

4-H SPRING WILDFLOWER CHALLENGE

A CHALLENGE IN BIODIVERSITY



*GET IN
TOUCH
WITH YOUR
WILDSIDE*

EARTH DAY!

APRIL 22, 2024 - JUNE 30, 2024

THE BOTANIST

PASTE PHOTO OR DRAWING OF
YOURSELF HERE

NAME:

AGE:

FAVORITE FLOWERS:

FAVORITE ANIMALS:

FAVORITE MUSHROOMS:



YOUR CHALLENGE



ALL LIVING THINGS EXIST IN BALANCE WITH EACH OTHER. EVERYTHING NEEDS ENERGY (FOOD) TO SURVIVE. EVERY ECOSYSTEM FIRST TAKES ENERGY FROM THE SUN AND THEN CYCLES IT WITH VARIOUS DIFFERENT ORGANISMS TO CREATE A FOOD WEB. THERE ARE 3 STAGES OF THIS ENERGY CYCLING PROCESS, AND EVERY ORGANISM HAS A ROLE TO PLAY. THIS CHALLENGE WILL GET YOU UP CLOSE WITH ALL 3. THEY ARE:

1. Producers

Plants use energy from the sun, water and nutrients from the soil to grow and are the basis of the food web.

2. Consumers

Most animals are some type of consumer. Herbivores eat plants for energy. Carnivores eat animals for energy. Omnivores eat both for energy.



3. Decomposers

Fungi, worms, some beetles & insects break down organic matter from both producers and consumers. They aid in decay and fill the soil with the nutrients producers need to grow,

YOUR CHALLENGE IS TO EXPLORE 3 DIFFERENT PLACES IN THE WILDRNESS TO IDENTIFY AND DOCUMENT 3 DIFFERENT NATIVE WILDFLOWER SPECIES RESPECTIVELY. IF POSSIBLE, SPREAD THIS OUT OVER DIFFERENT WEEKS TO SEE DIFFERENT FLOWERS.

CHALLENGE STRUCTURE



EACH WILDFLOWER SUBMISSION WILL HAVE 3 STEPS
AND AN OPTIONAL 4TH STEP:

- 1. Wildflower (Producer)**
- 2. Pollinators (Consumer)**
- 3. Decomposers**
- 4. Bonus: Other Consumers**

TO BE ELIGIBLE, YOUR LOCATIONS MUST NOT BE FROM YOUR HOME. GET IN TOUCH WITH YOUR WILDSIDE AND TAKE A WALK IN THE WOODS, HELP PLAN A 4-H CLUB MEETING TO GO SOMEWHERE WILD, OR GO SIGHT SEEING WITH YOUR FRIENDS AND FAMILY. GET OUT THERE!

NEW ENGLAND'S SUPER SEVEN POLLINATORS

- 1. Bees**
- 2. Butterflies**
- 3. Moths**
- 4. Wasps**
- 5. "Flower Flies"**
- 6. Some Beetles**
- 7. Birds**



SAFETY FIRST



WHAT GOES IN A FIRST AID KIT?

- Swiss Army knife or scissors
- Safety pins
- Gloves
- Soap
- Antibacterial ointment or honey (raw honey has antibacterial properties and can work better)
- Cleansing pads
- Sterile gauze pads
- Stretch gauze or gauze rollers
- "Band-Aids"/ Adhesive bandages
- Butterfly bandages
- Moleskin and blister bandages (this is one you might want to add in extra because blisters are a leading injury with hiking)
- Duct tape
- Splints ([SAM Splints](#) are lightweight and malleable) or a way to improvise
- Aspirin or ibuprofen
- Tums
- Acetaminophen
- Antihistamine (Benadryl)
- Electrolyte mix
- Hydrocortisone cream (anti itch)
- Lip balm



PACK FOR ALL KINDS OF WEATHER!

It is highly recommended that you plan your adventures for a nice day. However, the weather can be hard to predict and should not make you cancel your adventure. There are many elements to plan for. Pack for it all:

Sunny and Hot:

- Sunscreen
- Hat with brim
- Sunglasses
- Thin layer to cover arms and legs

Cool and wet:

- Raincoat & rain pants
- Extra socks
- Non cotton layers
- Beanie hat and gloves

DO NOT EAT ANYTHING YOU DISCOVER IN THE WILDERNESS DURING THIS CHALLENGE, ESPECIALLY MUSHROOMS!

LEAVE NO TRACE



"Leave No Trace" is an outdoor ethics focus for every person who ventures outside. It has 7 guiding principles to protect and enjoy the outdoors responsibly. Visit the Leave No Trace website, at lnt.org, to learn more.

