

play
day

GAME

EGG AND SPOON RACE



INSTRUCTIONS:

Number of Participants:
2+ people

Materials:
1 egg and 1 spoon for every participant

Description:
This game is a classic version of a relay race! Play with individual racers or in teams.

Steps:
Designate a starting point and a finish line.

Line up all the participants in a row and distribute an egg and a spoon to each. Once everyone places the egg on the spoon, the moderator should say "Go!" to start the race.

Participants should try to walk as fast as they can to the finish line without letting the egg fall off the spoon. They cannot use their free hand to balance the egg. If the egg falls off the spoon, the participant can pick it up and start the course over at the starting point.

Whoever makes it to the finish line without dropping their egg first wins the race!

Variation: This game can also be played in teams as a relay race. Each participant should pass the egg and spoon to the next racer when they get back to the starting line. The first team that has all the members complete the race, wins the game!



Play
matters

59% of parents report that their children usually get to the outdoor play spaces in their area by walking, but only 13% report that the children usually walk by themselves.

Take
action

Think about posting lawn signs in front of your house. They could say "Ask Me About Play!" This is a cost-effective advertising technique that can help you spread the "buzz" fast among your neighborhood.