

HOUSEHOLD SCAVENGER HUNT

- ✓ **Walk around your house and find the items below. Check mark or circle or colour the box once you have found the item**

FIND SOMETHING.....

Something that is red	Something to eat	Something to clean
Something hard	Something tiny	Something blue
Something soft	Something heavy	Something white
Something black	Something short	Something green
Something smooth	Something rough	Something with wheels
Something orange	Something tall	Something fluffy
Something dirty	Something yellow	Something with more than three colours
Something with glitters	Something stinky	Something shiny
Something that makes you laugh	Something that is wet	Something that is noisy

You can modify the scavenger hunt by.....moving around as quiet as a mouse, as tall as a giraffe, hopping like a bunny.

ALPHABET SCAVENGER HUNT

Walk around your house (upstairs and downstairs) and find items that begin with each letter from the alphabet. Write the item you found in the box (ex. A apple, P pencil).

A	B	C
D	E	F
G	H	I
J	K	L
M	N	O
P	Q	R
S	T	U
V	W	X
Y	Z	How many did you find?

MODIFY YOUR SCAVENGER HUNT

Draw a picture of the item in the box beside the letter instead of writing it

NATURE SCAVENGER HUNT

(Walk around your house or neighbourhood)

EASY.....

- ✓ TREE
- ✓ ROCK
- ✓ BUTTERFLY
- ✓ GREEN LEAF
- ✓ FLOWERS
- ✓ COLURED LEAF
- ✓ ANIMAL
- ✓ PUDDLE
- ✓ PLANTS
- ✓ BUG
- ✓ FEATHER
- ✓ BIRD
- ✓ CLOVER
- ✓ SEEDS

HARD.....

- TALLER THEN A HOUSE
- LARGER THAN A BASKETBALL
- WORM
- FOUR POINTS ON ONE LEAF
- EX. TULIP OR ROSE
- MAPLE
- CHIPMUNK
- POOL
- MUSHROOMS
- LADY BUG
- DUCK
- BLUE JAY
- THREE LEAF
- ACORN

HOW MANY DID YOU FIND? _____

BACKYARD SCAVENGER HUNT

MOVE AROUND YOUR BACKYARD AND FIND THE ITEMS BELOW



MODIFY YOUR SCAVENGER HUNT

Move in different ways such as **JUMP, RUN, SKIP OR GALLOP** to find each item or move like your favourite animal such as **HOP LIKE A BUNNY, CRAWL LIKE A LION, LEAP LIKE A FROG** or **MOVE SLOW AS A SLOTH**.

SUPER DUPER HARD SCAVENGER HUNT (two pages)

Find ALL of the items below in this **ALL-STAR** scavenger hunt. The challenge is to **ONLY** find items in your house or home.

Something that is triangle in shape

A star

Something that can open and close

Something clear or see-thru

Something that stretches

Something that has the letter H

Something with an arrow

Something purple

Something you can wear your wrist

Something that can be used to measure

Something that is used for a board game

Something that was a gift to you

Three (3) things that can be stacked

Something with the number 7 on it

Something that plays music

Something green

Something sparkly

An old newspaper

An action figure or superhero

A remote control car or car that moves with batteries

Something you can wear that is brown

Elmer's white glue (used in school)

Ten of Diamonds (from a deck of cards)

A Toronto Blue Jay article of clothing

One puzzle piece

Something sticky

Something that squishes

Something to wear on your hands (not winter gloves)

A stuffed toy frog

Something that holds water

Something that has three holes in it

HOW MANY DID YOU FIND _____

**** write down five more items that you think can make this list.**

“CAN YOU FIND.....” SCAVENGER HUNT (2 pages)

(while walking around your neighbourhood)

Can you find these makes of cars?

Acura _____

AUDI _____

BMW _____

BUICK _____

Cadillac _____

Chevy _____

Dodge _____

Ford _____

GMC _____

Honda _____

Hyundai _____

Infiniti _____

Jaguar _____

Kia _____

Lexus _____

Mazda _____

Mitsubishi _____

Nissan _____

Oldsmobile _____

Pontiac _____

Subaru _____

Toyota _____

Tesla _____

Mercedes _____

Volkswagen _____

Volvo _____

Can you find these landmarks?

Bridge _____

Baseball Diamond _____

Cat _____

Car Dealership _____

Dog _____

Fence _____

Hill _____

Mall _____

Park _____

Restaurant _____

School _____

Supermarket _____

How about these signs?

