

Scavenger Hunt Rules

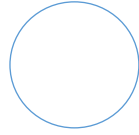


- Mark an X in the circle when you find an item.
- Complete in any amount of time.
- Very important! Please stay on the trails.
- Do the scavenger hunt on your school grounds, park or your favorite trail.

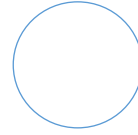
Have Fun!



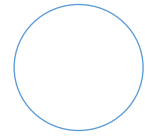
Find icicles.



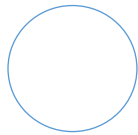
Find a spruce cone.



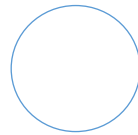
Find a bird.



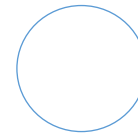
Find animal tracks in the snow.



Find a frozen leaf.



Make something in the snow.



MAT-SU STRONG

Growing healthy families

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

Recommended for kids ages 2-5 years

Tips for dressing your child for cold winter weather

1. Always check the weather forecast before choosing clothes for your child.
2. Dress in layers with a base layer, middle insulating layer and outer protective layer. Keep little hands and feet especially warm. Avoid cotton.
3. Adjust clothing according to activity level.

Family-Friendly

Winter Activity Ideas

Go sledding
Go ice skating
Play a game of hockey in your driveway
Build a snow castle

Take a walk and look at animal tracks in the snow

Ask your parents to put together a treasure hunt

Take a walk pretending to be an arctic explorer

Create a winter version of your favorite game

Do this scavenger hunt or make up your own

Race to put on snow clothes

Build a snow fort

Go skiing or snowshoeing
Build a snow man

Make up a new dance
Make snow angels
Go ice fishing



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. Even when the weather outside gets chilly, kids still need to be active. To help your child stay active, refer to the back of this pamphlet or come up with your own ways to add more fun 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.



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