

# #LIVE LENT



## Week 5 | Weekend Family activity: How to blow eggs

**You'll need:** *eggs (preferably free-range, locally sourced if possible), egg cup or egg box, a safety pin, a wooden toothpick or cocktail stick, drinking straw – plus paints, pens or other art materials for decorating the blown eggs.*

*How to blow your egg:*

*Children – make sure you have an adult to help/supervise as you prepare your eggs.*

- 1. Place a (raw) egg in an egg box or egg cup. Hold the egg firmly, use the tip of a safety pin to make a hole at the top of the egg in the centre.*
- 2. When you've made a hole, widen the hole by pushing one end of the pin in carefully as far as it will go.*
- 2. Now insert a cocktail stick or toothpick into the hole you have made, stirring it to break up the yolk and make it easier to remove the contents later.*
- 3. Turn the egg over and make a second hole (a little bigger than the first if you can) on the opposite side with the safety pin. Again, use the cocktail stick/toothpick to break up the yolk inside.*
- 4. Hold the egg over a bowl or jug, with the bigger hole facing downwards. Take a straw and fit it over the hole at the top of the egg and blow hard. This may take a minute or more, with the egg white coming out first, followed by the yolk.*
- 5. When the contents are all out (and you only see bubbles at the bottom when you blow), you're ready to clean it the inside with water from the hot tap.*
- 6. Using kitchen roll, wipe the egg carefully and leave it to dry.*
- 7. When the egg is completely dry, you're ready to decorate it for Easter. Use paint, marker pens, glue and glitter – whatever you like!*