



EGG AND SPOON RACE

Can you balance an egg?



A-Z



HOW TO PLAY LETS GO!

- > Mark out a start and finish line
- > Get an egg (or small ball, sock) and spoon
- > Place the egg (or small ball, sock) on the spoon
- > Start walking ...
- > Can you get from the start to the finish without dropping your 'egg'?

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Egg, small ball or rolled up sock
- > Spoon



REMEMBER You can also use a plate instead with both hands!



SAFETY...

As with any activity consider the space and make sure you have enough room for your race!



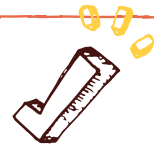
Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthHome



CHALLENGE!

Have a team competition! Which team can complete the lap the quickest?



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For more fun activities visit:
JUMPATHOME.ORG

