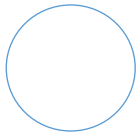
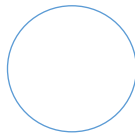


Let's be active!
Let's do a scavenger hunt!

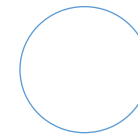
Find a pointy leaf.



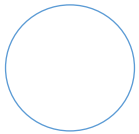
Find a spruce cone.



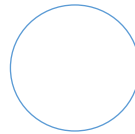
Find an insect.



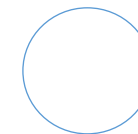
Find a smooth rock.



Find a flower.



Find something that
smells good. What
did you find?



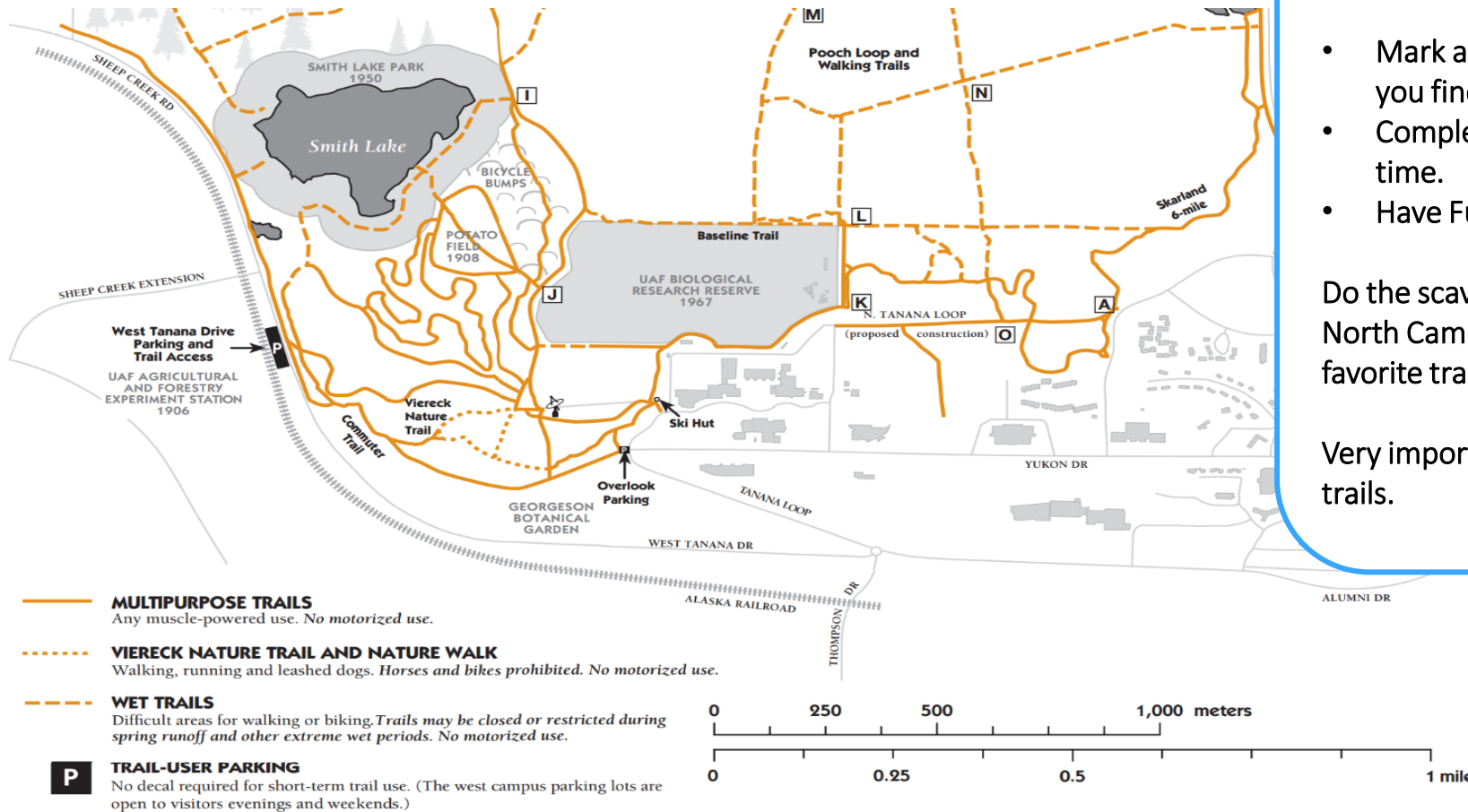
One Hour of Play, Every Day. To feel great and maintain a healthy weight, children need at least 60 minutes of physical activity every day. To help your child be active for at least 60 minutes, come up with fun ways to add a little bit more activity for the whole family-- like an outdoor scavenger hunt!

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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