



Level 3 Challenges

- Each worth 75 points
- Estimated challenge time: 1-2:30 hours

<p>1. Swim Time! <i>No camping experience is complete without a splash in some water, so find or create a ‘swimming hole’ in or around your house. Of course, safety is critical, so make sure to have a lifeguard on duty! Be Creative and Have Fun! <u>Submission</u>: take a photo of as many team members as possible using your swim spot.</i></p>	<p>2. Fight the Invaders <i>Help promote biodiversity by removing an invasive plant species on your property - Honeysuckle, Privet, Kudzu, Japanese Stiltgrass, and Garlic Mustard are all common invasives found in yards. Here’s a list of all of the invasive plants in Tennessee. Do some research to identify the likely invasive species in your area. Make sure you can confidently identify the plant before you remove it and watch out for poison ivy! <u>Submission</u>: a photo of the pile of invasive plants that you successfully removed.</i></p>	<p>3. Plant The Future! <i>Cities across the world are planting more shrubs and trees to create shade and cool down city temperatures as the planet warms. Urban farms and gardens are also growing in popularity. Wherever you live, you can plant something, out in the yard or on a windowsill! Research also shows that just looking at greenery has positive psychological and physiological effects on us, such as calming the mind and lowering blood pressure. So, plant your something green! A tree? Some wildflower seed? A fern? A succulent? Your call. <u>Submission</u>: a photo of you team in the act of planting.</i></p>
<p>4. Salamander Puppets <i>Did you know that our home national park, Great Smoky Mountains, is the salamander capital of the world? We have more species here than anywhere else! The online scavenger hunt had a couple of resources for you to learn more about salamanders, and now it’s time to make salamander puppets! They’ll come in handy during the</i></p>	<p>5. Sit Spot <i>This is a Tremont tradition that spans our 50-year history. Each visiting student is given a wooden stake and instructed to find a solo sit spot within a designated area. Early and late in the day each day, the students visit their sit spots for 15-30 minutes of quiet reflection and journaling time. Find a sit spot of your own in your yard</i></p>	<p>6. Window Watch <i>If you don’t feel safe venturing out to find a sit spot, your team can designate one window in the house, or one window for each team member, as their window watch spot. Pull up a chair or create a cozy spot to sit with blankets and pillows. The same as a sit spot, visit your window every day and spend some time quietly</i></p>

<p><i>campfire celebration on Sunday. You can make them with whatever materials you like - old socks often work well. Remember, they come in all sort of colors and patterns, they have long tails and eyes that seems to stick out of their heads.</i></p> <p><i><u>Submission:</u> a photo of your completed salamander puppet</i></p> <p><i>Extra fun: put on a salamander play with your team.</i></p>	<p><i>or local park. Mark your spot in a very subtle way, and then visit your spot at least once each day during the camp-in. Try to visit your sit spot every day of the year and see how the world changes around you as the seasons go.</i></p> <p><i><u>Submission:</u> a photo of one of your team members sitting in their chosen sit spot.</i></p>	<p><i>observing the scene outside, reflecting on your day, and may be journaling or sketching. <u>Submission:</u> a photo of one of your team members sitting in their chosen window watch spot.</i></p>
<p>7. Obstacle Course</p> <p><i>Create an obstacle course in your living room or yard. Participants should have to go over, under, around and through! This one is wide open to whatever is fun for your team. <u>Submission:</u> a photo or short video of a team member running the course. Extra fun: time each team member and declare an obstacle course champion!</i></p>	<p>8. Chalk Mural</p> <p><i>Step one: investigate the nature around the place you live. What patterns do you notice? What colors? What creatures up high and down low? What types of trees do you see? How many different shapes of tree leaves can you find? Step two: Create a chalk mural on the driveway, sidewalk, retaining wall or anywhere you want that is inspired by the nature you see around your home. Extra fun: invite your neighbors to come by for a grand opening of your mural. Be ready to give them a short presentation of your artwork. Practice social distancing! <u>Submission:</u> a photo of your finished mural.</i></p>	<p>9. Star Party</p> <p><i>Stay up late and look at the stars, if it isn't cloudy. It's hard to do after a long day, but so worth it! Or, get a headstart on a day of camp-in challenges by waking up before dawn and heading out to see stars. If you live somewhere with lots of light pollution, do a little research and hop in the car to go somewhere safe nearby that is dark enough for a good view of the night sky. If you're in East Tennessee, the Foothills Parkway has some incredible pull-offs for night sky viewing. Maybe combine this challenge with the Stovetop Popcorn challenge and bring a snack! Allow yourselves to be still, quiet and in the moment. You never know what you'll see up there. Maybe lay out a blanket and pillows to get comfy and cozy. <u>Submission:</u> a photo of at least one team member out looking at the night sky.</i></p>

