Scavenger Hunt

How to Play: Play as an individual, small group against others or as a family team. Complete different challenges, and check them off as you go in the column on the right. Set an agreed-upon time limit for the game before you start. At the end of the time limit, add up your points and see how many you/your team earned. Before you go decide if you will walk, run, or bike to find your objects. Be mindful of current health precautions. Good luck and have fun!

### 25 point challenges
- Run and touch 5 different colored objects
- Find a stick on the ground and jump over it 30 times
- Find 5 rocks in different locations
- Skip in a circle around 3 different trees

Total Points: 100

### 50 point challenges
- Find a rounded leaf, a pointy leaf and a pine needle
- Spell a word on the ground using whatever you can find
- Pick a start and finish line and race someone else
- Find 4 different types of flowers

Total Points: 200

### 75 point challenges
- Find a 4-leaf clover
- Build a mini log cabin at least 3 inches high using only sticks
- Find 3 different types of bugs
- Find 3 of the same type of nut (walnuts, pecans, acorns) OR fruit (apples, blackberries, pears, etc)

Total Points: 300

Make physical activity fun! Physical activity can be anything that gets you moving. Check out the CDC's list for more fun ideas.

This guide was created by MU Extension faculty Sara Bridgewater and Carrie Elsen who specialize in nutrition and exercise education and reviewed by exercise physiologists from MU Extension. MU Extension's Nutrition and Health unit enhances access to the resources and research from University of Missouri. Please visit the home page to learn more about MU Extension Nutrition and Health https://extension2.missouri.edu/find-your-interest/youth-and-family/nutrition-and-health-education