

Trick-or-Treat Halloween Hunt



Let's make Halloween even more fun this year with this spooktacular trick-or-treat themed activity . Follow these simple steps to get your kids moving as they enjoy Halloween at home!

What you will need:

- Paper and a printer OR paper and a pen
- Scissors
- Reusable plastic Jack O'lanterns OR a hat or bowl
- Tape, ideally masking or painters' tape

Optional – Halloween treats such as chocolates, lollies or your own healthy alternatives!

1. Print this document or write down the exercise options onto paper
2. Cut out the exercises and fold them.
3. Place the folded exercises into reusable Jack O'lanterns OR put them into a hat or bowl.

Jack O'lanterns

1. Place the folded exercises into the Jack O'lanterns and hide them inside your home and/or outside.
2. Use the tape to make an "X" for each child to complete/start their exercises on.
3. As the children find the Jack O'lanterns, they run to their "X" to do the exercise. Once they have completed the exercise, they can run and find another one. Continue until all of the Jack O'lanterns have been found.

Optional – everytime the children complete an activity or 'trick' they receive a Halloween treat.

OR

Hat or Bowl

1. Place the folded exercises into a hat or bowl.
2. Use small paper and/or tape to make numbers 1-10 in different places throughout your home or backyard.
3. The children select an exercise option out of the hat or bowl. An adult reads out the number and the children run to that number. The adult reads the exercise. Once the exercise is completed the children run back to draw another exercise option out of the hat or bowl. Continue until the hat or bowl is empty.

Optional – everytime the children complete an activity or 'trick' they receive a Halloween treat.

Get creative and add more exercises!

We have provided ten exercise options in the downloadable PDF – why not add a few of your own? If you are finding that the exercise options are too easy or difficult for your child's age change them to suit.

Having fun? Share it with your friends and extended family!



Do 10x jumping jacks

Hop like a bunny for 30 seconds

Crawl like a crocodile to the kitchen and back

Do 10x push ups

Gallop like a horse to your bedroom and back

Count backwards from 10 while touching your toes

Roll like a pencil across the floor

March in one place and count to 20

Jump like a frog for 20 seconds

Rub your tummy and pat your head at the same time for 10 seconds

Crawl like a commando to the living room and back

Sing 'Happy Birthday' while spinning in a circle

Do 10x sit ups

Hop on one leg while quacking like a duck

Say the alphabet while making an imaginary snow angel on the floor

Touch your nose 15x while spinning in a circle

