

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

Completed?

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

100 Points Possible

Total Points:



50 point challenges

Completed?

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

200 Points Possible

Total Points:



75 point challenges

Completed?

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)

300 Points Possible

Total Points:



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>