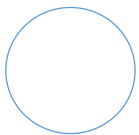


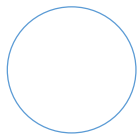
## Scavenger Hunt Rules

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

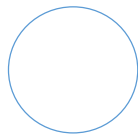
**Find icicles.**



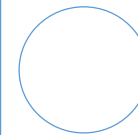
**Find a bird.**



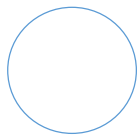
**Find a frozen lake, pond or puddle. Do not walk on it!**



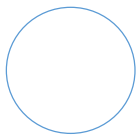
**Find a fallen tree.**



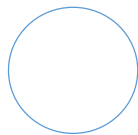
**Find frozen berries on a tree or bush.**



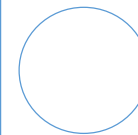
**Find snow clinging to the bark of a tree.**



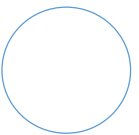
**Find a sign of a moose. Hint: Look for tracks, droppings, or eaten willow.**



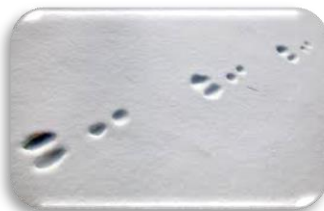
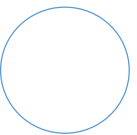
**Find a spruce cone.**



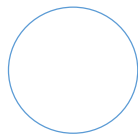
**Find spruce needles in the snow.**



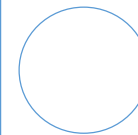
**Find a track from any kind of animal. Do you know who made the tracks?**



**Find frozen leaves on a tree.**



**Make something in the snow. Ideas: Make a snow angel, snow man, or footprint.**



## 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.

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

Recommended for kids ages 4-100 years

## 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



For more winter tips and ideas, visit:  
[www.fairbanksfamilies.com/family-fun.htm](http://www.fairbanksfamilies.com/family-fun.htm)

### 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.



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



## Scavenger Hunt Rules

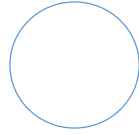


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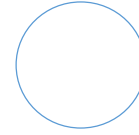
Have Fun!



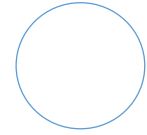
**Find icicles.**



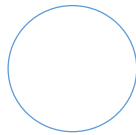
**Find a spruce cone.**



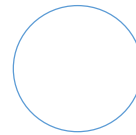
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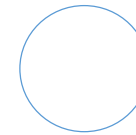
**Find animal tracks in the snow.**



**Find a frozen leaf.**



**Make something in the snow.**



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

Recommended for kids ages 2-5 years

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