Stop Sign _____

EXIT _____

Do Not Enter _____

Speed Limit _____

Yield _____

Traffic lights _____

One Way _____

Bus Stop _____

School Zone _____

Restaurant _____

School _____

Supermarket _____

City Scavenger Hunt

- | | | | | | |
|--------------------------|---|-----------------------|--------------------------|---|----------------------|
| <input type="checkbox"/> |  | bicycle | <input type="checkbox"/> |  | fire hydrant |
| <input type="checkbox"/> |  | door | <input type="checkbox"/> |  | tall building |
| <input type="checkbox"/> |  | tree | <input type="checkbox"/> |  | wheel |
| <input type="checkbox"/> |  | brick | <input type="checkbox"/> |  | pigeon |
| <input type="checkbox"/> |  | sidewalk crack | <input type="checkbox"/> |  | cloud |
| <input type="checkbox"/> |  | dog | <input type="checkbox"/> |  | flag |
| <input type="checkbox"/> |  | mailbox | <input type="checkbox"/> |  | flower pot |
| <input type="checkbox"/> |  | sign | <input type="checkbox"/> |  | bench |

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Can you find these items when you are walking around the neighbourhood with your parents?? How many did you find? _____



Spring Scavenger Hunt

 RAIN	 BEE	 SPROUT	 WORM
 NEST	 PUDDLE	 BUTTERFLY	 BUNNY
 RAINBOW	 CHICK	 FLOWERS	 CATERPILLAR
 SEEDS	 MUD	 GREEN LEAVES	 UMBRELLA
 RAIN BOOTS	 LADYBUG	 KITE	 BASEBALL

Hello Kindergartens!!

With your parents help, and in your backyard, front yard and/or around the house, try and find these spring items over this long weekend. You can move in different ways such as hop, walk, skip, gallop, jump to find the items. When you find them circle the item.

How many did you find? _____

FITNESS ACTIVITY - SELFIE EDITION

Complete the chart below in any direction. There are 25 activities for you to complete. Each activity for 15 seconds. During the activity, Snap a Selfie or Photo using a cell, tablet or Ipad of yourself.

Run on the spot	Frog jump	Star jump	Skip (with or without a rope)	Sit ups
Hop on one leg	Giant steps	March on the spot	Flap your arms like a bird	Walk on the spot
Cimb the stairs - or pretend to climb the stairs	Crazy Dance	 Rest Period	Balance on one leg	Stretch UP nice and tall
Sit and reach for your toes	Jog on the spot with your knees up high	Walk around like a crab (Mr. Crabbe)	Small arm circles	Walk aroud an open space
Jump as high as you can	Sit down and then stand back up	Walk on our tippy toes	Large arm circles	Karate kicks

Modify the activity by increasing the time to 30 seconds or complete the activity with a family member.

100 EXERCISES FITNESS CHALLENGE

100 Days

Bigger
Stronger
Faster

10 x 10 = 100

10 Sit Ups

10 Lunges

10 Arm Circles

10 Squats

10 Plank

10 Jumping Jacks

10 Leg Lifts

10 Run in Place

10 1 Foot Hops

10 Push Ups

PERFORM THESE ACTIVITES AT YOUR OWN PACE.
PLEASE TAKE YOUR TIME, IT IS NOT A RACE.

HAVE FUN!!

30 Day Push-Up Challenge

Day 1 10 sec. plank 5 push-ups	Day 2 10 sec. plank 6 push-ups	Day 3 10 sec. plank 7 push-ups	Day 4 10 sec. plank 8 push-ups	Day 5 10 sec. plank 8 push-ups
Day 6 15 sec. plank 9 push-ups	Day 7 15 sec. plank 10 push-ups	Day 8 15 sec. plank 10 push-ups	Day 9 15 sec. plank 10 push-ups	Day 10 15 sec. plank 10 push-ups
Day 11 20 sec. plank 11 push-ups	Day 12 20 sec. plank 12 push-ups	Day 13 20 sec. plank 13 push-ups	Day 14 20 sec. plank 14 push-ups	Day 15 20 sec. plank 15 push-ups
Day 16 25 sec. plank 15 push-ups	Day 17 25 sec. plank 16 push-ups	Day 18 25 sec. plank 17 push-ups	Day 19 25 sec. plank 18 push-ups	Day 20 25 sec. plank 19 push-ups
Day 21 30 sec. plank 20 push-ups	Day 22 30 sec. plank 20 push-ups	Day 23 30 sec. plank 20 push-ups	Day 24 30 sec. plank 20 push-ups	Day 25 35 sec. plank 20 push-ups
Day 26 40 sec. plank 22 push-ups	Day 27 45 sec. plank 24 push-ups	Day 28 50 sec. plank 26 push-ups	Day 29 55 sec. plank 28 push-ups	Day 30 60 sec. plank 30 push-ups

FITNESS CHALLENGE – CAN YOU MAKE IT FOR 30 DAYS?