

Active At-Home Scavenger Hunt



Scavenger hunts can promote curiosity, learning, and physical activity as you search for objects and explore your environment.

Try these fun and simple activities to get your family moving while at home or out and about. If you are in a public place and cannot pick up items you find, take pictures or point out your fun finds to each other as you go!

Senses-Driven Scavenger Hunt

For families with younger children in grades K-2

Build awareness of colors and senses

To get started:

1. Have every family member pick a color from the RAINBOW ROUNDUP.
2. Have every family member pick a description from the SENSE FINDER.

During your scavenger hunt:

1. All pause and participate in each activity when someone finds an item.
2. The first person to find both of their items gets to assign each family member a new RAINBOW ROUNDUP color for the next round.

Rainbow Roundup

- **When you find a RED item**, RUN in place or ROCK side to side for 10 seconds.
- **When you find an ORANGE item**, OPEN your arms as wide as you can for 10 seconds.
- **When you find a YELLOW item**, hold one YOGA pose of your choice for 10 seconds.
- **When you find a GREEN item**, squat and swing your arms from side to side like a GORILLA for 10 seconds.
- **When you find a BLUE item**, BALANCE an object on the back of your hand or foot for 10 seconds.
- **When you find a PURPLE item**, PLAY a pretend sport with your family by acting out throwing, catching, swinging, kicking, and playing defense.

Sense Finder

- When you find something SHINY, draw a circle in the air with your arms or feet 10 times.
- When you find something SOFT, reach toward your toes and hold for 10 seconds.
- When you find something that makes NOISE, dance in place for 10 seconds.
- When you find something that SMELLS GOOD, skip or hop for 10 steps.
- When you find something that TASTES GOOD, shuffle your feet and arms in place for 10 seconds.

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Word Search Scavenger Hunt

For families with children in grades 3-5+

Build spelling skills and vocabulary

To get started:

1. As a family, choose a word or phrase you want to spell out.
2. Choose a word or phrase that is meaningful to your family. To make it more challenging, choose a long word with less common letters (e.g., V, Z).
3. Write it out so everyone knows how to spell it.

During your scavenger hunt:

- 1. Look for items that begin with each letter in the word or phrase you chose, in the correct order. For example, if your word is “H-E-A-L-T-H” for example, 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.
 2. Challenge family members to a “race” and see who can complete the scavenger hunt the fastest; make it a competition between individuals or teams.
 3. When each family member or team finds an item, they get to choose one activity for the whole family to do for 10 seconds. (See examples below.)
 4. Bring each item to a common area or take a picture to show that you have found each correct item before completing each activity and moving on to the next letter.

Example:

