

Spring Races

This week let's try a few races that are a bit silly, but a lot of fun! Try to get your whole family to join you!

Bunny Hop Race

What you'll need:

- a small to medium-sized ball or balloon per person (even a rolled up pair of socks could work)
- chalk, cones, or a jump rope (optional)

1. Determine where the start and finish line of your race will be (use the chalk, cones, or jump rope to mark these areas)
2. Each player lines up across the starting line and places their ball between their knees
3. Players must hop with the ball between their legs all the way to the finish line

*if the ball drops while hopping, you may choose to play that you just pick it up, place it back in between your knees and keep going, OR you can play that that player must go back to the start line and start over again

Duck Waddle Race

What you'll need:

- chalk, cones, or a jump rope (optional)

1. Determine where the start and finish line of your race will be (use the chalk, cones, or jump rope to mark these areas)
2. Players hold their right ankle with their right hand, and their left ankle with their left hand
3. Players waddle (by holding their ankles) all the way to the finish line

Egg and Spoon Race

What you'll need:

- Plastic or **hard-boiled** egg or a small ball (like the size of a ping-pong ball might work)
- Spoons
- Chalk, cones, or a jump rope (optional)

1. Determine where the start and finish line of your race will be (use the chalk, cones, or jump rope to mark these areas)
2. Players each have a spoon and place their egg on it
3. Using one hand, players balance the egg on the spoon while walking quickly to the finish line

*if the egg drops, you may choose to play that you just pick it up, place it back on the spoon and keep going, OR you can play that that player must go back to the start line and start over again

