

Cumbria County Council

Early Years Team

**What can I do
today?**



This week it is... spoons

Tuesday

Egg and Spoon race

- A long-standing favourite on sports day!
- You can use toy eggs, playdough moulded into an egg shape, a small ball or even a crunched-up piece of paper.
- Balance the egg on a spoon and see how far your child can walk without it falling off. Place a marker down and try to beat the distance. It's a game of skill rather than speed!
- If your child needs more of a challenge have them do an action as they walk from one side of the room or garden to the other balancing their egg on the spoon. You could get them to spin round, crouch down and touch the floor with their other hand, walk on tip toes, walk sideways etc.
- To make this super challenging get your child to complete a mini obstacle course as they balance their egg on their spoon – step from cushion to cushion, step over an item, go round an item – even challenge them to slide down a slide without dropping the egg!