

Healthy Challenge Scavenger Hunt

Go on a scavenger hunt in your very own house! Grab a friend, a sibling, or a parent and hunt for the items. Leave this list up on your computer screen as you search for each item. As you complete each task, come back to the computer to read the next item on your list. Make it a race and see who can finish the list fastest. Use a stopwatch or a clock to time yourselves.

1. Touch 2 tissue boxes
2. Get in and out of bed (with covers) 5 times
3. Touch your mailbox
4. Grab a spoon from the kitchen and bring it back to the computer
5. Point to a healthy snack in the refrigerator, like fruit or vegetables
6. Touch every doorknob in the house as fast as you can
7. Find a food in your pantry or refrigerator with less than 100 calories per serving (check the nutrition label)
8. Find 3 red things in your house, bring them to the computer
9. Find 3 different soft items like a bath towel, bed sheet and t-shirt, bring them back to the computer
10. Grab the remote control and bring it to the computer
11. Touch 2 soap containers or bars
12. Grab your pillow and bring it to the computer
13. Touch your tube of toothpaste
14. Find any book or magazine and bring it back to the computer
15. Touch your hair brush or comb
16. Find a roll of tape and bring it back to the computer
17. Touch a CD, radio, or MP3 player
18. Touch a clock
19. Find a pair of socks and put them on
20. Get a plastic cup and bring it back to the computer
21. Touch a phone
22. Touch 3 light switches
23. Touch a window
24. Find a picture, poster, or wall art with the color blue in it and point to it
25. Bring a stuffed animal back to the computer
26. Grab a DVD and bring it back to the computer
27. Touch the laundry detergent
28. Touch a plant (real or fake)
29. Give someone in your house a hug
30. Run into every room in the house and jump twice
31. Sit down in 3 different chairs
32. Walk around the kitchen table
33. Find a ball and bring it back to the computer
34. Touch a canned food item in your pantry
35. Grab a towel from the kitchen and bring it back to the computer
36. Point to 2 trash cans in your house
37. Find a plastic bag and bring it back to the computer
38. Grab a hat and bring it back to the computer
39. Touch your shampoo bottle
40. Touch the kitchen sink

Remember to put everything back when you finish!

Healthy Challenge Scavenger Hunt BONUS ROUND

There are hidden words on the list, some are a part of a healthy lifestyle, and some are not. Can you identify them? Write down all of the words that are a part of a healthy lifestyle and then write down all of the words that are less healthy. Compare your list with the list below. For each item you can identify, deduct 1 second from your time. Whoever has the shortest time after the bonus round wins!

Healthy Lifestyle Words

- **Tissue boxes**
A good way to prevent spreading a cold is to cough, sneeze, and blow your nose into a tissue when you are sick. When you get the sniffles, put some in your backpack...just in case!
- **Bed and pillow (one point each)**
Just like it is important to be physically active, it is important for our bodies to rest too. By getting enough sleep, we are “recharging” our brains and bodies for the next day. It is best to try to get 8 to 9 hours of sleep every night so that our bodies and minds can grow, play and learn their best!
- **Fruits or vegetables**
Did you know that we should eat fruits and veggies at least 5 times a day? A great way to reach that goal is by eating them at every meal, and as our snacks. Make it fun by picking a new fruit or veggie to try each week!
- **100 calories per serving**
Snacks are a great way to keep our energy up during the day, but be sure to eat ones that are lower in calories. When we eat too much between meals, we usually aren’t hungry when it’s dinner time. Some ideas are a piece of fruit, veggie sticks, or a handful of nuts.
- **Soap containers or bars**
A great way to help avoid getting sick is simply by washing our hands! After you are done playing and before you eat, give your hands a good scrub to get off all the germs. To make sure you wash all of the germs off, sing the ABC’s two times before you stop scrubbing.
- **Toothpaste**
It is important to brush our teeth regularly, at least twice a day. When we let food stay on our teeth, it can make them weak and increase our chances of getting cavities- yuck! Be sure to brush all parts of your teeth, top, bottom, and sides. Make sure you are brushing long enough by singing the birthday song twice in your head before you spit.
- **Run, jump, and walk (one point each)**
In order for our bodies to be fit and healthy, it is important for us to get enough physical activity. Whenever you play sports, go for a walk, run around the yard, jump rope, and play other physically active games you are helping to make your heart, bones, and muscles strong. Try to be physically active for at least 60 minutes a day. Remember that you don’t have to do it all at once, space it out by being physically active for 20 minutes at a time.

Less Healthy Words

- **Remote control and DVD (one point each)**
Watching TV sometimes is okay, but too watching too much can cause us to not be physically active or snack too much, which is bad for our health. Limit the amount of time you watch TV or are on the computer to 2 hours a day, then play some physically active games, like jump rope or basketball!