

Home Activity Card



Egg Balance

Encouraging body movement helps build gross motor skills in the large muscle areas of your child's body. How can we get creative and move at the same time you might ask? Try this activity or your version of a gross motor activity and post pictures with the hashtag below. #grow2gether

Children need to move constantly as it is a natural part to their development. To benefit the most out of this we need to seek alternative ways to get children interested.

All you need is an egg and a spoon! Invite your child to go outside. Explain the concept of balancing the egg on a spoon while reaching another destination across the other side. Two hands are perfectly okay to use!

Not only do children find it fun and challenging, it gets them moving and using their hand and eye coordination skills at the same time. Don't have an egg? That is okay it can work with anything else that fits in a spoon!

Learning on the Go!

- Out shopping? Perfect, encourage your child to use landmarks in the store to use as a goal to reach a physical activity. Ex: When we get to aisle 5, balance on one foot.
- Get in the habit of bringing some simple things that can create a learning opportunity such as chalk. Chalk can go a long way when you are outdoors. Make large separate circles with chalk for hopping stations to land on. Let's see how far you can go!



Share with us! We would love to see how you did this activity. Use the hashtag #grow2gether so we can find it!



#grow2gether

