

Scavenger Hunt Rules

- Mark an X in the circle when you find an item.
- Complete anywhere in any amount of time.
- Have fun!

Let's be active!

Let's do a scavenger hunt!



MAT-SU STRONG

Growing healthy families

Let's be active!
Let's do a
scavenger hunt!

Fun Activity!

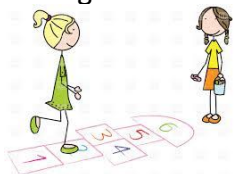
1. Circle the item that is **different** from the others.



2. What do you see in this picture? Name at least two activities you can do here.



3. Can you name the game that these children are playing?



4. Circle the **green** bicycle.



5. How many holes do you see in this ball?



6. Do you know what these people are doing? Match each of these activities to the pictures below.

Dancing Diving Running Playing Basketball



One Hour of Play, Every Day.
To feel great and maintain a healthy weight, children need at least 60 minutes of physical activity every day. To help your child be active, come up with fun ways to add more activity for the whole family.



The Children's Healthy Living Program at the University of Alaska is designed to promote healthy eating and active lifestyles in young children.



United States Department of Agriculture
National Institute of Food and Agriculture
Agriculture and Food Research Initiative (AFRI)
No. 2011-68001-90335

