


Activity	Egg or ball race
Materials	<ol style="list-style-type: none"> <li>1. Hardboiled egg, plastic egg or plastic ball for each racer</li> <li>2. Two bins, one on each end of the race course</li> <li>3. Large spoons for each racer</li> <li>4. Open area for running/racing</li> </ol>
Skills Targeted	Whole body coordination
Instructions:	<ol style="list-style-type: none"> <li>1. Place eggs/balls in a bin on one end of course and an empty bin on the other end of the race course</li> <li>2. Upon start, each racer uses a spoon to scoop out a ball/egg and races to the other end to dump it into the empty bucket. First one to dump their egg/ball wins!</li> </ol> 
Modifications:	<ol style="list-style-type: none"> <li>1. If your child is emerging in their sitting balance, this can be a nice activity to work on sitting reach and transfer of ball from one side to another. You can place a bucket on each side of your child and move balls/eggs from one side to the other using only one hand and another for propping or give support through the trunk.</li> <li>2. If your child is working on walking, you may need to give physical support by holding a hand or support their trunk.</li> </ol>

	<p>3. If your child needs an additional challenge, you can add obstacles to the course.</p>
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