



## Easter Fun Pack

**PLEASE STAY HOME AND STAY SAFE**

All of the Youth work team would like to remind you that we are still around for you if you need us. We will be available to talk as always on the following number 07493744336. We hope that you and your family stay safe and look forward to seeing you all when we are allowed to re-open.



Let's make a video diary of your isolation experience...

Every couple of days make a video and tell us how your feeling and what you have been doing to keep yourself busy.



Keep the videos and we will use them in a project when we return

Participation prizes £££ will be awarded when we re-open



# Let's get moving

The body coach starting 9am Monday – Friday, Search The body Coach on YouTube or enter the following link .....

<https://youtu.be/K6r99N3kXME>

How about some YOGA? 30 days of yoga?

<https://youtu.be/oBu-pQG6sTY>

Fancy some cardio?

Again search cardio work outs on YouTube – Please look for a beginners/ new starter video and have a go. Here's a one to get you started ..... go on its only 10 minutes

<https://www.youtube.com/watch?v=sjmsApWcyCU>

## **Think you can handle it?**

Here's a 30-minute HARDCORE TOTAL BODY HIIT WORKOUT

<https://www.youtube.com/watch?v=bk0sTqePZg4>

Can you dance? Like hip hop style? Give it a go here....

<https://www.youtube.com/watch?v=ZWk19OVon2k>

## Easter Egg Hunt!

[www.artventurers.co.uk](http://www.artventurers.co.uk)

### Clue 1

Your first clue is hidden where you are told to count sheep, So go to the place, where you try to sleep!

Hand this one over to start the hunt! Hide this one in their bed

### Clue 2

Your next clue is hiding near your favourite place to be, To find clue number 3, go and look near the TV!

Hide this one next to the TV

### Clue 3

To move on with this hunt, before we get old, Go to the place, where we keep our food nice and cold!

Hide this one in the fridge

### Clue 4

Well done, you're about half way there! The next clue is hidden, under a chair!

### Clue 5

Is it that time already? Oh what a shock! The next hint is hidden, behind the clock!

Hide this one under a chair Hide this one behind a clock

### Clue 6

You've come this far, you surely won't fail, Go to the place, where we receive the mail!

Hide this one next to the letterbox

### Clue 7

The next clue is hidden, where we go to sit and slouch, Go and have a good look, in and around the couch!

Hide this one one on the couch

### Clue 8

One last clue, then your treat shall be seen, Go to the place where you go to get clean!

Then hide the treats in the bath or shower for them to find to end the hunt!

# A quick word about internet safety

**Be smart on the internet**

**Childnet International**  
www.childnet.com

**S SAFE** Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password.

**M MEETING** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

**A ACCEPTING** Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

**R RELIABLE** Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows.

**t TELL** Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.  
You can report online abuse to the police at [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**www.kidsmart.org.uk**

**KidSMART** Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world.

**ZIP IT**

**BLOCK IT**

**THINK U KNOW**

**FLAG IT**

Childnet International © 2010. Registered Charity No. 1093371

During a  
crisis.

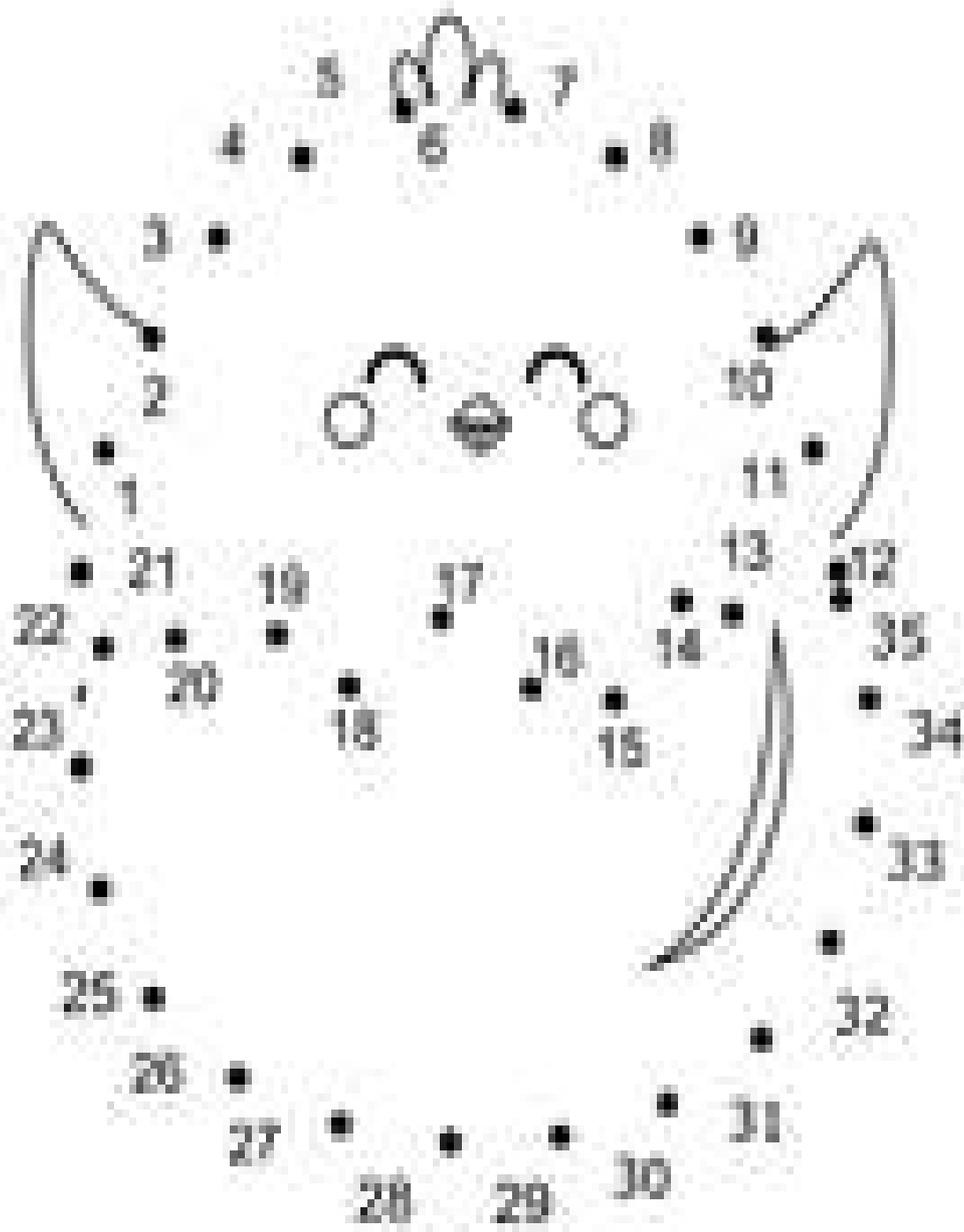


Talk to people  
you trust.

