



# UNIFIED SPORTS SCAVENGER HUNT

#PLAYUNIFIED

Send your pictures and/or videos to [shanna@asaa.ca](mailto:shanna@asaa.ca) along with your school name and the number of athletes & partners on your team

- 01** A teacher holding a sign that says #PlayUnified  
Points: 1 per teacher holding a sign
- 02** Throwback picture of a team member's favourite Unified event or a video of them telling the story of their favourite memory (tip: if you haven't been to a Unified event before, this scavenger hunt counts! Share your favourite part of the scavenger hunt so far!)  
Points: 1 per memory from each team member
- 03** Do some exercises from the WEEK 5 [Special Olympics Alberta BINGO card](#)  
Points: 1 for each exercise (options: push ups, squats, leg-ups, jogging, jumping jacks, plank, lunges, and the fitness videos)
- 04** Play a DIY version of any [ASAA sport](#) (e.g. try curling down the hallway with some rolled up socks or make a mini golf course with a broom and a tennis ball)  
Points: 1 per sport
- 05** Take a mental health break! Take a picture of something that helps you relax (e.g. stretch, meditate, draw a picture, talk with a friend, etc.)  
Points: 1 for each type of mental health break
- 06** Let's see your school colours! Put on some school swag, like a t-shirt, hoodie, mask, etc. with your school or school athletics team logo  
Points: 1 per item of school swag