

# Easter Egg Exchange

This “Egg Exchange” game is a wonderful activity to incorporate into Easter festivities for the gym. Not only does it provide entertainment, but it can also help reduce stress and promote social interaction. Here are instructions for using this as a therapeutic activity:

## Materials Needed:

- A copy of the Egg Exchange card
- A standard six-sided die
- Easter eggs filled with small treats, prizes, or positive affirmations

## How to Play:

1. The first player rolls the die and follows the corresponding instruction:

**Roll a 1: Steal any egg (from anyone in the circle)**

**Roll a 2: Trade with the person on the right**

**Roll a 3: Everyone passes to the right**

**Roll a 4: Keep your egg**

**Roll a 5: Everyone passes to the left**

**Roll a 6: Trade with the person on the left**

2. Play continues clockwise around the circle

3. The game can continue for a set amount of time (15-20 minutes works well)

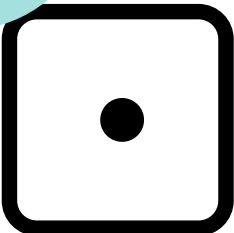
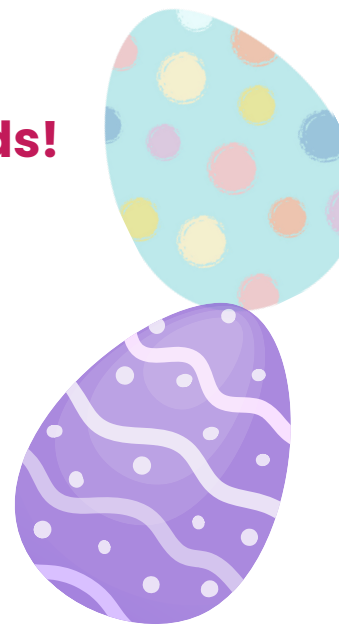
## Therapeutic Benefits:

- **Stress Reduction:** The unpredictable nature of dice rolling and egg trading creates lighthearted fun that can help reduce anxiety
- **Social Connection:** Encourages interaction between participants, helping combat isolation
- **Cognitive Stimulation:** Following rules and remembering what each number means provides gentle mental exercise
- **Physical Movement:** The act of passing eggs promotes light physical activity
- **Laughter Therapy:** The unexpected outcomes often generate laughter, which has been shown to release stress

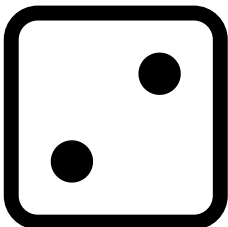


# EGG EXCHANGER

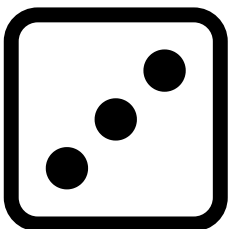
Roll the dice and trade your egg hunt finds!



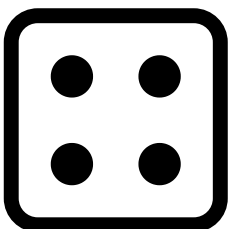
**Steal any egg**



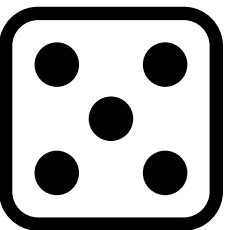
**Trade with the person on the right**



**Everyone pass to the right**



**Keep your egg**



**Everyone pass to the left**



**Trade with the person on the left**