- **Plan Ahead and Prepare**
 - Visualize the hike.
 - Be proactive about minimizing risks.
- **Travel and Camp on Durable Surfaces**
 - Stay on the trail.
 - Camp on delineated campsites
- **Dispose of Waste Properly**
 - Carry out all your waste.
 - Pick up litter.
- **Leave What You Find**
 - Do not take the woods home with you.
 - Come back to experience it as many times as you want.
- **Minimize Campfire Impacts**
 - Follow all restrictions.
 - Fire is a tool, not entertainment.
- **Respect Wildlife**
 - Do not feed them or leave food on the ground.
 - Be kind to animals, this is their home.
- **Be Considerate of Other Visitors**
 - Yield to hikers coming down if you're going uphill.
 - Hike in groups of 8 or less
 - Do not be loud.



WILDFLOWER 1



Plants are a Producer. *Producers* create their food (energy) from the sun in a process called photosynthesis. They are essential for a biologically diverse ecosystem and the basis for any food web. Wildflowers are one of several types of plants that are rich with pollen, nectars, seeds, and berries that attract many type insects, birds, and other animals.

Steps:

1. Explore the wilderness around you.
2. Identify a native Wildflower.
3. Take a picture, print, and adhere to this page.

Name of Wildflower:

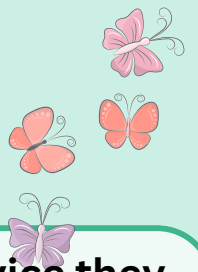


Location:

Date:



WILDFLOWER 1



Pollinators are special types of *Consumers*. The ecological service they provide is necessary for the reproduction of over 85% of the world's flowering plants, including more than two-thirds of the world's crop species.

Steps:

1. Explore the area around your Wildflower. Be Silent. Be still.
2. Identify as many types of Pollinators you can see.
3. Try to get pictures of them all, print, and adhere to this page.

Types of Pollinators:



Adhere right here!
If you have multiple photos, staple
them in a stack to this page.



WILDFLOWER 1



Decomposers play a vital role in the flow of energy (food) through all ecosystems. They break apart dead organisms into simpler inorganic materials, making nutrients available to Producers. Examples are mushrooms, worms, and some types of flies & beetles.

Steps:

1. Explore the area around your Wildflower.
2. Identify as many types of Decomposers you can see.
3. Try to get pictures of them all, print, and adhere to this page.

Types of Decomposers:

Adhere right here!
If you have multiple photos, staple
them in a stack to this page.



WILDFLOWER 1




BONUS: This optional page is for logging any other types of *Consumers* that are in this area. Keep it as basic as you would like. They can simply be any other mammals or animals that you have not yet documented. Animal tracks & scats qualify!

Steps:

1. Explore the area around your Wildflower. Be silent. Be still.
2. Identify as many other types Consumers of you can see.
3. try to get pictures of them all, print, and adhere to this page.

Other types of Consumers:



Adhere right here!
If you have multiple photos, staple them in a stack to this page.



WILDFLOWER 2



Plants are a Producer. *Producers* create their food (energy) from the sun in a process called photosynthesis. They are essential for a biologically diverse ecosystem and the basis for any food web. Wildflowers are one of several types of plants that are rich with pollen, nectars, seeds, and berries that attract many type insects, birds, and other animals.

Steps:

1. Explore the wilderness around you.
2. Identify a native Wildflower.
3. Take a picture, print, and adhere to this page.

Name of Wildflower:



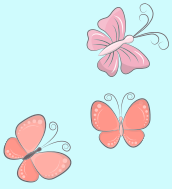
Adhere right here!

Location:

Date:



WILDFLOWER 2

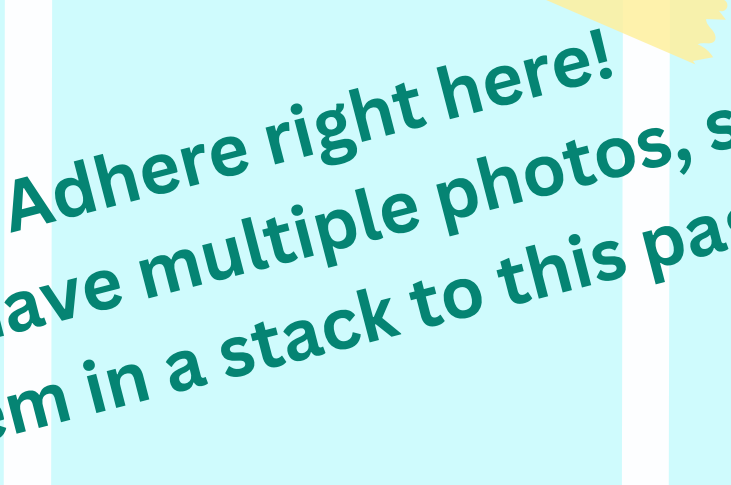


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Steps:

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2. Identify as many types of Pollinators you can see.
3. Try to get pictures of them all, print, and adhere to this page.