Think about reaching out  
to friends and family or  
your community.



# Connect the Dots



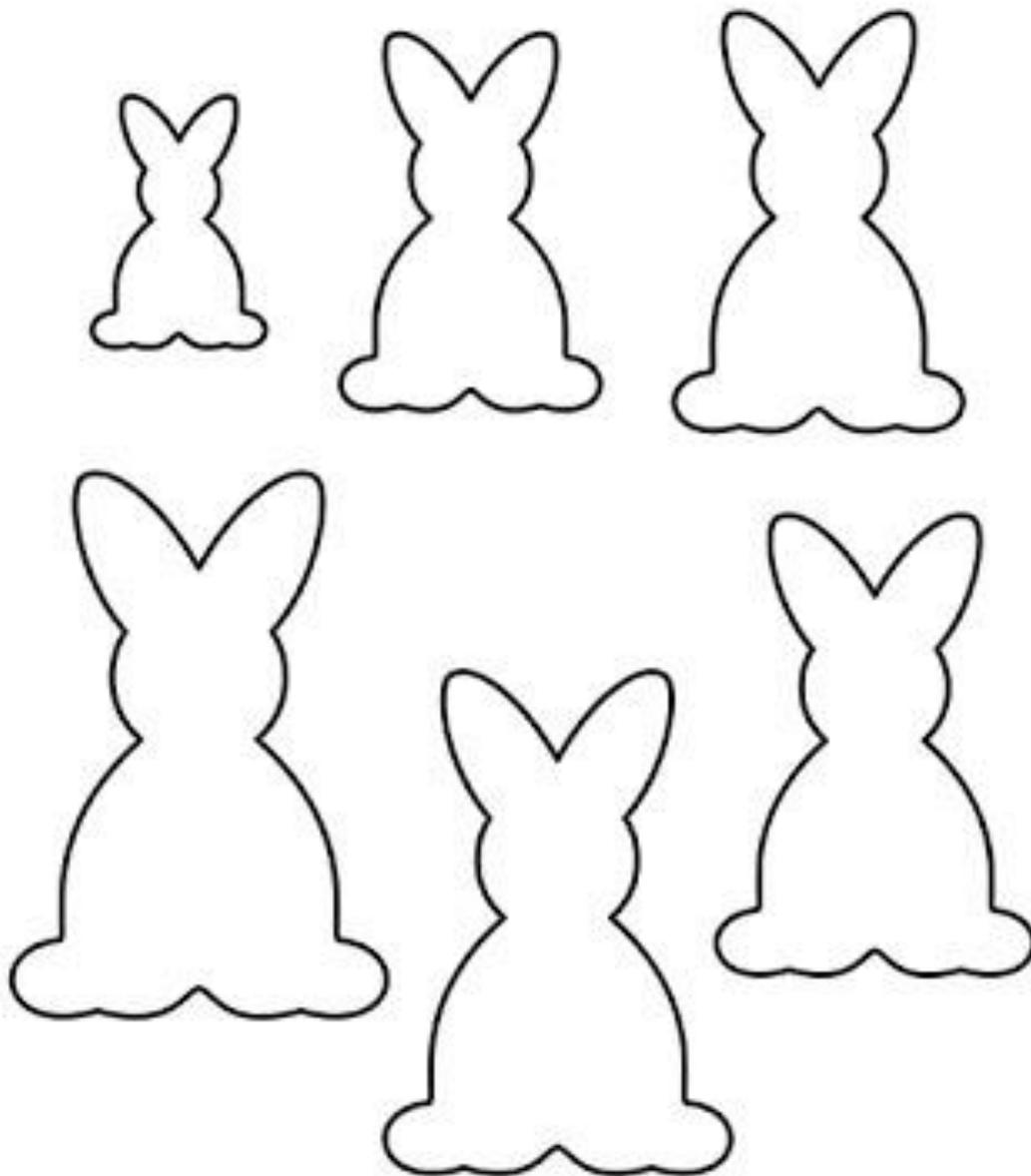


# Decorate a bunny .....

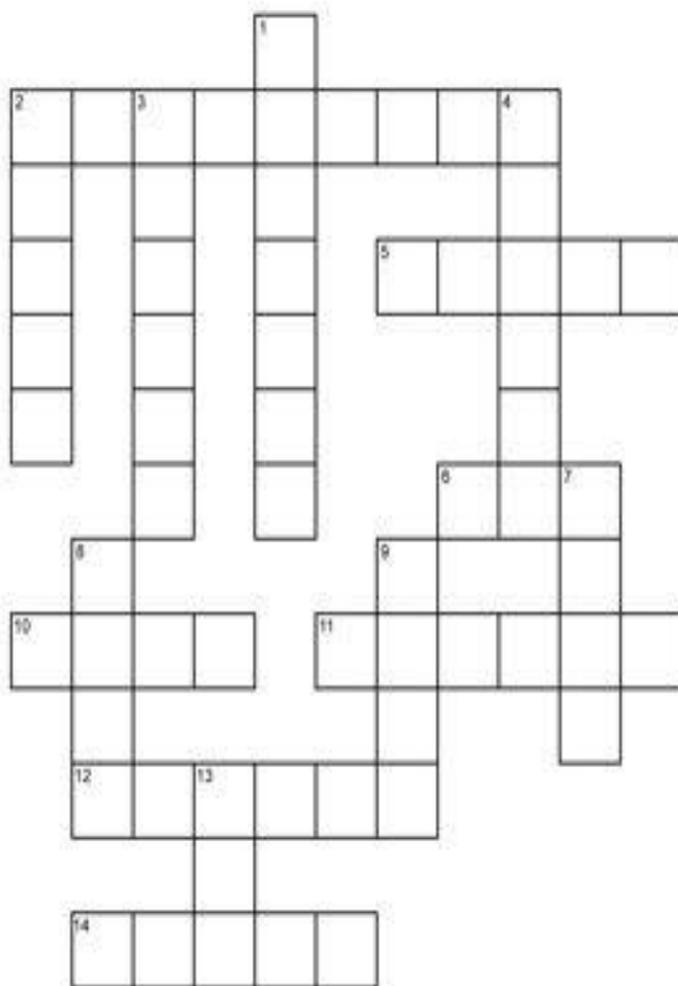
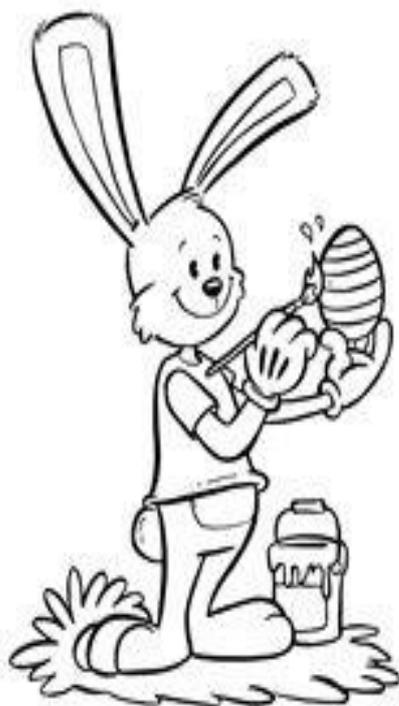
## Easter Bunny Template



