

Week 3
April 13-17

April 13
Egg and Spoon race

Equipment:

Spoon (wooden, plastic, silverware)
Egg (Plastic, easter egg, ball or any small object)

This activity has been a popular one since the 1800's.
You can choose to race with family members or just see how long you can walk around inside or outside with an object balancing on a spoon.

Modification:

Hand over hand with students
Place a small piece of tape on the spoon or balancing object to help it from falling off

April 14
Eggercise Hunt

Equipment:

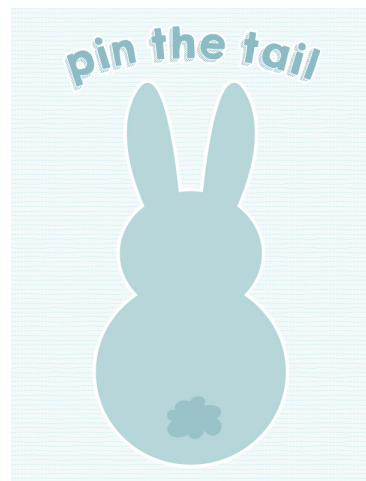
Plastic eggs
Pieces of paper with exercises

If you have Plastic eggs lying around the house you can write down 12 simple exercises and place them in the plastic eggs.
Have someone hide the eggs and see how many you can find

exercise examples- Touch your Toes for 10 seconds, jumping jacks, Clap your hands above your head 10X, Arm Circles forwards 10X and Backwards 10X, pushups 10X, Situps 10X etc.

Modifications:

Instead of plastic eggs you can hide paper in balloons, bigger they are the easier they are to find.
VI students can use bright balloons or place eggs under cups on the floor and use their cane to try and search for eggs.



April 15
Pin the tail on the rabbit

Equipment:

Draw a big bunny on a piece of paper with a spot for the ideal tail placement
Cotton balls with tape or cut out and decorate your own tail
Blind fold

Take turns placing the blindfold on family members and see who can place the tail on the bunny closest to the correct spot

Modifications:

Hand over Hand but person assisting needs to be blind folded

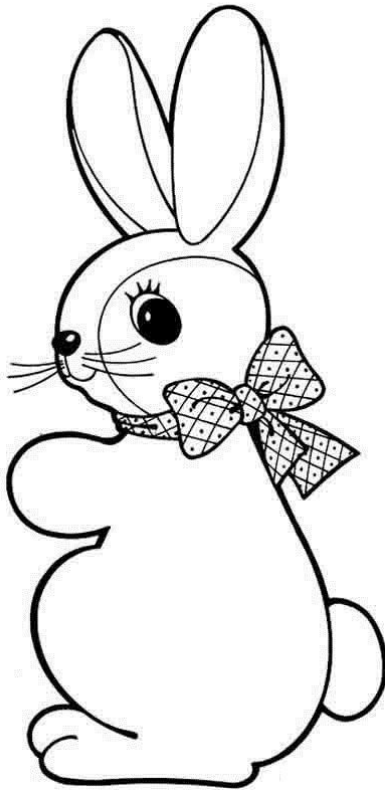
Thursday April 16th

Egg Bowling

Materials: empty plastic bottles or red solo cups or anything else that can knock over

: Hard boiled egg or any type of ball

Optional: Print out bunny picture and put on items you are knocking over



Game: Set up objects in any order you want and roll egg or ball at object to try and knock down

See how many rolls it takes you to knock down pins, set them back up and try again

Variations/Modifications:

- Move line where you roll it closer or farther to challenge you
- add pins knocked down over 10 rolls
- Use bigger ball to knock over item

Friday April 17th

Egg Bocce

Materials: hard boiled egg or plastic egg for markers

: a few same size balls, or can use tinfoil made into a ball

How to play: 1.) one player throws hard boiled egg or plastic egg as a marker in backyard

2.) Everyone else throws there ball or tinfoil ball as close as they can at the marker ball

3.) Person who is closest wins a point and gets to throw the marker ball as far or as close a possible for next round

4.) Continue playing until one player has 5 points and they win the game

Modifications: Hand over hand to help throw marker ball or ball, use bigger ball