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# ENERGY BURNING EASTER EGG HUNT

Each egg will contain a simple exercise challenge to get the kids moving and burning off all that chocolate!

All you need to do to set up this egg hunt is print off a list of exercises (can use the one attached to this document), pop the challenges into plastic eggs and hide them around the house or garden! When they find them, they do them!

# IDEA'S FOR INSIDE THE EGGS

Hop like a bunny  
for 30 seconds

Touch your toes 10  
times

Do 10 star jumps

Dance like a  
chicken

Stand on your  
head

Walk like a crab for  
1 minute

Stand on one leg

Do 10 sit-ups

Balance a ball on  
your head

Run on the spot for  
30 seconds

Spin around until  
you are dizzy

Stretch as high as  
you can

# FOR EXAMPLE...



# HAVE FUN!