



**Do 5 HIGH JUMPS**

**Clue: If you are tired, you can sit on me for a rest**

---



**Do 5 SQUATS**

**Clue: I can get very hot, and cook lovely tasty food for you.**

---



**Do 5 JUMPING JACKS**

**Clue: I can be hot or cold, turn me on to make me wet**

---



**Do 5 HEEL FLICKS**

**Clue: I can talk, sing, and even make you dance**

Do 5 TOE TOUCHES



Clue: You can hang things on me to help them dry

---

Do 5 LUNGES



Clue: I am soft, and cuddly, and give great hugs

---

Do 5 PRESS UPS



Clue: I mind all your toys when you are not here

---

Do 5 SIT UPS



Clue: I mind what you wear, clean or dirty



**Do 5 HEEL TAPS**

**Clue: Keep me open or close me, I will let you in and out**



**Do 5 SIDE REACHES**

**Clue: I am one of many on your house. Look in and look out**



**Do 5 POSES**

**Clue: Zzzz, sleep tight**

## Answers

1. **Seat/ couch**
2. **Oven/ hop - please ensure it is turned off**
3. **Sink Tap**
4. **Radio**
5. **Radiator**
6. **Teddy/ family pet**
7. **Storage box/ toy shelves etc**
8. **Laundry basket**
9. **Door to a room**
10. **Window**
11. **Bed**

## Tips for setting up the Active Treasure Hunt

- The 1<sup>st</sup> clue is read out at the starting point.
- Depending on your outdoor area, mix up the clues and place them in locations whereby the children have to walk/ run a good distance before reaching the next point.
- If you have plastic sheets/small sandwich bags/ laminating sheets, place each clue on one, so you can re-use them.
- If a few siblings are doing the hunt together, and some are older/ faster – set a rule that the group must stay together throughout the hunt, complete the exercises together, and figure out the next clue together, before moving on.
- Attach each clue with a little tape, so they don't blow away
- You choose the 'Treasure' to be found at the last location. Although more often than not, the prize is sweet treats, other options could include:
  - They get to choose a movie to watch
  - Staying up a little bit later at bedtime
  - Extra playtime
  - Pick their favourite dinner for tomorrow
  - One day of 'jobs'