



Do 5 HIGH JUMPS

Clue:

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Do 5 SQUATS

Clue:

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Do 5 JUMPING JACKS

Clue:

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Do 5 HEEL FLICKS

Clue:

Do 5 TOE TOUCHES



Clue:

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Do 5 LUNGES



Clue:

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Do 5 PRESS UPS



Clue:

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Do 5 SIT UPS



Clue:



Do 5 HEEL TAPS

Clue:

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Do 5 SIDE REACHES

Clue:

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Do 5 POSES

Clue:

## Answers

### 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
- For older children, make the clues more cryptic, and use more difficult words so they can also improve literacy.
- 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'