123kidsfun.com



# Easter Crossword



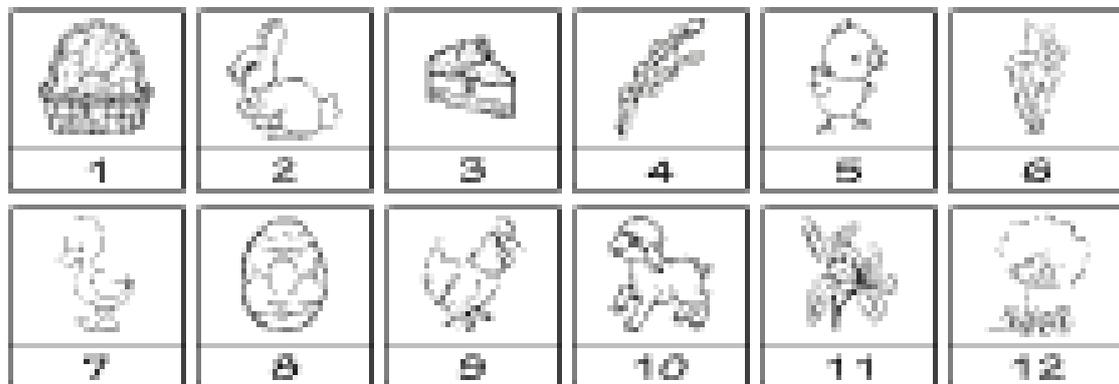
## Across

- 2 - A mother duck keeps a close eye on her \_\_\_\_.  
 5 - Easter's month.  
 6 - Which came first, the chicken or the \_\_\_\_?  
 10 - A mother cow gives milk to her \_\_\_\_.  
 11 - Easter is always on this day of the week.  
 12 - Carry your Easter Eggs in a \_\_\_\_.  
 14 - The Easter \_\_\_\_ hops around the world and delivers presents.

## Down

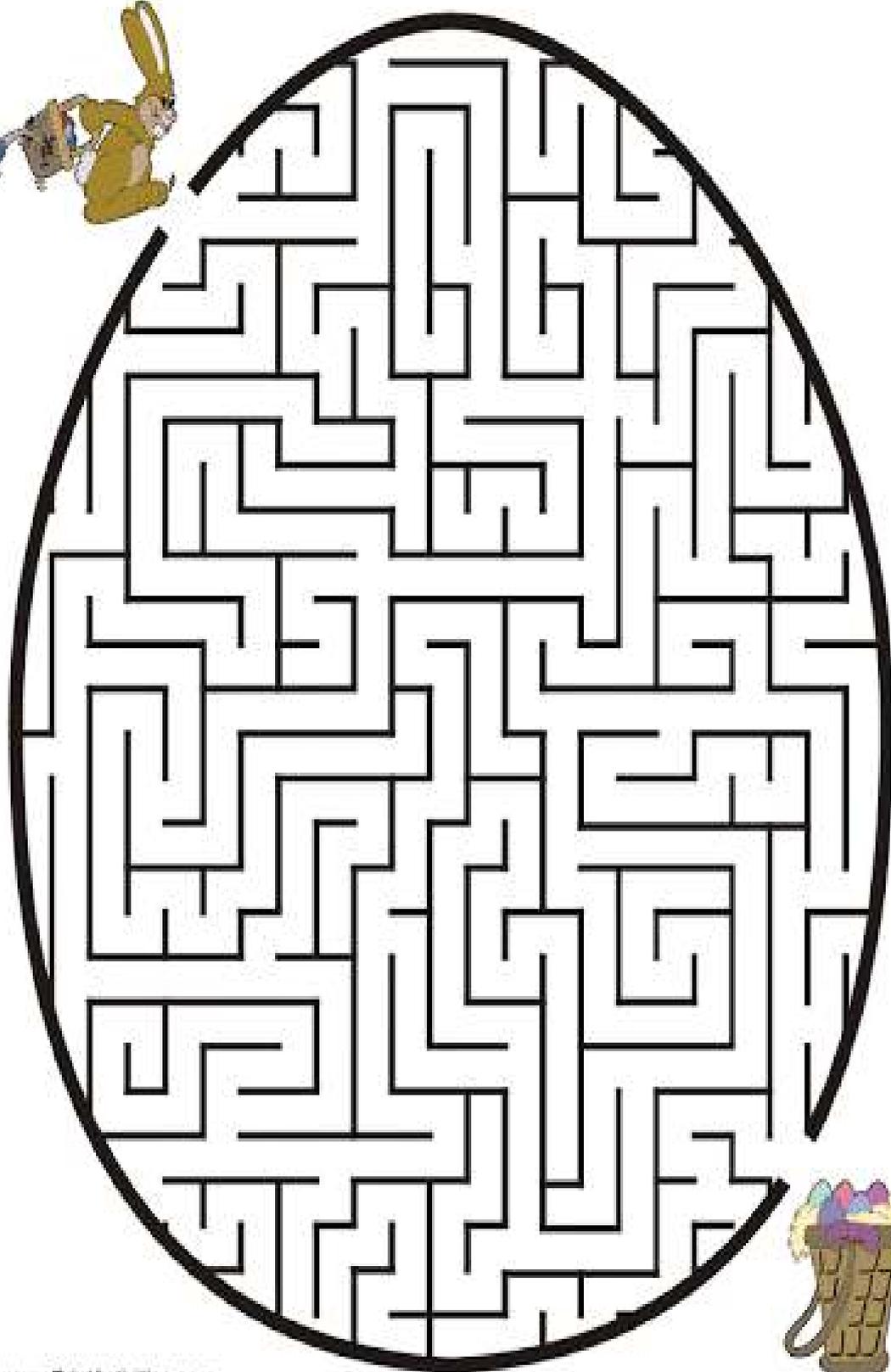
- 1 - April showers bring May \_\_\_\_.  
 2 - Cows give milk for \_\_\_\_ products.  
 3 - A mother hen watches over her baby \_\_\_\_.  
 4 - Easter's season.  
 7 - A baby \_\_\_\_ is called a kid.  
 8 - A baby sheep is called a \_\_\_\_.  
 9 - In the backyard, the kids are having an Easter Egg \_\_\_\_.  
 13 - The \_\_\_\_ warms the earth and brings light to the world.





