

I love Easter eggs! My kids love finding Easter eggs, the hunt and the anticipation of discovering what's inside. The question is... what do you do with all those plastic eggs when the holiday is over? My solution is to fill them with fun ideas to get the kids movin' and groovin'.

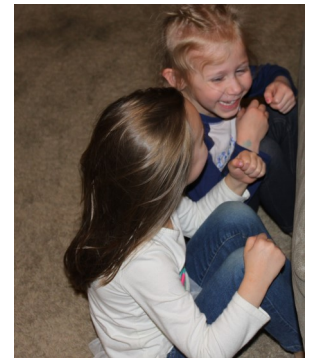
1. Write out exercises for balance, strength, and coordination and then cut paper into strips, placing on exercise in each egg.
2. Hide the eggs around the house, as the weather was less than cooperative, but you could hide them outdoors as well if you like.
3. Send the kids on the hunt.
4. Have the kids take turns opening each egg and try each exercise together.



Balance on one foot



Bear Walk



Sit Ups

The kid's giggled and laughed as they tried out each exercise together,, and we had fun joining it too. There are so many exercises to chose from, but here's a quick list of ideas:

- Balance on one foot
- Planks
- Hop on one foot
- Sit ups
- Penguin Walk
- Tandem walk along a tape line
- Bear walk
- Jumping Jacks
- Skip
- Toe Walk
- Bridges
- Gallop
- Heel walk
- Wheel barrow walk
- Tandem stance