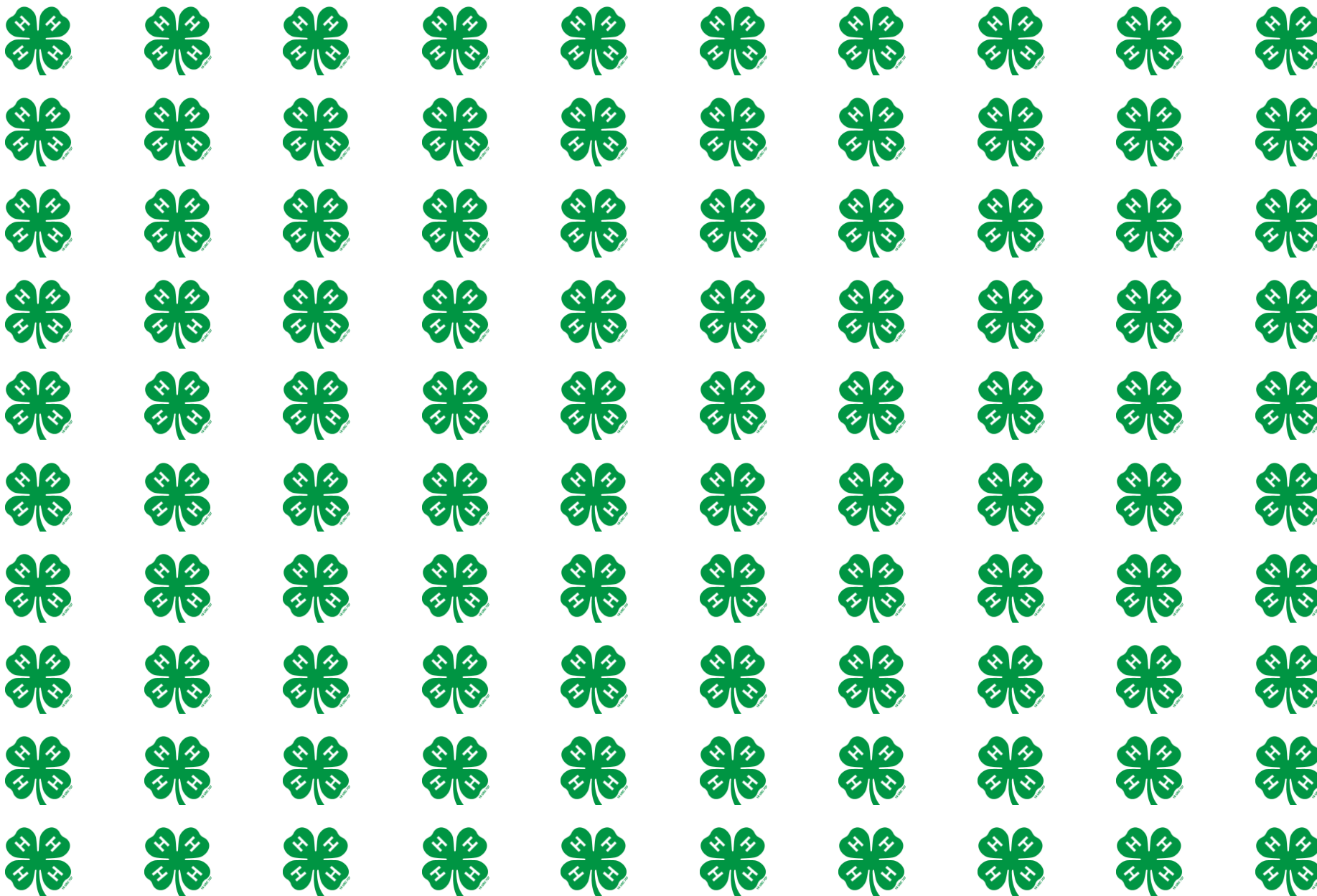
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LEXINGTON, KY 40546



Disabilities accommodated with prior notification.

Kentucky 4-H Get Outside Challenge TALLY SHEET -- Check off one clover for each hour you spend outside!



Print off as many pages as needed!