




Capital Gymnastics

Outdoor Scavenger Hunt!

- { Find a tree to do a handstand next to 
- { Find something unique to you
- { Do a cartwheel on a sidewalk
- { Find a pretty flower and take a picture
- { Act out an animal you would see outside 
- { Find a rock and make it roll
- { If you hear an airplane, act it out
- { Find something shiny
- { Find something you can use as a beam
- { Find something that makes you happy 
- { Create a piece of art from materials outside
- { Draw some chalk on the sidewalk
- { Do 10 frog jumps next to somewhere with water
- { Find something that feels rough
- { Do 10 box jumps onto a curb
- { Find some animal tracks
- { Spell CAPITAL with different objects