- 1 B \_ S K \_ T
- 2 B \_ N \_ Y
- 3 C \_ K \_
- 4 C \_ T K \_ N
- 5 C \_ I \_ K
- 6 D \_ F F \_ D \_ L
- 7 D \_ C K L \_ N \_
- 8 E \_ S T \_ R \_ E \_ G
- 9 H \_ N
- 10 L A \_ B
- 11 L \_ L \_
- 12 \_ P R I N \_







## ' In it together ' – Easter Egg Hunt

Why not design your own easter eggs and hide them around the house for the family to find.

To start  
your search  
look where  
you keep  
your *shoes*

With a trunk  
and branches  
and lots of  
leaves the  
next hiding  
place must be  
a *tree*

The next one  
is hidden out  
of sight. It can  
be found  
somewhere  
to your *right*

Find  
something  
near your  
knees, it's  
also dinner  
for *the bees*

We travel  
near, we  
travel far.  
Now its time  
to check the  
*car*

Has the post  
been? Better  
look and see,  
no letters  
except *from*  
*me*

Where do you  
*park the car?*  
Its hard and  
smooth, don't  
look too far

Tip toe, tip  
toe be quiet  
as a mouse,  
where is the  
*number* of  
your house

Drip drop drip  
what sounds  
are those.  
They're coming  
from where  
you *have the*  
*hose*

Congratulations

Your search is  
done now get  
your prize

1. Print on card and cut out or make your own eggs
2. Hide your eggs – you could include a small egg or a gift with each card or just have a gift or surprise at the end
3. Follow the clues in order

# Easter Word Search

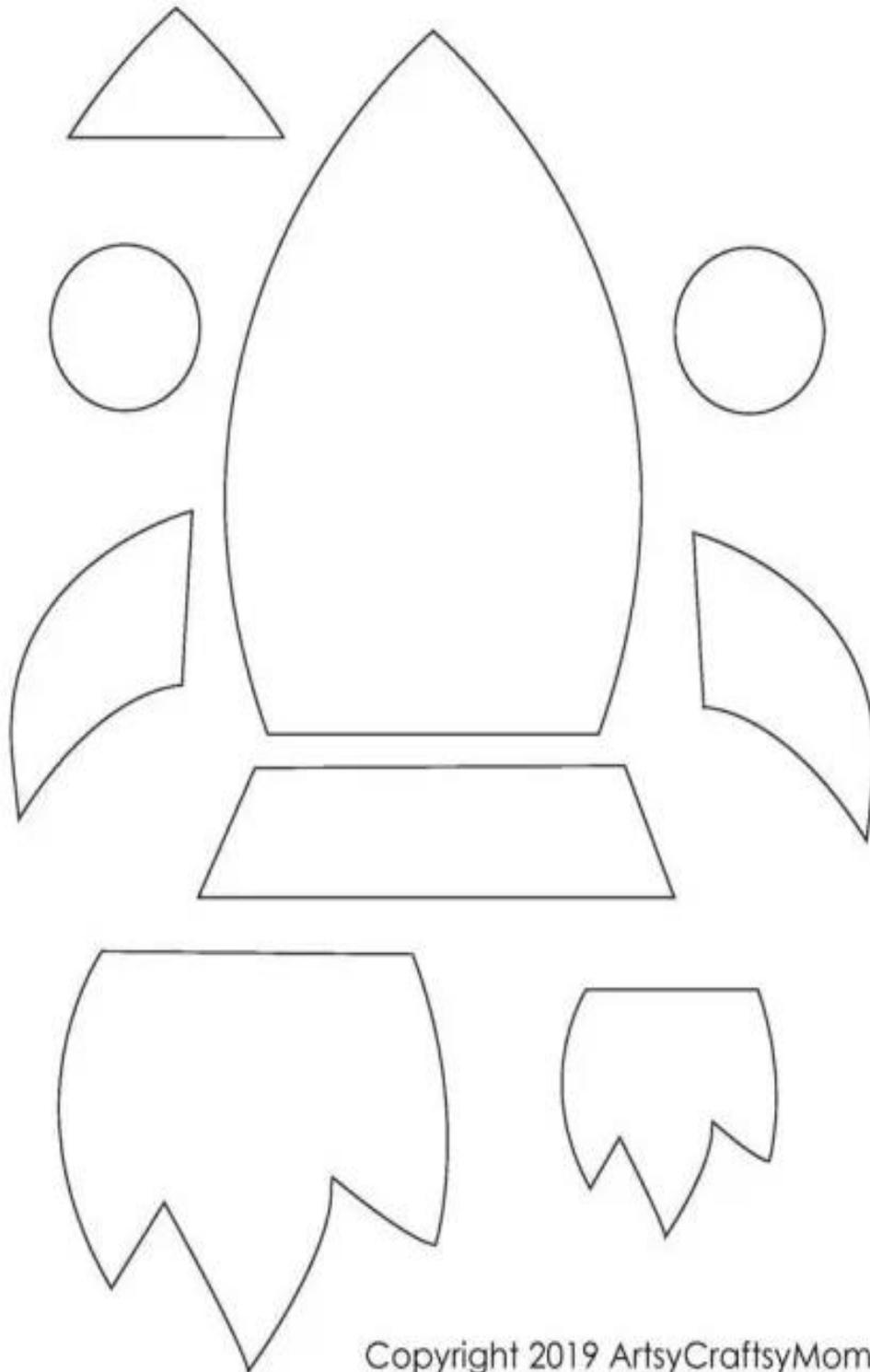
E A T R C H O C O L A T E G H  
G J G E G E A S T E R J E B N  
S G E S A T L H H O D A Y S U  
T F A L N G D E C O R A T E D  
R L E R L A D A B I P O Y S C  
G O G G R Y A C A R R O T E H  
D W E S G I B B U N A N Y S I  
U E P A R A D E J E L T S P C  
C R J L A I N S A H O L I Y K  
K S G E S J R S U N D A Y O A  
L C A R S T A S B A S K E T N  
I K S H J H B U N N Y E G S I  
N G S A U I B L A T I P G S N  
G I N J E N I J E L S O N G G  
S P R I N G T U L I P A G D S



