

Get active on a family scavenger hunt



Looking for a fun family outing?

Try an “active” family scavenger hunt at one of York Region’s amazing trails, or at the Regional Forest. Design your scavenger hunt by listing items for everyone to find while hiking on the trail. You can have a competition or make it just for fun.

Here are a few ideas for your list:

- Find a seed pod, woodpecker hole, dead log, oak leaf, pine cone, good home for a squirrel, fern that’s longer than your arm, tree that’s too big to fit your arms around or a tree that you think is younger than you,
- Find something smooth, scratchy, round, that an insect has eaten, that flies, that’s rotting, would be good food for a deer, that crawls or that would be good food for a mouse
- Look for three different colours (not including green and brown!), or your favourite thing. . .



For health-related information call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/healthyschools