

## Hide & Sweat Activity Plan

ACTIVITIES, RULES AND EXPLANATIONS	SUPPLIES
<p>The adults in the family write down 20 physical activities on separate small pieces of paper. These are then put in plastic Easter eggs and hid around the house. Kids are then tasked to find the eggs. When they find them, they open them and the entire family performs the activity for the reps or amount of time given.</p> <p>Putting a time limit on finding all the eggs and doing all of the exercises makes it more interesting!</p>	<ul style="list-style-type: none"><li>- 20 Plastic Easter Eggs</li><li>- List below cut out and put into the eggs (note there are more than 20 activities to choose from)</li></ul>

Skipping with a Skipping Rope

Jogging around the block

Learn a Line Dance

Go Roller Blading

Kick a Soccer Ball

Play a game of 21 at the basketball courts

Play a game of Tennis

## **Hide & Sweat Activity Plan**

Swimming laps

Play 4 games of Hopscotch

Go for a Family Bike Ride

Go for a Family Hike

Go for a family walk around the Neighbourhood

Learn a Family Zumba Dance

Play a game of Road Hockey

Have a Potato Sack Race

Play a game of Ping Pong

Teach the parents how to Hula Hoop

Give Gardening & Weed Pulling a Try

Try skateboarding or scootering

Try a game of keep up

Play Volleyball

Create an Obstacle Course