



Glide's Guide on being active!



Going on a Bear Hunt

Materials: Teddy bear stuffed animal, Blue puppet, or [Blue cutout](#)

Age(s): All

Directions: (1) Communicate with neighbors by phone, email, or flyer and tell them you want to have a bear hunt (which consists of placing a teddy bear or cutout of a bear in one of the front windows of your home). (2) Find a visible window in your home and place your bear. (3) Take walks around the neighborhood to “hunt” for bears.

Modification: Make it a counting game, see how many you can find. Keep a log on types of bears you see. Move your bear to other visible locations for variety. Use different objects for different holidays. Ride a bike/scooter/skateboard.

FAMILY ENGAGEMENT