

Egg-cersices! – A Fun, Eastery Way to Excercise

Directions: Cut out each rectangle and place inside a plastic Easter egg. Mix them up and then play! Everyone does what the egg says!

1 Hand Stand
2 Somersaults
3 Giant Leaps
4 Cartwheels
5 Princess Twirls

6 Huge Steps
7 Bunny Hops
8 Steps Backwards
9 Jumping Jacks
10 Ninja Kicks