



THE ULTIMATE ADULT SCAVENGER HUNT

Liven up your fitness regime with these fun activities. Have your camera at the ready for evidence. Send your best photo to team@handsgroup.org.au for your chance to win a prize!

- ☐ FORM A HUMAN PYRAMID
(with your household members... not strangers #covid)
- ☐ FIND MONEY ON THE STREET
- ☐ WEAR A FEATHER BOA
- ☐ SUBMERGE YOUR FEET IN WATER
- ☐ SWIM IN THE OCEAN
- ☐ GO DOWN A SLIDE
- ☐ RIDE A PARK SWING
- ☐ DO A CARTWHEEL ON A STRIP OF GRASS
- ☐ DO THE WORM IN THE PARK
- ☐ HIGH FIVE A STRANGER
- ☐ TAKE A SELFIE WITH A CUTE DOG
- ☐ LEAVE A NOTE FOR YOUR FAVOURITE LOCAL RESTAURANT
- ☐ STRIKE A YOGA POSE
- ☐ GIVE YOUR BUDDY A PIGGY BACK RIDE
- ☐ FIND A SET OF STAIRS AND RUN UP AND DOWN THEM 5 TIMES
- ☐ POSE LIKE A TREE UNDER A TREE