

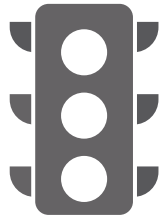
# TRAVEL & TRAIN SCAVENGER HUNT

Add movement to your car ride! Find these items out your window & complete 10 reps of the activity that goes with it. Then keep your eyes peeled for the next object!

Scan the QR code to read the Travel Traditions blog & learn the movements!



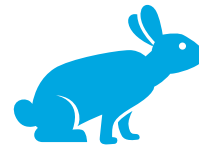
**STOP SIGN**  
=  
CHERRY PICKERS



**STOP LIGHT**  
=  
TRICEP STRETCH



**FARM/FIELD**  
=  
OVERHEAD STRETCH



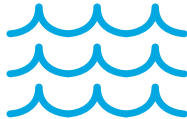
**WILD ANIMAL**  
=  
SHOULDER ROLLS  
BACK & FORWARD



**SEMI TRUCK**  
=  
SEMI HORN HONK



**YELLOW CAR**  
=  
SEATED MARCH



**BODY OF WATER**  
=  
FRONT CRAWL



**HY-VEE**  
=  
KNEE HUGS



**AIRPLANE**  
=  
SEATED TRUNK  
ROTATIONS



**REST AREA**  
=  
NECK STRETCH

## TRAVEL JOURNAL

Traveling to new places leads to new discoveries! Reflect on your journey below.

I traveled with: \_\_\_\_\_

One new thing I saw was: \_\_\_\_\_

One new thing I learned was: \_\_\_\_\_

We listened to: \_\_\_\_\_

Our next adventure will be to: \_\_\_\_\_

## PHONETIC FIND

Look for words that start with each letter and cross them off when you find them!

A B C D E F G

H I J K L M

N O P Q R S T

U V W X Y Z

**PRO TIP:**







Play again by finding objects that start with each letter!

HyVee.

KIDSFIT.

# TRAVEL TRADITIONS

# B I N G O

 TRAFFIC LIGHT	 FARM FIELD	 POLICE CAR	 SEMI TRUCK	 SCHOOL
 HY-VEE	 BLUE CAR	 RESTAURANT	 WATER	 REST AREA
 AIRPLANE	 FIRE STATION	 CHALLENGE ACCEPTED	 BANK	 FIRE HYDRANT
 FLAG	 TRACTOR	 GAS STATION	 STOP SIGN	 TRAIN
 CHURCH	 SALE SIGN	 PARK	 WATER TOWER	 WILD ANIMAL



### One BINGO:

- Pick the next song
- Choose a snack
- Choose a drink
- Pick your seat in the car

### Black Out BINGO:

- Pick where to eat the family's next meal
- Break from the car
- 15 minutes of screen time
- Choose a vacation activity