



## Indoor family scavenger hunt

Wanting to get active as a household but are unable to get outdoors to do so? Our indoor scavenger hunt offers the perfect way to spend time together indoors, get moving where you can and taking the time to stop and notice the details of your home you might take for granted after a year spent in lockdown. Plus doing it together gives you something else to talk about other than home schooling or what you're going to have for dinner, which can only be a good thing!

See how many of the following you can gather. You don't have to get them all in one day, why not spread them out over the week? Maybe you could take photographs of everything, so you can keep track of what you've seen so far and then enjoy looking back on them.

### From your window

- A fire engine
- A police car
- An ambulance
- A cyclist
- A wild bird
- A wild animal, such as a squirrel or fox
- Animal sounds, eg dog bark or birdsong
- Interestingly-shaped cloud
- The nearest plant
- The furthest away thing you can see

### In your home

- The highest point you can reach
- The lowest point you can reach
- Your favourite book
- Your favourite view from a window
- Your tidy bedroom
- Your favourite pastime in lockdown
- Your favourite smell
- Touch every door in your home
- Touch every wall in your home

### Your memories

- Something you can't live without
- Your favourite photo
- Something home made by you
- Something made by someone else
- A souvenir from your favourite holiday

- Something from your childhood
- The oldest thing in your household
- Your most treasured possession

### In colours

- A rainbow
- Something red
- Something orange
- Something yellow
- Something green
- Something blue
- Something purple

### Think creative

- A reflection in something surprising
- A photo with your group off the ground
- Spell out your name using things you see
- Recreate a famous scene from a film
- Recreate a famous album cover
- Recreate an old photo of your family
- Visual interpretation of a song lyric

### For your senses

- Five things that smell
- Five things you can hear
- Five different textures to touch
- Five things you can taste
- Five things you can touch with your feet

We'd love to see a photo of your household taking part, so send us your best snap to [marketing@firefighterscharity.org.uk](mailto:marketing@firefighterscharity.org.uk) or tag us online and we could share it on our social media channels to encourage other families to get involved.