



American Heart
Association.

**KIDS
HEART
CHALLENGE™**

EGG HUNT

Instructions:

Write a number 1 through 10 on small pieces of paper. You can use numbers more than once. (Example: if you have 20 eggs to hide, write each number twice, etc.) Place one piece of paper inside each egg. Now it's time to hide the eggs! When the game begins, each student who collects an egg must open the egg and do the exercise inside before collecting more eggs. Use the ideas below or come up with some of your own challenges! Stay close by as your student finds the eggs to tell your student which exercise corresponds with each number.

Physical Activities:

1. Jumping jacks for 30 seconds
2. Stand up and sit down 10 times
3. Arm circles forward for 30 seconds, arm circles backward for 30 seconds
4. Dance party for 1 minute
5. 5 lunges on the right leg, 5 lunges on the left leg
6. Practice spelling, do a squat for every vowel A-Z
7. 10 frog jumps
8. See how many squats you can do in 15 seconds
9. Hop or jump like a bunny for 30 seconds
10. High knees for 30 seconds

