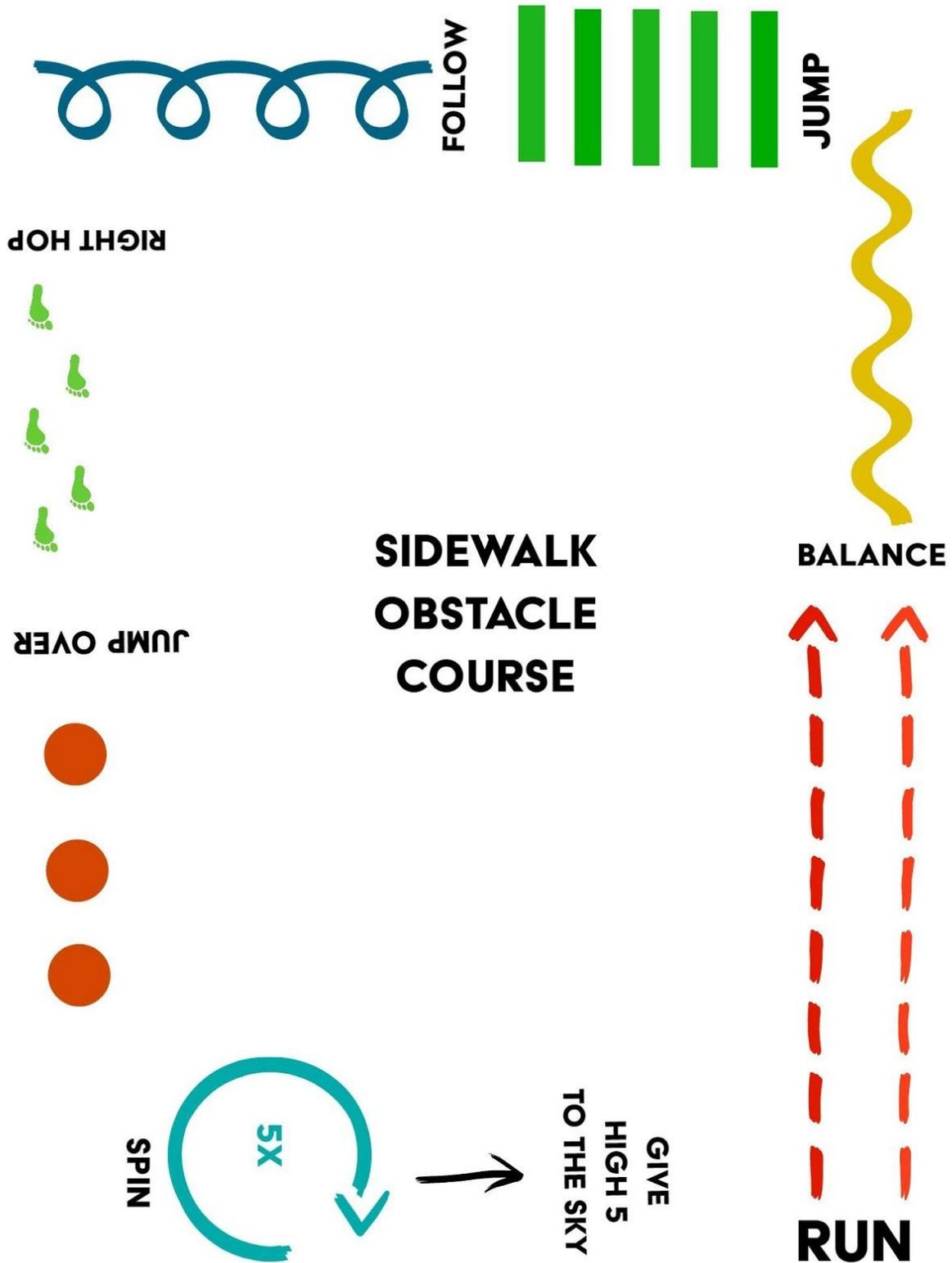


FAMILY FUN CHALLENGE SIDEWALK OR DRIVEWAY OBSTACLE COURSE

draw your obstacle course on the pavement with sidewalk chalk, pick a start point and GO.....





Rainbow Roundup

Scavenger Hunt

When a RED item is found, RUN in place as fast as you can for 10 seconds

When an ORANGE item is found, have an adult OPEN a window or door for a breath of fresh air

When a YELLOW item is found, hold one YOGA pose of your choice for 10 seconds

When a GREEN item is found, GORILLA shuffle (sink into a low squat with hands on the floor and walk around the room like a gorilla) for 30 seconds

When a BLUE item is found, BRING one member of your family a cup of water

When a PURPLE item is found, PLAY a pretend sport with your family by acting out throwing, catching, swinging, kicking, and playing defense

Other items to hunt for:	Other movements:
Something with wheels	Jump
Something very soft	Hop
Something round	Skip
Something shiny	Dance
Something you can read	Shuffle
Something that smells good	Crab crawl (crawl with hands on the floor behind you and hips lifted off the ground)



Spell-enger Hunt (incorporates spelling/vocabulary)

As a family, choose a word or phrase you want to spell out, for example: V-E-G-E-T-A-B-L-E

Choose a word or phrase that is relevant to you.

- Players move around the house to find items that begin with each letter in the word or phrase, in the correct order
- Players should bring each item to a common area to prove they found the correct lettered item before going to find the next item
- Players should walk quickly, run, skip, hop or jump between each item
- Players can do additional movements once they find each item before going to the next, such as jumping jacks, heel kicks, jump shots, or other movements found here
- Example: Word is H-E-A-L-T-H-Y Players have to first find an item that starts with 'H' (e.g., hat), followed by 'E' (e.g., envelope), 'A' (e.g., apple), etc. until items have been found to spell the whole word
- Challenge family members to a "race" and see who can complete the scavenger hunt the fastest; make it a competition between individuals or teams

SCAVENGER HUNT CHECKLIST

- RED & WHITE SIGN
- BLACK & WHITE SIGN
- ROBIN
- DOG
- BLUE CAR
- MAPLE TREE
- YELLOW FLOWER
- SWING
- BROWN HOUSE

