

Week #4



Day 1 & 3: Scavenger Hunt for 20 minutes

Activity	Description	Count
Make a list of items to be found in your play area: Examples: Find something of a certain color, shape or length. Or list specific items such as rock, leaf, stick etc. Make it as specific or general as you want depending on your location and the age of your players. You could also place some objects in the play area before the hunt that are on the list to be found.	Divide the group into two teams. If there is only one player, he or she can do a solo hunt. Give each team the list and a bag or box to carry the scavenger hunt items in.	Hunt continues until one team finds all items on their list or time is called.

Day 2 & 4: Hungry Hungry Hippos for 20 minutes

Activity	Description	Count
Object of Game: Teams race to pull items from the center bucket then activity. Gather items to identify activities such as plastic numbers or letters or colored pieces of paper. You'll need 5 of the same number, letter or colored paper for each team. Each different number, letter or color will be assigned an activity. Place all items in one bucket, have 4 more buckets, one for each team. (If you have fewer teams, reduce the number of buckets)	Arrange 4 empty buckets in the 4 corners of the play area. Place filled bucket in the center of the square. Break into 4 teams. Each team starts at their corner. When the game starts, one team member at a time runs to the center to pick out a number, letter or colored piece of paper from the center bucket. Once they return, they put the number in their team's bucket and then the next teammate runs in and has to choose a different number, letter or color.	Continue until all teams have one each of the 5 items – no repeats! Teams then start the activities associated with each number, letter or color. First team to finish wins or continue for 20 minutes.

Suggested Activities:

- 1 or A or blue paper = 5 Jumping Jacks
- 2 or B or green paper = Running in Place for a count of 10
- 3 or C or red paper = 5 Bunny Hops
- 4 or D or orange paper = 5 Squats
- 4 or E or yellow paper = 5 Toe Touches

Day 5: Dance Party for 20 minutes

Activity	Description	Count
Let everyone choose their favorite upbeat songs to make a 20 minute playlist. Or use a pre-made one.	Let everyone do their own thing or let each dancer lead their own dance to the song of their choice.	Keep dancing for 20 minutes, with breaks as needed.

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