*FITNESS SCAVENGER HUNT FOR KIDS*

KEEP YOUR CHILDREN ENGAGED AND MOVING INDOORS WITH AN ACTIVE SCAVENGER HUNT.

* **Before you get started:**
  + ​Recommended age: 5-10 years
  + What you will need: Music ready to play and a bag to collect items
* Instruct your child to find an item on the list. We recommend following the order below.
* When your child brings you the item, instruct him or her to do the exercise associated with it.
* Give your child the next item to find. Repeat this cycle until you finish the list. Make it more challenging by setting a timer to see how quickly your child can complete the scavenger hunt and exercises.

**THE LIST**

1. **Square-shaped pillow:** Jump in a square shape. Place the pillow on floor. Jump forward, to the side, backward, then to the opposite side. Completing one square is one repetition. Do 10 repetitions.
2. **Big book:** Get in a squat position, and read one page of the book. (A parent can read the page if your child cannot read.)
3. **Something you open:** Balance on your right foot for 30 seconds. Bonus points if you open your item while balancing!
4. **Colourful towel:** Count how many colours are on the towel. The number of colours on the towel is the number of jumping jacks you must complete.
5. **Something you button:**Balance on your left foot for 30 seconds. Bonus points if you button your item while balancing.
6. **Stuffed animal:** What type of stuffed animal did you find? Is it a bear? A bunny? Act like that animal for 30 seconds.
7. **A snack that is crunchy and healthy:**Healthy snacks make your stomach smile. Lie on your stomach and pretend you are flying as if you are superman for 30 seconds. Lift your legs and arms off of the ground as you fly.
8. **Rolled-up socks:**Test your balance and coordination. Throw the rolled-up socks in the air with one hand, then catch it with the other. How many can you complete in row without dropping the socks? Make it harder: Balance on one foot while throwing the socks.
9. **Ball**: Place the ball on the ground. Tap the bottom of your foot on top of the ball. Complete 20 repetitions. Make it harder: Add a hop between each tap.
10. **Something stinky:**Something stinky might make you crabby. Crab walk from one end of the room to the other. Start on your bottom with your hands behind your back and legs bent at the knees. Lift your bottom off the ground. Keep your belly as parallel to the ground as possible. Move forward, backward, and laterally like a crab.
11. **Paper towel roll:**Finding the paper towel roll makes you feel like a star, so it’s time to do star jumps! Squat to touch the ground, then explode into the air, reaching your arms and legs out as soon as your feet leave the ground. Make sure to say, “I’m a star,” at the top. Do 10 repetitions.
12. **Toilet paper roll:**TP time is 180 squat time! Place the toilet paper roll in front of you. Bend down, keeping the weight in your heels, to pick up the toilet paper roll. Jump half of a circle (180 degrees). Place the toilet paper on the ground, return to standing, then repeat 10 times.
13. **Something you need when it’s cold out:**When it’s cold, you need to warm up. Skip in place for 30 seconds.
14. **Sponge:** Twist your body like a sponge. Sit on the floor with your feet in front of you. Keep your legs still, and twist at your torso, alternating from your right side to the left 20 times.
15. **Pillow case:**Throw the pillow case in the air. How many high knees can you do before it touches the ground?
16. **Something you put things in:**Inchworm your way toward the finish line. Start in a standing position. Bend forward, lower your hands to ground, and keep your feet still as you walk out to a plank. From the plank, keep your hands still as you walk your feet in toward your hands. Repeat 10 times.
17. **Paper plates:** Use the paper plates to pretend like you’re climbing a mountain. Start in a plank position with your feet on the paper plates. Bring your right knee to your right elbow and your left knee to your left elbow. Complete 10 repetitions.
18. **Your favourite toy:**Finding your favourite toy calls for doing your favourite dance move. Set a timer for 30 seconds, turn on music, and move to the beat.
19. **A utensil you write with:**You’re almost there. Bicycle your way toward the finish line. Complete 10 bicycle crunches.
20. **Something cold:**Turn on music for one minute and do a round of freeze dance.