

Musical Easter Egg Moves:

Preparation:

- Cut out 7 different sizes of eggs on colored paper.
- Pull out 1 egg of each size and decorate it.
- Cut out the tasks below, and place them on some of the other eggs you cut out.
- Laminate all the eggs and cut them out.
- Place eggs on the floor in a large circle.

Directions:

Place eggs on the floor in a circle. Play music and have clients walk around the eggs.

For advanced clients, have them also clap out the rhythm of the music as they walk.

When you stop the music, have clients pick up an egg nearby and read what they are to do.

Task Ideas:

Spin to the right!

Jump over an egg!

Spin to the left!

Look left to right.

Form an 'egg' shape with your hands.

Hold an 'egg' between your elbows.

Hold an 'egg' between your knees.

Hold a warrior pose.

Pull up on your shoes/socks.

Sit and rock side to side.

Touch your hands behind your back.

Tear a piece of tape or paper or pinch yourself.

Place both hands on your head.

Place 7 eggs in order of size.