

Let's be active!

Let's do a scavenger hunt!

Find a pointed tip leaf.



Find a round leaf.



Spot a lily pad.



Spot a big fallen tree.



Spot a white flower or red berry.



Find moose poop, but don't touch it!



Find a red leaf.



Find a spruce cone.



Find a leaf with something living in or on it.



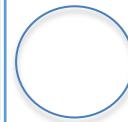
Spot a track from any kind of animal. Humans count!



Spot a mushroom.



Find some tree roots.



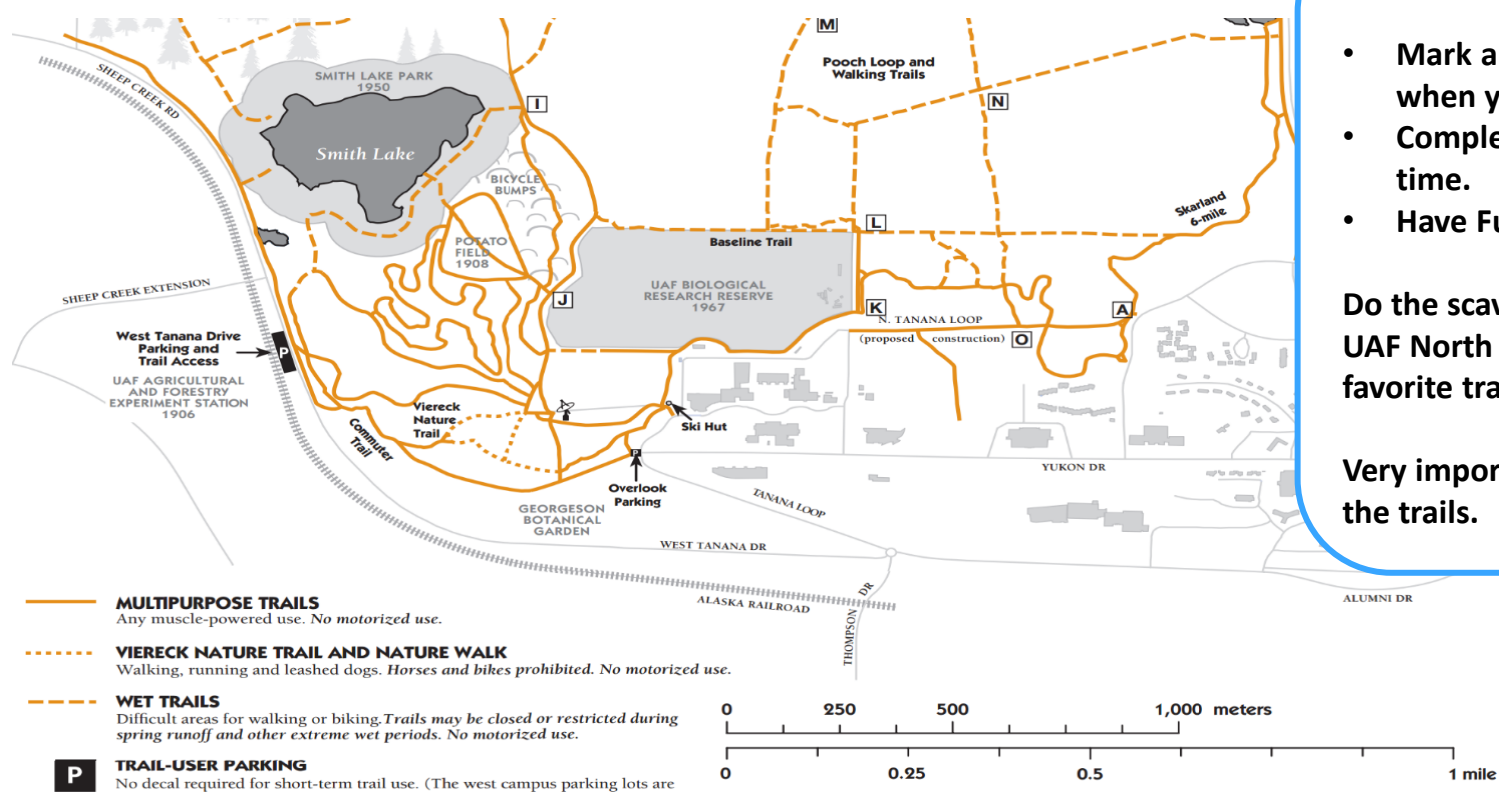
One Hour of Play, Every Day. To feel great and maintain a healthy weight, children need at least 60 minutes of physical activity every day. To help your child be active for at least 60 minutes, come up with fun ways to add a little bit more activity for the whole family-- like an outdoor scavenger hunt!

Scavenger Hunt Rules

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

Do the scavenger hunt on the UAF North Campus Trails or your favorite trail!

Very important! Please stay on the trails.



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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