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| Go for a walk around the neighbour-hood on a sunny day | Speed walk | Create an obstacle course | Play some Music and dance! | Do yoga |
| Help vacuum | Do some yard work | Collect pine cones, leaves or rocks. Look for something interesting! | Have a race | Create a maze |
| Create your own workout plan | Come up with your own type of exercise! | Pretend to be a four legged animal and walk around  | Create your own scavenger hunt to do around the neighbour-hood | Go for a walk: look for all the colours of the rainbow |
| Perform a dance for your family members | Find an insect in your yard and follow its path | Create your own game outdoors | Create a maze outside | Find a natural line. Follow it. Where does it lead? |
| Build something outdoors | Find a set of stairs and “go for a hike” | Find a human made line. Follow it. Where does it lead?  | Come up with your own type of exercise! | Play outside with a ball |
| Create a line and follow it | Go for a jog | Go for a walk on a rainy day (dress appropriate-ly) | Practice gymnastics | Help your parent carry groceries, move boxes or organise cans |

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| **Cherche et trouve dans le voisinage (Neighbourhood Scavenger Hunt)** |
| Une maison d’oiseau | Un coeur  | Une boîte aux lettres | Une fleur | Une borne incendie |
| Une voiture | Une bicyclette | Un chat | Un corbeau | Un passage pour piétons |
| Un chien | Un champignon |  | Une pomme de pin | Un panneau d’arrêt |
| Un terrain de jeu | Une souche | Un écureuil | Le numéro 4 | Une poubelle |
| Une plume | Un drapeau | Un nid | Une maison bleue | Une toile d’araignée |