

RINKA RU'S ADVENTURE SCAVENGER HUNT

This exciting journey will take your child through a series of fun physical challenges and mindful moments, all while searching for hidden treasures. Below is a detailed guide to setting up and participating in this scavenger hunt.

Preparation

Create Clue Cards: Write or print each clue on a separate card and hide them at different locations around your home or garden

Gather Props: If needed, gather props or markers to indicate where clues are hidden.

Map: Optional - Create a simple map for younger children to follow.

THE SCAVENGER HUNT

Clue 1: Start of the Journey

Location: Starting Point

Clue: "Welcome to the adventure! To begin, do 10 jumping jacks to get your energy flowing, then find the next clue under the big oak tree (or designated location)."

Activity: 10 Jumping Jacks

Clue 2: Under the Oak Tree

Location: Big Oak Tree (or chosen spot)

Clue: "Great job! Now it's time to march like a soldier. March in place for 1 minute. Your next clue is hidden where you keep your garden tools."

Activity: Marching in Place for 1 Minute

Clue 3: Garden Tools

Location: Garden Tool Shed/Area

Clue: "Fantastic marching! Can you crawl like a bear? Bear crawl to the end of the garden (or designated area). The next clue is under the garden fence."

Activity: Bear Crawl

Clue 4: Garden Fence

Location: Under the Garden Fence

Clue: "You're doing amazing! Time for a balance challenge. Stand on one foot for 30 seconds, then switch to the other foot for another 30 seconds. The next clue is near the bird feeder."

Activity: Balance on One Foot for 30 Seconds Each

Clue 5: Bird Feeder

Location: Near the Bird Feeder

Clue: "Balance like a pro! Now, let's stretch like a tall giraffe. Reach up high and stretch for 20 seconds. Your next clue is hidden where you store your bikes."

Activity: Tall Stretch for 20 Seconds

Clue 6: Bike Storage

Location: Bike Storage Area

Clue: "Stretching feels great! Time to hop like a bunny. Do 10 bunny hops to find the next clue by the mailbox."

Activity: 10 Bunny Hops

Clue 7: Letterbox

Location: Letterbox

Clue: "Bunny hopping is fun! Let's cool down with some deep breaths. Take 5 deep breaths, in through your nose and out through your mouth. Your next clue is on the front porch."

Activity: 5 Deep Breaths

Clue 8: Front Porch

Location: Front Porch

Clue: "Almost there! Now, imagine you're a mighty lion. Do 5 lion roars (roar while exhaling strongly) to find your final clue under your favorite tree."

Activity: 5 Lion Roars

Clue 9: Favorite Tree

Location: Under Favorite Tree

Clue: "You did it! You've completed RINKA Ru's Adventure Scavenger Hunt! To celebrate, do a happy dance for 1 minute. Your final treasure is hidden under the picnic table."

Activity: Happy Dance for 1 Minute

Final Treasure:

Location: Under the Picnic Table

Treasure: A small prize, like a toy, sticker, or healthy snack etc