



For this activity we will be going on a nature scavenger hunt and get a fun workout in! Follow the list and guide below, don't forget to stretch and always be with an adult! (:

What we're looking for...	What we do when we find it...
Birds	10 Jumping Jacks
Yellow Flowers	10 Squats
Lady Bug	10 Lunges
Red Flowers	10 Squat Jumps
Cats	10 Jumping Jacks
Palm Trees	10 Lunges