

EGG CARTON EXERCISE ACTIVITY

National Move More Month is celebrated during the whole month of April. It is a perfect time to get you and your child moving. We at New Horizon Academy have come up with some activities to help get your child active in a fun and creative way!



Materials Needed

- Empty Egg Carton
- 12 Plastic Eggs
- Sharpie Marker
- List of Exercises
- Scissors



Preparation

1



Step One: Cut off the top of the empty egg carton. You can use any type of egg carton for this activity. You will then begin numbering the bottom of each egg slot from 1-12. Feel free to mix it up to create some surprises in the activity.

2



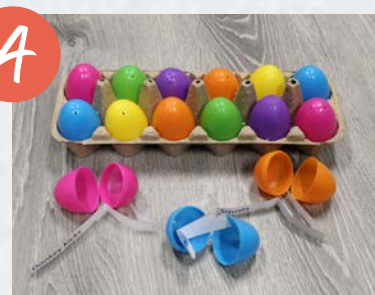
Step Two: Come up with a list of activities that are age appropriate for your child. We asked our teachers to compile a list and have listed those activities [here](#).

3



Step Three: Cut out each activity into even size pieces and fold them in half.

4



Step Four: Place one slip of paper into each plastic egg and make sure each slot in the carton has a plastic egg with an exercise inside.





How to Play

Step #1

Pick an egg from the carton.

Step #2

Read the exercise(s).

Step #3

Complete the exercise(s) the number of times listed on the bottom of the egg carton slot.

Note: If the activity you picked is jumping jacks, and the number listed on the bottom of the egg carton slot is 8, you would do 8 jumping jacks.

Step #4

Continue picking eggs and doing the exercise(s) until all eggs have removed from the carton.



Have fun moving and exercising with your child!