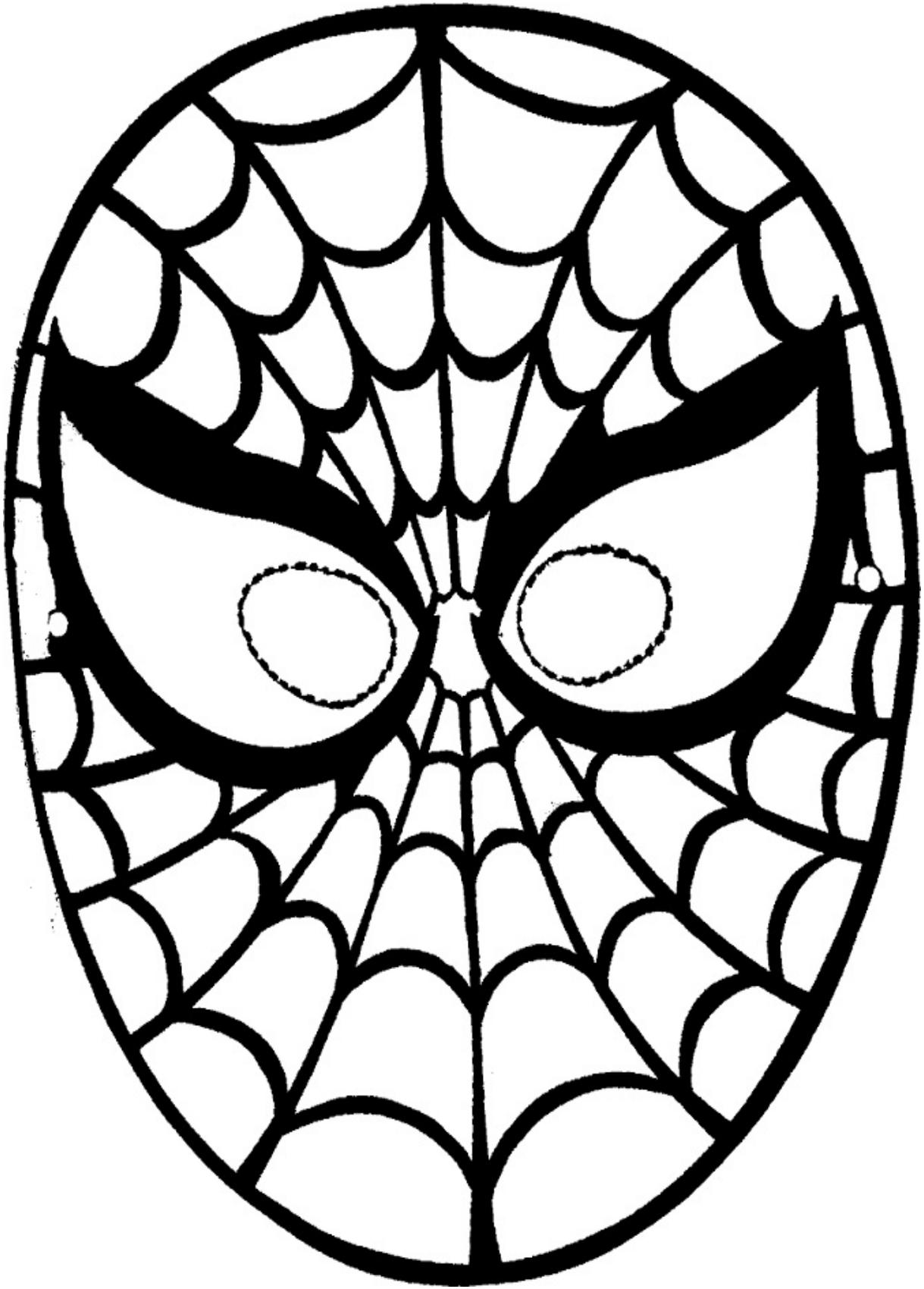
BASKET	DUCKLINGS	JELLYBEANS
BUNNY	EASTER	PARADE
CARROT	EGGS	RABBIT
CELEBRATION	FLOWERS	SPRING
CHICK	GRASS	SUNDAY
CHOCOLATE	HOP	TULIP
DECORATED	HUNT	



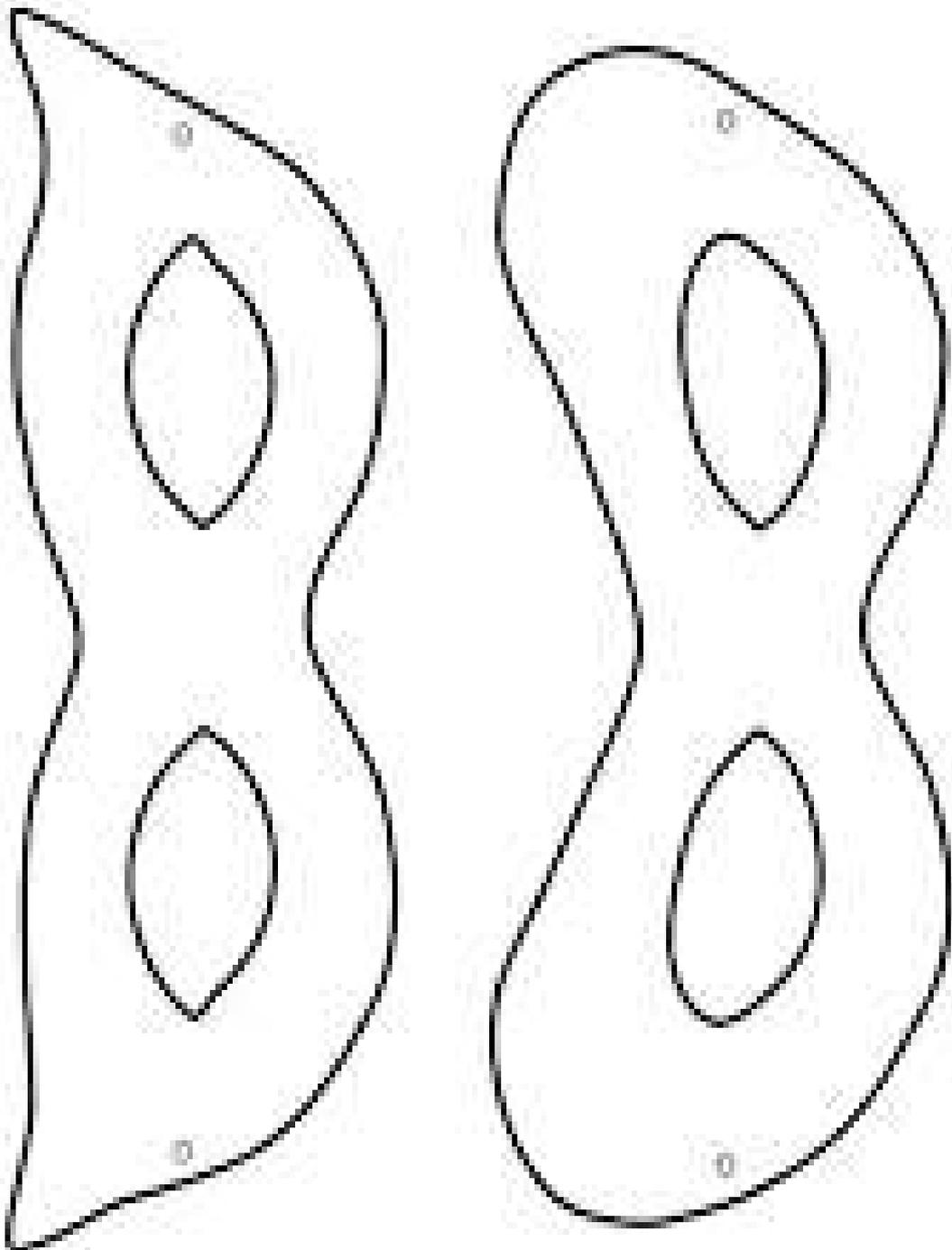
Let's get creative .....



