

EXERCISE SCAVENGER HUNT

When you find the listed object or color, perform the exercise listed with that number before continuing the scavenger hunt! Place a check mark by each number once you find the object

1. ___ Find something BRIGHT and RUN IN PLACE FOR 30 SECONDS!
2. ___ Find something WHITE and do 10 JUMPING JACKS
3. ___ Find something ORANGE and do 5 LEAPS!
4. ___ Find something SWEET and do 10 POPCORN JUMPS!
5. ___ Find something THAT GROWS and do 10 VERTICAL JUMPS!
6. ___ Find something COLD and do 10 HIGH KNEES!
7. ___ Find something that FLIES and do 10 HOPS!
8. ___ Find something THAT ROLLS and do 10 SKIPS!
9. ___ Find something YOU LOVE and DO 15 WASHING MACHINES!
10. ___ Find something HARD and do 5 HORIZONTAL JUMPS!