



WALKING

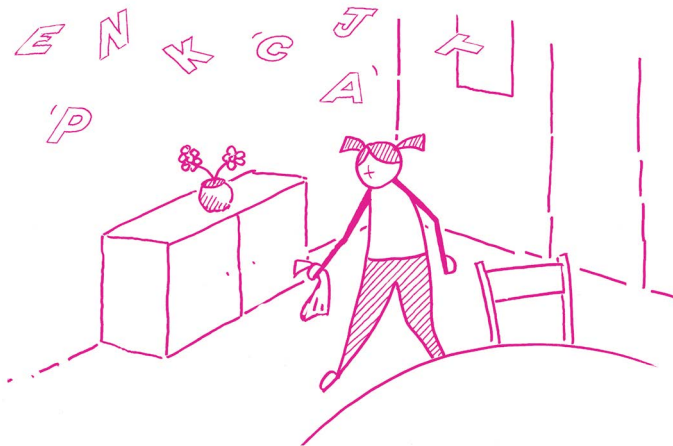
Scavenger Hunt

Equipment Needed

A sandwich bag.

How to play

Choose ten letters from the alphabet. Walk around inside or outside your home and collect small objects with names beginning with each letter. Store these objects in your sandwich bag. Invite someone at home to pick different letters and try the activity.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.3](#)



WALKING

Walking I Spy

Equipment Needed

No equipment needed.

How to play

Go for a two kilometre walk with someone from home. Play I Spy as you walk. Person A chooses an object that they see and calls out "I spy with my little eye something beginning with ___" (letter, for example A,B,C). Person B has three attempts to guess this object. Swap roles.





Level 2 Activities

ORIENTEERING

Slimy Snake Walk

Equipment Needed

A blank page and a pencil.

How to play

In your garden or a safe outdoor space, imagine you are a snake and you have a long slimy body trailing behind you. Walk around the space remembering exactly where you stepped. Draw a map of the space on your page. On the map, draw the trail of slime you left behind from your snake walk. Invite someone from home to use your map to walk the same slime trail.



Adapted from  [PSSI Outdoor and Adventure - 1st/2nd class, Lesson 3, pg. 2](#)



Level 2 Activities

ORIENTEERING

Treasure Hunt

Equipment Needed

Six small objects to hide, a blank page.

How to play

List the objects on a page. Hide the objects around your home or garden. Invite someone at home to go on a treasure hunt to find the objects. Guide them by telling them when they are hot (close to the treasure) or cold (far from the treasure). When they have found everything, swap roles.





Level 2 Activities

CO-OPERATIVE CHALLENGES

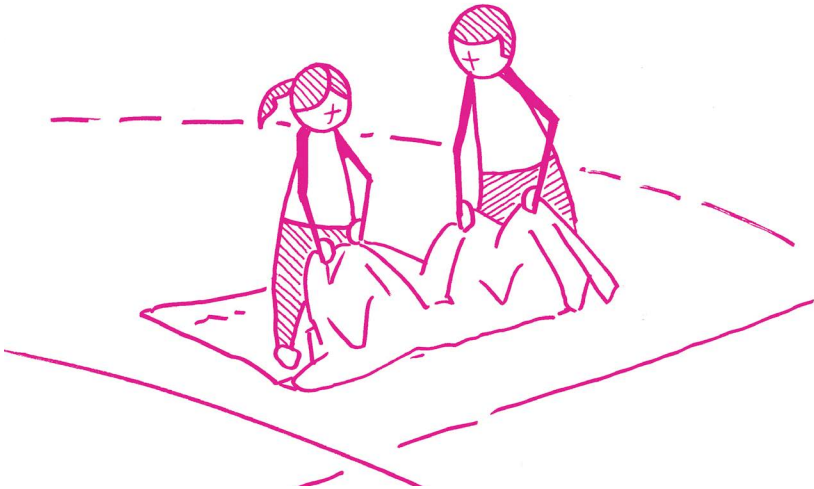
Turn the Sheet

Equipment Needed

A bed sheet or a blanket.

How to play

Invite someone at home to try this challenge with you. Place the sheet flat on the ground. Both participants stand on the sheet. Try to turn the sheet over to the other side, without either person stepping off the sheet onto the ground.



Adapted from [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)



Level 2 Activities

CO-OPERATIVE CHALLENGES

The Floor is Lava

Equipment Needed

Two cushions or pillows to stand on.

How to play

Invite someone at home to play this game with you. Set a start point and a finish point across a space in the playing area. Working with your partner you must cross the space together without touching the floor, using only the two cushions to stand on. Two people can stand on one cushion but if a foot touches the floor, you must both complete an action such as five jumping jacks or five bunny hops.



Adapted from  [PSSI Outdoor and Adventure - Walking Activities and Outdoor Challenges p.8](#)