

**Easter Egg Hunt**

You will need: easter eggs (plastic, chocolate, mini eggs, as long as they are a solid colour), a basket or container to collect them in and this sheet of exercises.

How to play: Have someone in your family hide the eggs either inside or outside (or both) your house. Once they are finished, you will go around and find the eggs. As soon as you find an egg, look at the bottom of this sheet for what exercise you have to complete, depending on the colour of egg you found. For example, if you find a blue egg, then you must do 5 push ups before you go search for another egg.

Egg colours- Exercises

Blue – 5 push ups

Red or pink – 5 squats

Yellow – 5 mountain climbers

Green – 5 crunches

Purple – 5 jumping jacks

Orange – 5 lunges