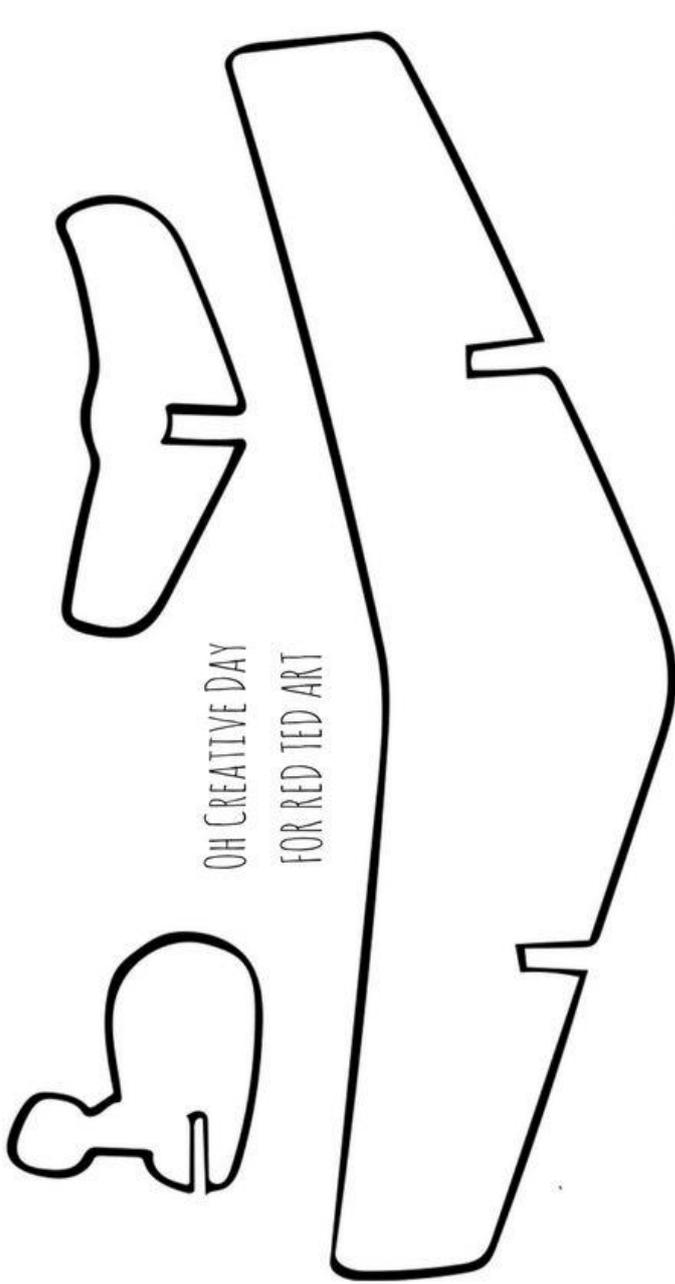
Copyright 2019 ArtsyCraftsyMom.com



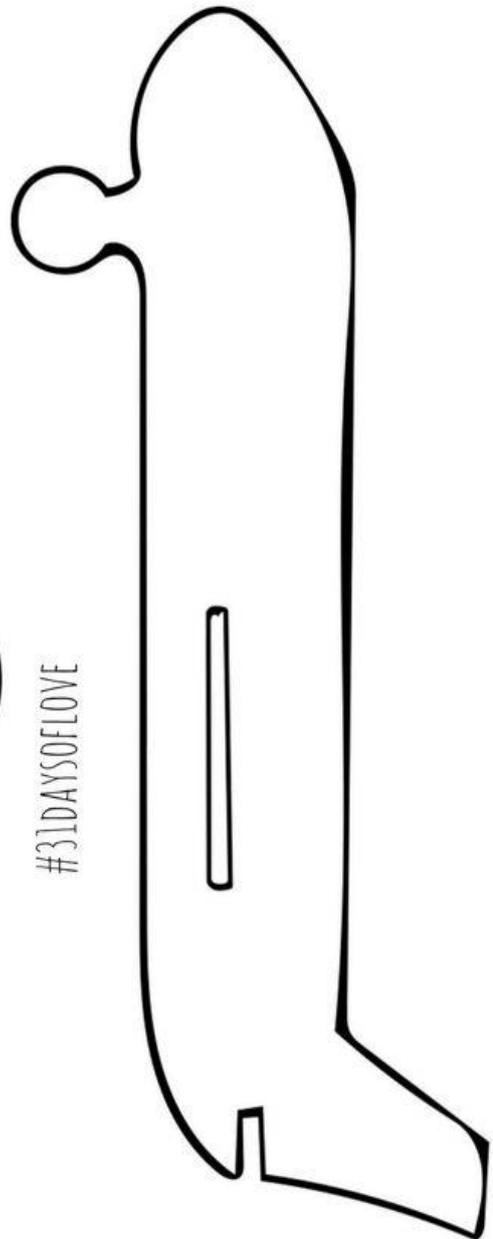
# Masquerade Mask Template



Printed on recycled paper with soy-based inks. All illustrations are copyright © 2008 by Scholastic Teaching Resources.



