

Day Eighteen: May 18, 2020

NINJA SCAVENGER HUNT

Scavenger hunts are a super fun way to get kids outside and interacting with their environment. Usually the adults give the kids a list of items to find and the active part is all the walking around they have to do to search for everything. But on a recent nature walk with my kids, I thought it would be fun to have them find things in nature to interact with, making activity the theme of the hunt.

The result is a scavenger hunt that not only gets your kids outside and moving, but helps them to develop movement skills as well. It works best if you can find a forest, ravine, or green belt to explore but you can just as easily improvise in a city park. Don't forget to pack, water, sunscreen, and a healthy snack!

1. Find a log to balance on



2. Find a tree to climb





3. Find a puddle to jump over (or into!)



4. Find a rock to throw into a creek



5. Find an incline to climb up



DISCLAIMER: The CVRD is not responsible for any harm, including bodily or infrastructure, that may be caused as a result of doing this activity at home, so please use your discretion and participate within the scope of your abilities, knowledge and comfort level. Please feel free to alter this activity to suit your needs, and remember to be safe and have fun!



6. Find a path to skip down



7. Find an open area to run in



8. Find a grassy hill to roll down



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9. Find a rock to jump off



10. Find a shady tree to rest beneath



Download this [printable version](#) of the checklist to take with you on your adventure and then give it to your kids so they can see that they've achieved "official" active nature ninja status.

When you get back home, be sure to let us know if you have any other great items to add to the list.

Photo and activity credit: <https://activeforlife.com/active-scavenger-hunt/>

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