



Scavenger Hunt

Name: _____ Walk Kansas Team Name: _____

Directions: Enjoy getting some physical activity by taking a walk outside. Choose your favorite walking path or explore a new trail. As you walk, be aware of your five senses and answer the questions below to complete the scavenger hunt. Have fun as you walk and be aware of your surroundings! You might also consider walking with a friend, a Walk Kansas teammate, or a family member.

Once you complete the scavenger hunt, email it to **Chelsea Richmond** at crichmon@ksu.edu or drop it off at one of the Frontier Extension District offices in Garnett, Lyndon, or Ottawa. Completed scavenger hunts need to be submitted by **May 6th** in order to be eligible for Walk Kansas prizes.

***LOOK** – As you walk, what are five things you see? For example, are you able to enjoy the sunset or flowers in bloom?

***LISTEN** – What are four things you hear? It may be the sound of traffic or a dog barking.

***FEEL** – What are three things you feel? For example, you may feel the breeze or the warmth of a jacket.

***SMELL** – What are two things you smell? For example, you may smell fresh cut grass or rain just after a storm.

***TASTE** – What is one thing you taste? For example, it may be the mint from your gum or the water you are carrying with you.