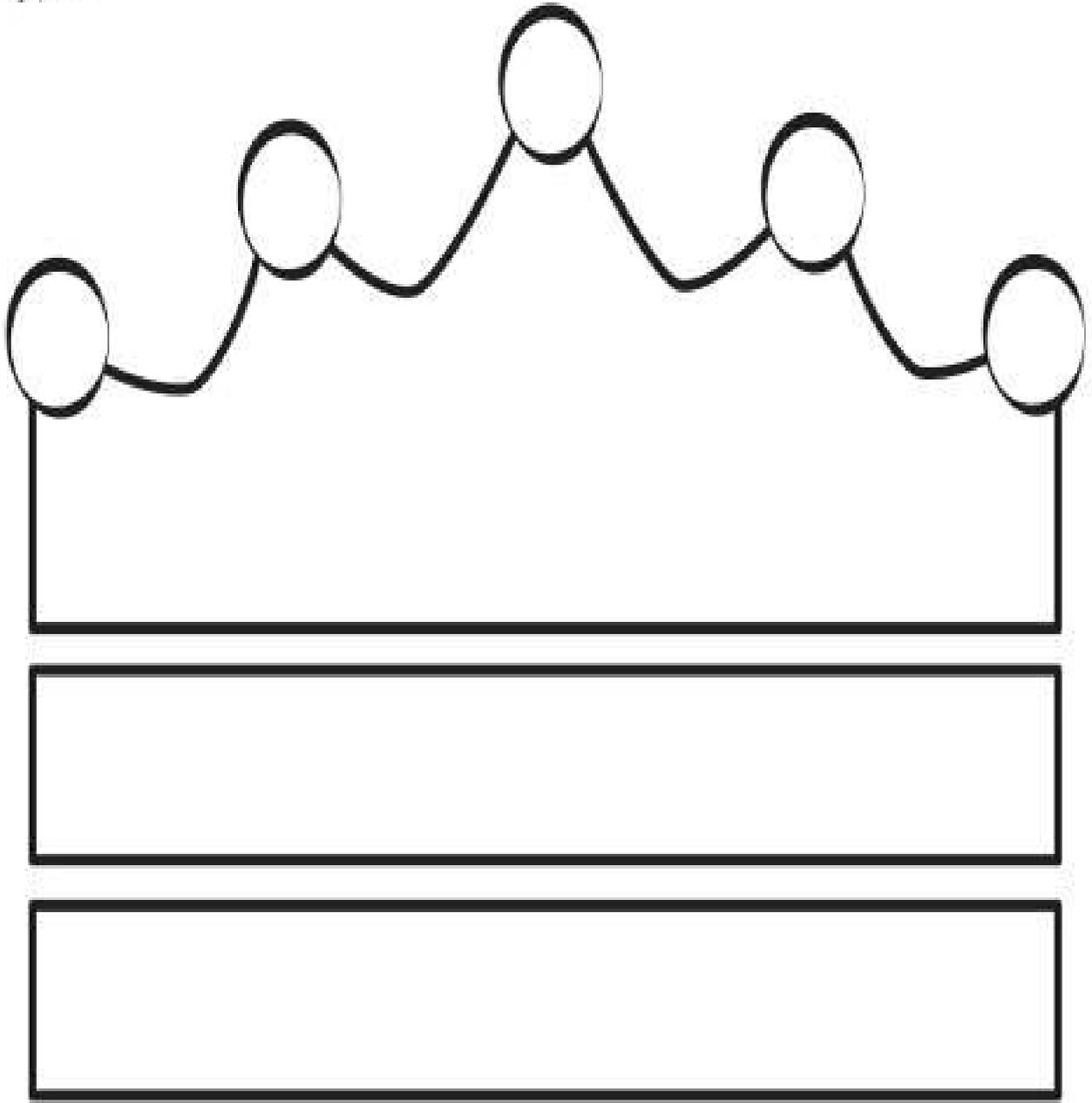
OH CREATIVE DAY  
FOR RED TED ART



#31DAYSOFLOVE

*Create Your Own*

**Cut-out CROWN** 1. Color and Decorate your crown. 2. Cut out the crown and bands.  
3. Attach the headbands to the crown. 4. Attach the bands together at the back, and wear it!

