



THE PARS FOUNDATION

Your Club Your Community

WORKING FROM HOME ACTIVITY PACK

WHAT'S YOUR NAME?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER!

- A** - Jump up and down 10 times
- B** - Spin around in a circle 5 times
- C** - Hop on one foot 5 times
- D** - Run to the nearest door and run back
- E** - Do 3 cartwheels
- F** - Do 10 jumping Jacks
- G** - Walk like a bear for a count of 5
- H** - Hop like a frog 8 times
- I** - Balance on your left foot for a count of 10
- J** - Balance on your right foot for a count of 10
- K** - March like a toy soldier for a count of 12
- L** - Pretend to jump rope for a count of 20
- M** - Do 3 somersaults
- N** - Pick up a ball without using your hands
- O** - Walk backwards 50 steps and skip back
- P** - Walk sideways 20 steps and hop back
- Q** - Crawl like a crab for a count of 10
- R** - Walk like a bear for a count of 5
- S** - Bend down and touch your toes 20 times
- T** - Pretend to pedal a bike with your hands for a count of 17
- U** - Roll a ball using only your head
- V** - Flap your arms like a bird 25 times
- W** - Pretend to ride a horse for a count of 15
- X** - Try and touch the clouds for a count of 15
- Y** - Walk on your knees for a count of 10
- Z** - Do 10 push-ups





RAINBOW SCAVENGER HUNT

Find something red

Find something yellow

Find something orange

Find something green

Find something blue

Find something purple

Name a fruit that is red

Name an animal that is yellow

Name a vegetable that is orange

Name a plant that is green

Name a flower that is purple

Name something outside that is blue

INVENTOR SCAVENGER HUNT

- 💡 Find something that you can turn
- 💡 Find something that is bumpy
- 💡 Find something that is metal
- 💡 Find something that you put together
- 💡 Find 3 things that are round
- 💡 Find something you twist
- 💡 Find something shiny
- 💡 Find something you can roll
- 💡 Find a tube
- 💡 Find 3 things that are squishy
- 💡 Find something clear
- 💡 Find something that can bounce







5 SENSES SCAVENGER HUNT

Find something that makes a crunch sound

Find something that tastes sour

Find something that smells good

Find something smooth

Find 3 of the same thing

Find something that smells bad

Find something that tastes sweet

Find something loud

Find something long

Find something soft

Find something white

Find something quiet

Find something rough

BACKYARD SCAVENGER HUNT

Find 3 kinds of leaves

Find something yellow

Name a bug that is red

Find 2 sticks

Find something that smells good

Name something you see in the sky

Find something that is round

Find something that grows that is green

Find a bird

Find 3 different coloured rocks

Find something purple

Find a bug



