

# Healthy Hearts

## Healthy Challenge Scavenger Hunt

### Physical Activity:

Go on a scavenger hunt in your house/daycare. Do this as a big group or divide into smaller groups. Make it a race and see who can finish the list fastest. Use a stopwatch or a clock to time yourselves. Below are some examples to use. You may want to add and/or delete some that would best fit your environment.

- Touch 2 tissue boxes
- Grab a spoon from the kitchen and bring it back to the leader
- Point to a healthy snack in the refrigerator, like fruit or vegetables
- Touch every doorknob in the house as fast as you can
- Find 3 red things in your house, bring them to the leader
- Grab the remote control and bring it to the leader
- Touch 2 soap containers or bars
- Find any book or magazine and bring it back to the leader
- Touch a clock
- Find a pair of socks and put them on
- Get a plastic cup and bring it back to the leader
- Touch 3 light switches
- Touch a window
- Find a picture, poster, or wall art with the color blue in it and point to it
- Bring a stuffed animal back to the leader
- Touch a plant (real or fake)
- Give someone in your house a hug
- Run into every room in the house and jump twice
- Sit down in 3 different chairs
- Walk around the kitchen table
- Find a ball and bring it back to the leader
- Touch a canned food item in your pantry
- Grab a hat and bring it back to the leader
- Touch the kitchen sink

Source: [www.heart.org](http://www.heart.org)