



NATURE NAVIGATORS

WELLNESS IN THE WILD



OSU EXTENSION
4-H YOUTH DEVELOPMENT

SUMMER CURRICULUM

JUNE, JULY, AUGUST

EXPLORE THE WORLD OF POLLINATORS

HEALTHY SNACK: HONEY BANANA ROLLUPS

A simple and tasty trail snack to fuel your summer adventures!

Makes: 1-2 rollups

Time: 10 minutes

Supplies:

- Spreading knife or spoon
- Cutting board
- Butter knife
- Plate or napkin

Ingredients:

- 1 whole wheat tortilla
- 1 ripe banana
- 1-2 teaspoons honey
- 1 tablespoon peanut butter, sunflower butter or yogurt (optional)
- Dash of cinnamon (optional)

Directions:

1. Lay the tortilla flat on a clean surface.
2. Spread a thin layer of honey. (Optional: spread peanut butter or yogurt first.)
3. Place the peeled banana near one edge.
4. Sprinkle a little cinnamon, if desired.
5. Roll the tortilla around the banana like a burrito.
6. Slice into 1-inch pieces (like pinwheels).
7. Enjoy immediately or pack for later!

Fun Add-Ins: Crushed almonds, granola or sliced berries like strawberries or blueberries.

BE SAFE WHILE NAVIGATING NATURE

- Participate with a family member, club or trusted adult.
- Always let someone know where you're going.
- Dress for the weather and stay hydrated.
- Be aware of your surroundings — respect wildlife and watch for hazards like poison ivy or snakes.

POLLINATOR CONNECTION:

Bees pollinate the flowers that give us bananas, honey and even cinnamon. Enjoy this snack as a celebration of their hard work!



PHYSICAL ACTIVITY: POLLINATOR NATURE WALK

Search for bees, butterflies and birds in your own backyard or favorite trail.

What You'll Need:

- Walking shoes
- Journal and pencil
- Optional: binoculars, magnifying glass or a pollinator ID guide

Instructions:

1. Get Ready to Explore — Head outside to a garden, trail or park.
2. Walk Slowly and Quietly — Use your senses. Look for movement near flowers and listen for buzzing or chirping.

Observe Pollinators — Look for:

- Bees: What color? Where are they landing?
- Butterflies: What patterns do you see?
- Birds: Do you spot a hummingbird? What color is it?

Record Your Findings — Write or draw what you observe:

- Which pollinators did you see?
- What plants were they visiting?
- How many did you count?

Reflect and Share — After your walk, consider:

- What was your favorite thing you saw?
- What surprised you?
- How did being outside make you feel?

Optional Add-Ons:

- Create a scavenger hunt checklist
- Take photos for a DIY Pollinator Field Guide
- Plant native flowers to support pollinators

MINDFUL MOMENT: GRATITUDE ROCK

Take a peaceful walk and use your senses to connect with the natural world. This self-guided activity is perfect for individuals, families, clubs or small groups looking to slow down and enjoy the outdoors.

Supplies:

- 1 smooth rock gathered from your driveway or purchased at a local craft or hardware store
- Acrylic paint or paint pens
- Paintbrushes (if needed)
- Permanent markers
- Water cup, paper towels
- Newspaper or table covering
- Clear sealer or Mod Podge (optional)

Instructions:

1. Find Your Rock – Choose one that feels good in your hand.
2. Wash and Dry – Clean the rock and let it fully dry.
3. Pause for Gratitude – Think about:
 - What made you smile today?
 - Who you're thankful for?
 - What in nature brings you peace?
4. Paint – Use fun colors, stripes or dots. Let dry before writing.
5. Add a Word or Phrase – Ideas: “Joy,” “Thankful,” “Family,” “Sunshine.”
6. Seal It (Optional) – Make it weatherproof with a clear sealer.



OUTDOOR SKILL: SAFETY & WEATHER-READY PACKING

Before heading outside, it's important to be prepared for anything nature brings! Whether it's sunny, rainy or buggy, being ready keeps your adventure safe and fun.

Build Your Own First Aid Kit

A first aid kit helps you take care of small injuries like scrapes or blisters while exploring. Ask an adult to help you gather:

- 4-5 adhesive bandages (for cuts and scrapes)
- 1 small pack of antiseptic wipes or alcohol pads
- Gauze pad and medical tape
- Tweezers (for splinters or ticks)
- Lip balm with SPF
- Small bottle of hand sanitizer
- Allergy medicine (if needed)
- Emergency contact card

Store items in a zippered pouch or small container that is waterproof and fits in your backpack.

Pack for All Kinds of Weather

Oklahoma weather can change quickly! When getting ready for your outdoor activity, make sure your backpack has:

- Sun protection: Hat, sunscreen, and sunglasses
- Rain gear: Poncho or light rain jacket
- Dry socks: In case your feet get wet
- Water bottle: Staying hydrated is a must!
- Healthy snack: Something like a granola bar or fruit
- Layered clothing: A light jacket or hoodie for cooler weather
- Bug spray: Keep the insects away

NATURE CRAFT: NATURE'S STAINED GLASS

Use flower petals and leaves to create beautiful window art. Collect the flowers and leaves from your garden or garden or yard. Do not remove objects from state or national parks.

Supplies:

- Contact paper
- Flower petals, leaves (fresh or dried)
- Scissors
- Yarn or string for hanging

Instructions:

1. Collect natural materials like petals and leaves.
2. Place them on the sticky side of contact paper.
3. Cover with another piece of contact paper.
4. Cut into fun shapes — circles, hearts, butterflies.
5. Hang in a sunny window to catch the light!

PRO TIP:

Always check the weather forecast before heading out, and tell an adult where you're going and when you'll be back. Being prepared helps you feel more confident, comfortable and ready for fun in the wild!



EXPLORE: POLLINATORS OF OKLAHOMA

Dive into the fascinating world of pollinators — bees, butterflies and birds — that help plants grow and flowers bloom.

Self-Paced Learning

- **Bees of Oklahoma (okla.st/4e0SqBE):** *“Did you know there are different species of bees other than the Honey Bee? This module shows a few of the most common bee species found in Oklahoma.”*
- **4-H Clover: Pollinators (4-h.org/clover/activities/4-h-pollinators):** *“Inside the fascinating world of the insects and animals that keep the Earth alive..”*

REFLECTION QUESTIONS

- What is one new skill or safety tip you learned that will help you enjoy nature more confidently?
- Describe a moment this summer when you felt especially connected to nature. What were you doing, and why do you think it felt that way?
- If you could teach someone one thing from your summer Nature Navigators experience, what would it be and why?

4-H CONNECTION

This lesson supports 4-H Healthy Living by encouraging outdoor physical activity, mindfulness, and healthy snack preparation. It also supports 4-H Natural Resources and STEM through birding, photography, and observation of wildlife.

EARN YOUR STICKER!

To earn your winter Nature Navigators sticker badge:

1. Complete at least three activities from this lesson.
2. Take a photo of yourself completing one of the activities.
3. Answer these three questions: I liked... I wish... I wonder...
4. Submit your photo and answers in your ZSuite registration with your name, address and county.



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