

Active At-Home Scavenger Hunt



Scavenger hunts are fun activities that can support curiosity, learning, and physical activity. Whether indoors or outside, there are plenty of things around us to explore.

For fun, simple activities that can get families with younger (page 1) and older children (page 2) moving while at home, hunt for the following items and add your own ideas to the list.

For families with younger children, try the:

Rainbow Roundup (incorporates colors and letters)

- 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

- Something with wheels
- Something very soft
- Something round
- Something shiny
- Something you can read
- Something that smells good

Other movements

- Jump
- Hop
- Skip
- Dance
- Shuffle
- Crab crawl (crawl with hands on the floor behind you and hips lifted off the ground)

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For families with older children, try the:

Spell-enger Hunt (incorporates spelling/vocabulary)

- As a family, choose a word or phrase you want to spell out
- Players move around the house to find items that begin with each letter in the word or phrase, in the correct order

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

- 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](#)

Variations

- Challenge family members to a “race” and see who can complete the scavenger hunt the fastest; make it a competition between individuals or teams
- Choose a word or phrase that is relevant to you
- To make it more challenging, choose a long word with less common letters (e.g., V, Z)