Types of Pollinators:



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WILDFLOWER 2



Decomposers play a vital role in the flow of energy (food) through all ecosystems. They break apart dead organisms into simpler inorganic materials, making nutrients available to Producers. Examples are mushrooms, worms, and some types of flies.

Steps:

1. Explore the area around your Wildflower.
2. Identify as many types of Decomposers you can see.
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Types of Decomposers:



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WILDFLOWER 2



BONUS: This optional page is for logging any other types of Consumers that are in this area. Keep it as basic as you would like. They can simply be any other mammals or animals that you have not yet documented. Animal tracks & scats qualify!

Steps:

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Other types of Consumers:



Adhere right here!
If you have multiple photos, staple them in a stack to this page.



WILDFLOWER 3



Plants are a type of Producer. *Producers* create their food (energy) from a process called photosynthesis. They are essential for a biologically diverse ecosystem and the basis for any food web. Wildflowers are one of several types of plants that are rich with pollen, nectars, seeds, and berries that attract many type insects, birds, and other animals.

Steps:

1. Explore the wilderness around you.
2. Identify a native Wildflower.
3. Take a picture, print, and adhere to this page.

Name of Wildflower:

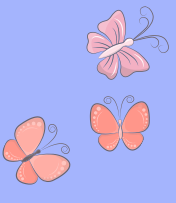


Location:

Date:



WILDFLOWER 3



Pollinators are special types of *Consumers*. The ecological service they provide is necessary for the reproduction of over 85% of the world's flowering plants, including more than two-thirds of the world's crop species.

Steps:

1. Explore the area around your Wildflower. Be silent. Be still.
2. Identify as many types of Pollinators you can see.
3. try to get pictures of them all, print, and adhere to this page.

Types of Pollinators:



Adhere right here!
If you have multiple photos, staple
them in a stack to this page.



WILDFLOWER 3



Decomposers play a vital role in the flow of energy (food) through all ecosystems. They break apart dead organisms into simpler inorganic materials, making nutrients available to Producers. Examples are Mushrooms, worms, and some types of flies.

Steps:

1. Explore the area around your Wildflower.
2. Identify as many types of Decomposers you can see.
3. try to get pictures of them all, print, and adhere to this page.

Types of Decomposers:



Adhere right here!
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WILDFLOWER 3



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1. Explore the area around your Wildflower. Be silent. Be still.
2. Identify as many other types Consumers of you can see.
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Other types of Consumers:



Adhere right here!
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REFLECTION QUESTIONS



What does the term “native plant species” mean?

What is the state bird and the state flower of New Hampshire?

What resources did you use to identify the species of plants, animals, and fungi? (apps, people, field guides, etc)

How long were you silent and still for?

Did your mood change out in the wilderness? How so?

Do you feel more in touch with nature after this challenge?



HOW IT WORKS

01 PRINT & PLAN

Discuss this challenge with your family, 4-H Club, or youth group. When you decide that you are "all in," print one booklet for each properly enrolled 4-H youth in the group and register them in the challenge on 4-H Online. Your county extension office can print your logbook for you.

Once you have your booklets, you can then decide where you will go to explore with all the people in your group. Explore three different areas for each of your three Wildflower logs.

02 EXPLORE & RECORD

There is a very important rule when it comes to wilderness adventures. You must tell at least 1 person who is not going on the trip where you plan to go, when you are leaving, and approximately when you will be home. When you return safely, notify that person/those people. This rule is for your safety.

Bring your logbook with you on your adventure and record all the information the page prompts for.

This is an inclusive program. Youth of all mobility ranges are encouraged to participate if interested. The adult leader may modify the challenge to fit the youth if necessary. Please make note of the modifications you made somewhere on this booklet.

03 SUBMIT & REWARD

Once you have recorded all the information for all three types of Wildflowers, you have completed the challenge. To make it official, you must mail in or drop off the booklets to your county extension office.

Your county office will mail your completed booklets and your Spring Wildflower Challenge Patch back to you.



← **PATCH**

**HELP US IMPROVE
THESE CHALLENGES!**

