



**Do 5 HIGH JUMPS**

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

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**Do 5 SQUATS**

**Clue: I am green, and I grow fast. Keep me cut so I do not get too big.**

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**Do 5 JUMPING JACKS**

**Clue: Twist me to make me wet**

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**Do 5 HEEL FLICKS**

**Clue: I am brown and very tall, and when the wind blows I sway from side to side**

Do 5 TOE TOUCHES



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

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Do 5 LUNGES



Clue: I have two wheels, and two arms, use your feet to make me go fast

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Do 5 PRESS UPS



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

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Do 5 SIT UPS



Clue: I am yellow, and smell so nice, and the busy bee loves me



**Do 5 HEEL TAPS**

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

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**Do 5 SIDE REACHES**

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

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**Do 5 POSES**

**Clue: Knock Knock, who is there?**

## **Answers**

- 1. Outdoor bench/ seat/ low wall**
- 2. Your lawn/ grass**
- 3. Outdoor Tap/ Hose**
- 4. Tree**
- 5. Clothes Line**
- 6. Bicycle or any ride on with wheels**
- 7. Outdoor shed/ storage box/ or even the family pet**
- 8. Yellow flower**
- 9. Outdoor Gate**
- 10. Window**
- 11. Front or Back door**

## **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'