WHERE ARE YOUR TOYS?
At Home Edition - #MCMAthome

Are you ready to have fun while exercising?
Parents get ready. You’ll be hiding toys all around your house while your little ones run around trying to find them.

Exercise Facts:
• Aerobic exercise, like brisk walking, running and playing sports are best for brain health.
• Being active can help you think, feel and sleep better.
• Children ages 6-17 should get at least 60 minutes of physical activity per day.
• Adults need at least 150 minutes per week of physical activity – that’s 30 minutes a day for 5 days.
• Exercise lowers the risk of heart disease, stroke, type II diabetes, high blood pressure, dementia and Alzheimer’s.

The MCM Challenge:
• The Set Up
  o Parents, gather tons of toys.
  o Hide them all around the house.
  o The wider you spread them around, the more exercise your little ones will get.
  o Get a “home bucket” and place it in a central location.
• Gather your household together.
• Explain the rules.
  o They will have 2 minutes to run around the house and gather as many toys as they can find.
  o Once they find a toy, they have to return it to the “home bucket.”
  o You can only place one toy in the “home bucket” at a time.
  o So if you find one toy, put it in the bucket, then run back out for more!
  o If they find all the toys within the 2 minute time frame, they win.
• Set a timer and play!
• Take turns setting up the house with hidden toys so everyone gets a turn to play, parents included!

Want more? Check out our Home Time Obstacle Course Challenge activity sheet for another great active activity! Be sure to take pictures or videos and tag #MCMAthome.