<p>10. TREE ID</p> <p><i>Identify the trees on your property or in a local park. Use a guidebook, online reference, or this app to help you make an identification. Create a map of the trees and label at least one example of each species you found. Extra Fun: use online resources to learn more about your tree species. Are they important habitat for particular animal life? Are they native to your region? How tall does each species grow to? <u>Submission</u>: a photo of your tree map.</i></p>	<p>11. Neighborhood Mapping</p> <p><i>Your neighborhood is a place worth exploring! Take a stroll around your neighborhood and create a map along the way. Include roads, conspicuous trees, patches of flowers and anything interesting you find. Include observation on your map regarding elevation change, bird songs you hear, shady/sunny areas, etc. What did you discover that you never knew was right there, in your neighborhood? What was the most interesting thing you saw? <u>Submission</u>: a photo or scan of your neighborhood map.</i></p>	<p>12. Fire-Roasted</p> <p><i>Food just seems to taste better when cooked over an open flame. For this challenge, cook one of your camp-in meals over a fire. It can be anything. Here are Caleb’s two favorites: 1. Veggie pouches. Take some aluminum foil and make a pouch, fill with chopped veggies, oil and spices. Yum. 2. Banana boats. Peel a banana on only one side, slice it down the middle, insert something yummy into the slice, like pieces of Reese’s cups. Roast the banana by setting it on a hot rock next to the fire. Once it’s good and hot, carefully remove from fire, remove the peel and enjoy! <u>Submission</u>: a photo of your team cooking over the fire.</i></p>
<p>13. Pet Rock Fashion Show</p> <p><i>Bust out the paints for this one! First, venture out to find a rock that is about the size of your palm. Next bring your rock back in and spend some time painting it up with colors, patterns and maybe a face. Don’t let your teammates see your rock just yet. Once everyone is done, designate a catwalk, blast some fun music, and have each team member strut their fashionable pet rock down the runway. When things wind down, find a place for</i></p>	<p>14. Create A Dirt Garden</p> <p><i>Research has linked increased immune system function in children with regular exposure to dirt (soil), and decreased function among children that don’t often play in the dirt. So, let’s get dirty to be healthy! Create a dirt garden by designating a patch of land and strip it of all vegetation. Loosen the soil with a shovel, hoe and/or rake. Throw in some buckets and spades, and you’ve got yourself a dirt garden. You could box it in like a sandbox, or leave it wide open. You</i></p>	<p>15. Cook Up A CookBook</p> <p><i>If you try some of the food-based activities this weekend, document your recipes and discoveries in an adventure cookbook. Also think about your favorite snacks when you’re out on adventures. Maybe do some research online into great “adventure snacks and meals”. This book is all up to you, but it should be something that you can use in the future and will maybe get you excited for your next big adventure! <u>Submission</u>: a</i></p>

<p><i>your pet rocks to live together in peace. <u>Submission</u>: photos of your pet rocks, of course!</i></p>	<p><i>could also purchase some top soil for your dirt garden if you have a base soil that is not so great for such things, like clay! <u>Submission</u>: a photo of at least one teammate enjoying the new dirt garden.</i></p>	<p><i>short video or a photo showing off your cookbook.</i></p>
<p>16. Become a Community Scientist! <i>Join the ranks of citizens around the globe that are participating in community science projects, helping scientists by making real world observations and recording data to online databases. This time of year, Project Budburst is still relevant, so start with that one! <u>Submission</u>: take a photo of your screen once you've entered your first observation into the Project Budburst system.</i></p>	<p>17. Flower Power <i>Grab some terracotta flower pots (any size will do) from the local home improvement store or garden center and decorate them with acrylic and/or spray paints. Deliver them as gifts to neighbors, family or friends, either empty, or fill them with potting soil and plant some flower (try for pollinator-friendly varieties) or veggie seeds or a transplant from your local garden center. <u>Submission</u>: a photo of your finished decorated flower pots.</i></p>	<p>18. Have Breakfast Outside <i>Before the heat of the day the light is golden and the birdsongs are plentiful this time of year. Is it raining? That's ok, create a shelter to stay dry (or get wet) - a simple tarp draped over your team will do. After you've woken and fixed breakfast, head outside to enjoy together. Eat slowly, talk with one another, listen quietly to the sounds around you. Greet the day and get ready for more challenges! <u>Submission</u>: a photo of your team eating an outdoor breakfast.</i></p>