



### Fun Family Activity

Cut the instructions into strips, one instruction per slip and put one in each Easter egg (with or without treat!). Hide the Easter eggs. When an egg is found you have to do the instructions written on the paper inside the egg.

1. Hop on one foot.
2. Rub your belly and pat your head at the same time.
3. Do the "crab walk".
4. Roar like a lion.
5. Pretend you're a monkey.
6. Walk like a bear (on all fours).
7. Sing your favorite song.
8. Do downward dog pose and bark like a dog.
9. Jump up as high as you can.
10. Sing the alphabet song ("A-B-C...").
11. Pretend you're a seal.
12. Do a push-up.
13. Give yourself a great big hug!
14. Pretend you are walking a tight rope. Try to keep your balance while putting one foot directly in front of the other.
15. Reach down and touch your toes.
16. Pretend to make snow angels.
17. Move very very slowly like a sloth.
18. Pretend you're a duck.
19. Do ten jumping jacks.
20. Run in place as fast as you can.