

SCAVENGER HUNT

GOAL

2 Aim to limit TV watching or computer use for fun to **2** hours or less each day

To learn more about the 5-2-1-0 goals, visit FitnessforKidsChallenge.com.

ACTIVITY: GRAB YOUR FRIENDS AND GET MOVING WITH A SCAVENGER HUNT!

For this activity you'll need to get the help of an adult.

1. Decide whether you'll have your scavenger hunt indoors or out.
2. Have an adult hide a number of simple objects in a couple of rooms in the house.
3. Have the adult give all the players a list of items to look for (they can include clues on where to find them if they want).

The first player to find all their objects wins!

Note: You can also play in teams. And if playing outside, be sure to set boundaries to search inside of.



Tip: This game not only gets you up and moving but it works your mind too! Problem-solving and teamwork are important skills to have.