



# Quick Start Ideas

*FOR ONLINE FUN WITH FITNESS!*

Log onto [Kidnetic.com/guide](http://Kidnetic.com/guide) to get kids moving with **Fitness Challenge**, **Scavenger Hunt**, **Move Mixer** and **Betchacant**, featured on the home page. If kids are online at home, suggest the "at home activities."

## SCAVENGER HUNT AND FITNESS CHALLENGE

- Divide kids into **Scavenger Hunt** relay teams. Kids take turns finding each item. The team with the lowest total time wins.
- Do **Fitness Challenge** together as a group "physical activity break."
- At home: Ask kids to do **Fitness Challenge** or **Scavenger Hunt** every day for a week and track their times to determine their "personal best."

## MOVE MIXER

- Do any one of the dances in **Move Mixer** as a group physical activity break.
- At home: Ask kids to do **Move Mixer** every day for a week. Encourage them to make up their own dances as well as using the pre-designed dances.

## BETCHACANT

- Do the featured **Betchacant** dare as a group physical activity break.
- At home: Ask kids to do **Betchacant** every day for a week and to "dare" a friend or family member each time. Have them report back on their favorite "dare" and how they did.

