



NATURE NAVIGATORS

WELLNESS IN THE WILD



OSU EXTENSION
4-H YOUTH DEVELOPMENT

SPRING CURRICULUM

MARCH, APRIL, MAY

BIRDS OF OKLAHOMA

HEALTHY SNACK: HOOT AND HIKE GRANOLA

A wise and tasty trail snack for outdoor explorers!

Ingredients:

- 3 cups rolled oats
- ½ cup sunflower seeds
- ½ cup shredded coconut
- ½ tsp cinnamon, ¼ tsp salt
- ⅓ cup honey or maple syrup
- ⅓ cup coconut or canola oil
- 1 tsp vanilla extract

Add-ins: dried fruit, oat cereal, optional chocolate chips

Instructions:

1. Mix dry ingredients.
2. Warm wet ingredients and stir in vanilla.
3. Combine, spread on sheet, and bake at 325°F for 20–25 minutes.
4. Let cool and mix in your favorite extras.

Trail Tip: A healthy snack gives your body the energy it needs to explore, think clearly and feel your best outdoors!

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.



PHYSICAL ACTIVITY: PHOTOGRAPHY, PAUSE & POSE!

Get ready to move, explore, and strike a pose! This fun activity combines physical movement, creativity, and nature discovery.

How to Play:

1. Head outdoors with your family, club or a friend.
2. Start walking or hiking — look around for something interesting in nature (like a wildflower, big tree, cool rock or animal tracks).
3. When someone spots something neat, they shout: **“Pause and Pose!”**
4. Everyone stops, strikes a silly or fun pose (try tree pose, leap like a frog or your own idea), and someone takes a quick photo.
5. Keep moving and exploring until your adventure is complete!
6. Bonus: create a slideshow or a photo album of your adventure!

Bonus Fun:

Try new challenges like:

- Create a slideshow or a photo album of your adventure
- Jump as high as you can
- Balance on one foot like a flamingo

MINDFUL MOMENT: TRAIL OF THE SENSES

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.

How to Do the Trail of the Senses:

1. **Find a safe, quiet outdoor space** — this could be a trail, park, garden, or even your backyard.
2. **Walk slowly** and take time to explore each of your senses along the way.

Use Your Senses:

- **Sight:** What colors, patterns or movements can you spot? Look for animals, shapes in leaves or cloud formations.
- **Sound:** Close your eyes for 30 seconds. What do you hear? Birds chirping? Wind in the trees? Insects buzzing?
- **Touch:** Carefully feel the texture of bark, smooth rocks or fuzzy leaves. (Be gentle — some plants can be irritating to the skin.)
- **Smell:** Smell a flower, crushed leaf or the fresh scent of the earth. What does it remind you of?
- **Gratitude:** Pause and reflect. What are you thankful for in this moment outdoors?



NATURE CRAFT: BUILD A BIRD FEEDER

Help our feathered friends and bring birds to your backyard by creating your own bird feeder! Choose one of the fun options below:

Choose Your Feeder Style:

Citrus Cup Feeder

- Scoop out a halved orange or other citrus fruit.
- Poke small holes near the rim and tie on string or yarn to hang.
- Fill the hollow with birdseed and hang from a tree branch.

TP Roll Feeder

- Take a clean toilet paper roll.
- Spread peanut butter or shortening all over the outside.
- Roll in birdseed until fully coated.
- Slide it onto a branch or tie with string to hang.

Pinecone Feeder

- Tie string to the top of a pinecone.
- Use a craft stick or spoon to spread peanut butter into the scales.
- Roll the sticky cone in birdseed and hang it outside.

Observation Time:

- Watch your feeder for a few days.
- Use your birding journal or checklist to record:
 - What kinds of birds visited?
 - What time of day did they come?
 - Which feeder seemed most popular?

BIRDS OF OKLAHOMA

These birds are not only easy to observe, but they also offer great learning opportunities for youth, especially when paired with tools like the Merlin Bird ID app or a simple pair of binoculars.

Northern Cardinal

Very common year-round

Males are bright red, easy to spot and hear. Males and females have a crest on their heads.

American Robin

Very common in spring/summer

Often seen on lawns pulling worms.

Blue Jay

Common year-round

Loud calls, striking blue feathers with a crest on the head.

Mourning Dove

Very common year-round

Gentle cooing sound, often near feeders.

Red-winged Blackbird

Very common in spring/summer

Males are black with red/yellow wing patches

Eastern Bluebird

Common in open fields and meadows

Bright blue with a reddish chest.

Barred Owl

Present year-round, more active at dusk

Known for the “Who cooks for you?” call.

Carolina Chickadee

Common in wooded areas and backyards

Tiny, curious and active around feeders. They have a black head and throat with white cheeks.

Great Egret

Seen near lakes, rivers, wetlands

Large, white, wading bird with a yellow bill and black legs.

Turkey Vulture

Soars high in the sky in warmer months

Recognizable by their wobbling glide.



EXPLORE: BIRDS OF OKLAHOMA

Discover Oklahoma's birdlife while developing observation and identification skills. This self-guided lesson is great for families, clubs or independent explorers. Use tools like binoculars, apps like Merlin Bird ID and your own curiosity to learn more!

Self-Paced Learning

- **Wonderful World of Birding (okla.st/40oqSOV):** *"Bird watching is one of the largest and fastest growing leisure activities in the world."*
- **Using Binoculars (okla.st/4lmUu8Y):** *"Binoculars or field glasses allow the viewer to use both eyes when viewing distant objects."*
- **Responsible Use of Electronic Bird Calls (okla.st/46PJJpN):** *"As bird watching continues to grow in popularity so do the tools used to aid in successful bird identification."*
- **Barred Owl (okla.st/3PdQZdH):** *"Learn many exciting facts about Barred Owls!"*
- Use the **Merlin Bird ID** app to identify birds by sight or sound. Create a birding journal to document what you see!

REFLECTION QUESTIONS

- How does spending time outside make you feel?
- What do you want to explore next in nature?

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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Learn more at 4h.okstate.edu