

SEEK, FIND, MOVE!

- **SEEK** indoors or outdoors
- **FIND** each color below
- Do the **MOVE** linked to that color

MAKE IT YOUR OWN!

- Add other colors or fun ways to move.
- Make it a race. Challenge a family member or a friend.
- Try it outside, using only items found in nature.

When a **RED** item is found, **RUN** in place as fast as you can (count to 10)

When an **ORANGE** item is found, **BALANCE** on one foot like a flamingo (count to 5)

When a **YELLOW** item is found, **YELL** out your favorite fruit or veggie

When a **GREEN** item is found, **GROOVE** to your favorite dance move (count to 10)

When a **BLUE** item is found, stop and take 5 deep **BREATHS**

When a **PURPLE** item is found, pretend to **PLAY** your favorite sport (count to 10)

When a **WHITE** item is found, **WIGGLE** your whole body (count to 10)

When a **BROWN** item is found, **BOUNCE** like a hot potato 10 times

