

Hip Hip Hop Hooray Wobbelyoga Easter days!



1 Take an Easter egg and place it on a spoon. Come stand on your Wobbleboard with your feet spread out and try to balance back and forth. Will your Easter egg stay on the spoon?



2 Let's decorate a special Easter egg! Get on your knees on your Wobbleboard, bring your bottom to your heels and bend over. Make yourself as small as an egg. Turn on some calming music. Now it's time to decorate you as an Easter egg. For example, make pretty colored dots with the thumbs and circles and stripes with the fingers.



3 Have you found a feather outside from the birds busy building a nest? Then try blowing it under your Wobbleboard to the other side. And can you do that with an Easter egg? Try it with and without a straw. Can you do this also over the curved side of your Wobble?



4 On one side of your Wobbleboard, place a basket of eggs. On the other side, place an empty basket. Grab a spoon and step on the narrow side of your Wobble. Put an egg on your spoon and walk step by step to the other side. Will you manage to bring all the eggs to the other side like the Easter Bunny does? Turn your Wobble around and try again!



5 Come and lie on your belly on your Wobble. Lift your feet and try to grab them with your hands. Point your nose forward and bring your feet up slightly. Now you are a basket! How many eggs, balls or balloons can you balance on your back? Then put your feet back down and relax again.



6 Get on your knees on your Wobbleboard, bring your bottom to your heels and bend over. Make yourself as small as an Easter bunny. Listen carefully with your bunny ears because someone is now laying eggs under your Wobble. Shhh... don't look. Do you know how many eggs there are?

