

# Healthy Family Outdoor Challenge #1!

Travel to the **Garret Family Preserve, a Cape May National Wildlife Refuge Trail, or any local green space, and try to find something that fits into each of these categories. Remember not to collect any living flowers or plants. They can still be counted in your challenge, but we want to leave them where we found them. Take a picture instead!**

## Can You Find Something ...



- That is heavy?
- That is soft?
- An insect has taken a bite of?
- That is a result of successful pollination?
- That is smooth?
- That is hard?
- That a migrating bird would eat?
- That a migrating butterfly would eat?
- That is rough?
- That is loud?
- That is only present in the fall?
- That is evidence of a nearby mammal?
- That is smooth?
- That is a bright color?

**Share what you find with us by tagging Cape May 4-H on fb and use the hashtag #4hfamiliesoutdoors.**

### **The Garrett Family Preserve**

**Address:** 801 Wilson St, Cape May, NJ 08204

**Hours:** Open 6am to 8pm everyday

**Link to website & trail map:** [https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/garrett-family-preserve-at-cape-island-creek/?tab\\_q=tab\\_container-tab\\_element\\_968359454](https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/garrett-family-preserve-at-cape-island-creek/?tab_q=tab_container-tab_element_968359454)

### **Cape May Wildlife Refuge Trails**

There are multiple trails on Kimble's Beach Road, located off of Route 47 that you could explore as well.

### **Link to directions & trail map:**

[https://www.fws.gov/refuge/Cape\\_May/visit/trails.html](https://www.fws.gov/refuge/Cape_May/visit/trails.html)