Haktive at Home
Eggstravagnza

Week 3 is focused on eggs.
We recommend boiling them hard first, but it's up to you if you fancy more of a challenge or using chocolate ones.
"..every little bit of activity will help their well being and yours."

The Haktive Challenge-a-Day

1. Egg and spoon. Walk or race, set a distance or set up an obstacle course that includes over and under things e.g. chairs to keep the egg balanced. ☐

2. Roll an egg along the floor and move it in and out of cones/tins/teddies placed on the floor. Use your hands first then use your feet if you are really careful. ☐

3. Hide the egg, like hide and seek, see how quickly they can find it. Try to change the levels of where it is hidden, high and low and encourage lots of running around. Could time how quickly it takes to find it. ☐

4. Throw and catch the egg, moving it from one hand to the other. Increase distance and height. ☐

5. Play hotter and colder - hide the egg somewhere and by using commands of hotter and colder, guide the finder to the egg's hiding place. (hotter is nearer, colder is further away). ☐

6. If there are at least 2 of you, throw and catch the egg between you. Try using two eggs, throwing at the same time. ☐

7. Learn to juggle. Good luck. Here is a good link: www.bbc.co.uk/cbbc/watch/how-to-be-epic-how-to-juggle ☐

Have fun

Newsletter & Updates: Haktive.com/at-home

We will be sharing more updates to help keep you and your family active and happy through our newsletter.