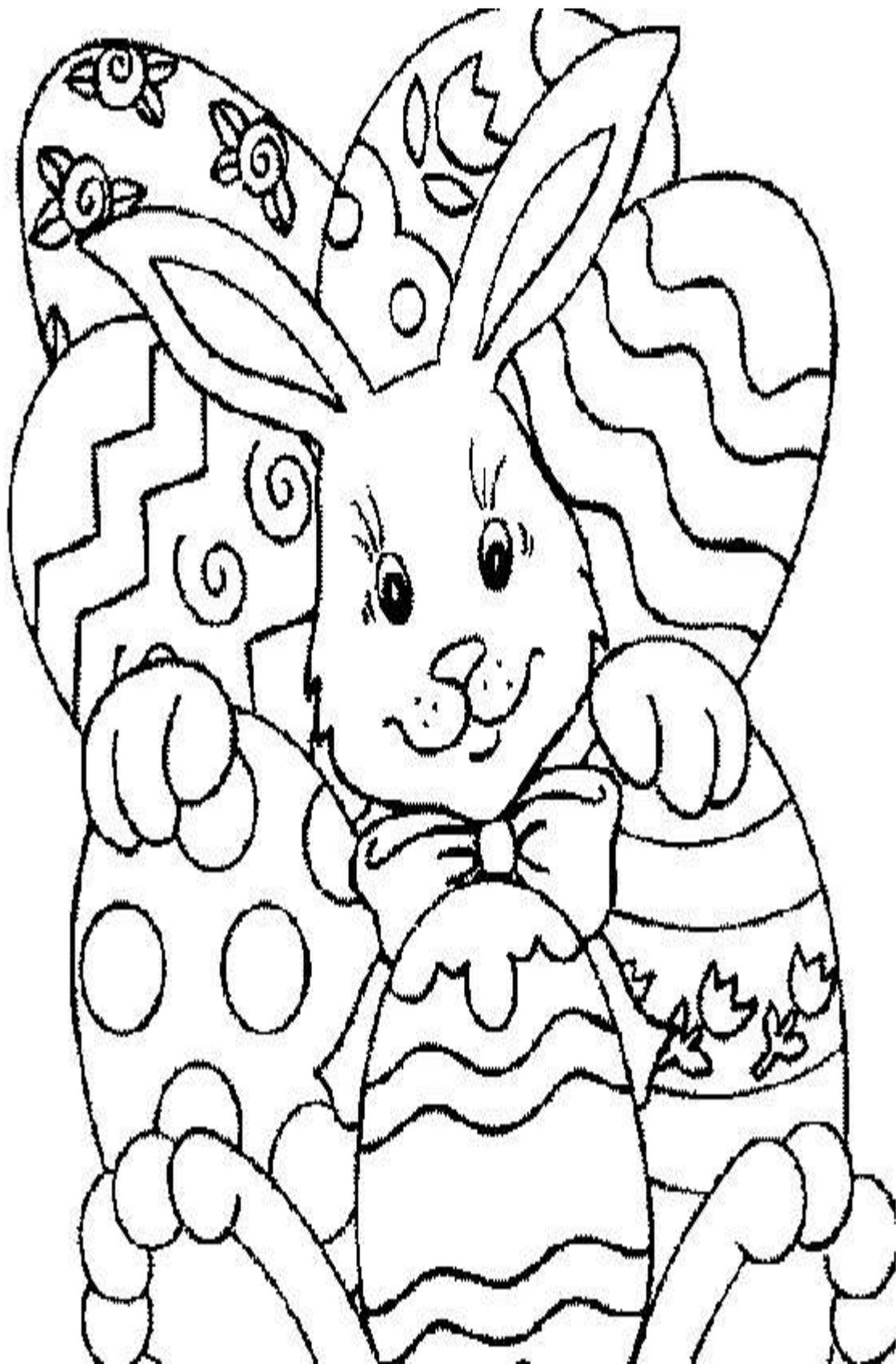


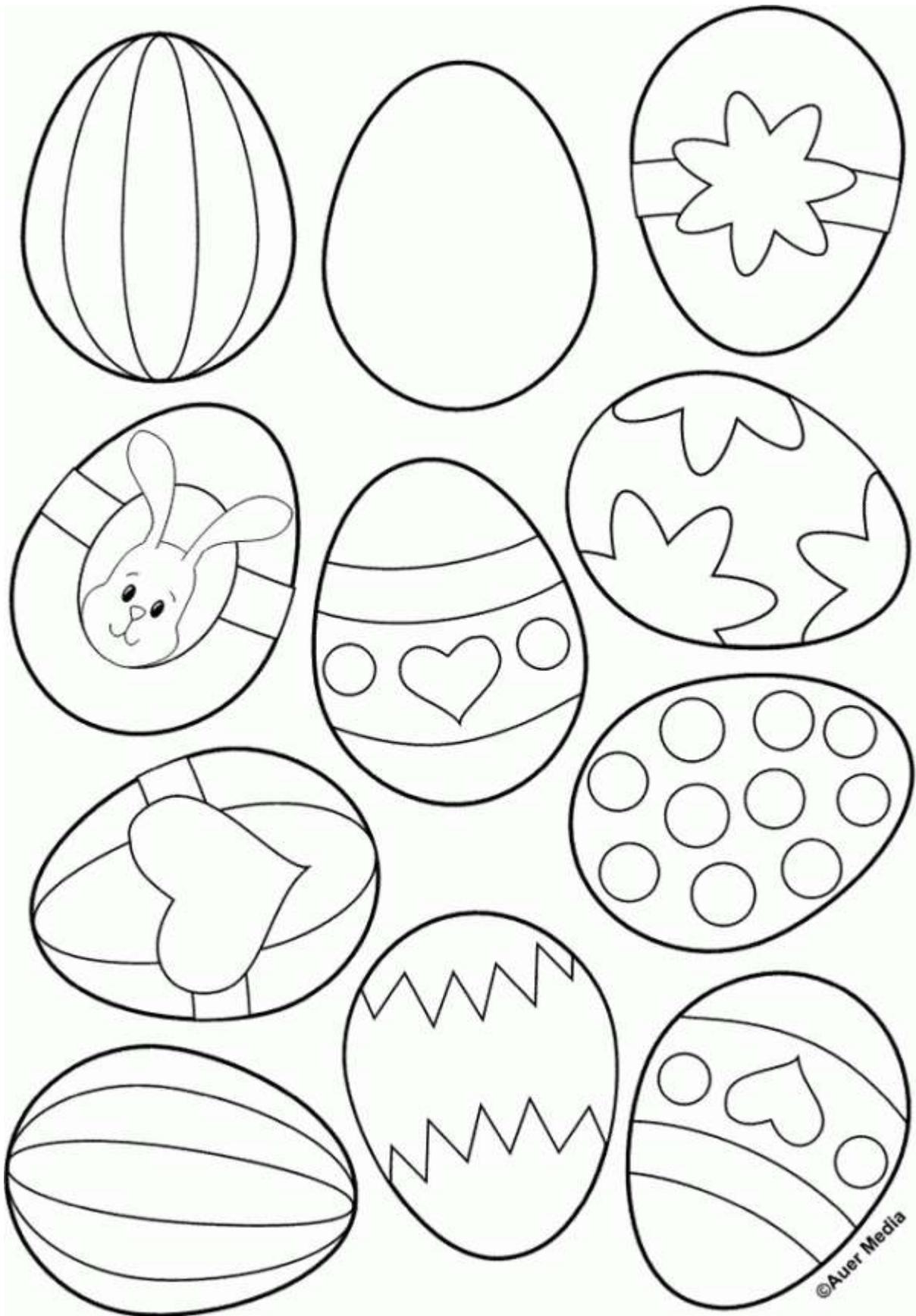
©MardiGrasOutlet.com

Colour me in.....





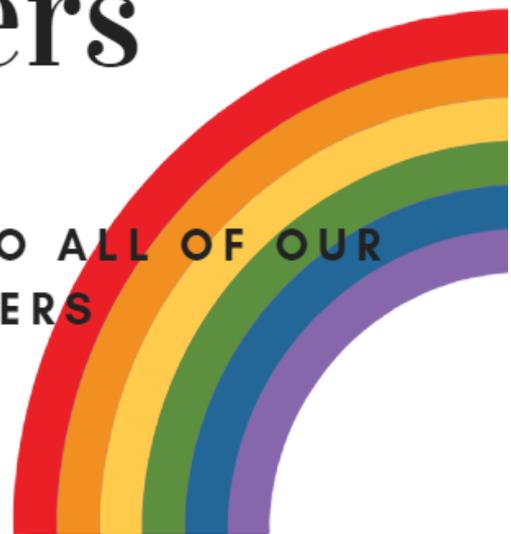






**Every Thursday  
at 8pm  
Clap/make some  
noise at your  
front door for  
NHS and Care  
workers**

**THANK YOU ALSO TO ALL OF OUR  
KEY WORKERS**



**Have you been to any of our cook your own tea sessions? How about helping to make tea tonight with your family?**

Here are some recipes for inspiration.....

## Piri-piri chicken pittas

COOK: 10 MINS - 12 MINS /EASY/SERVES 4

### Ingredients

4 chicken breasts

3 tbsp medium spice piri-piri sauce

300g tub coleslaw

4 pitta breads



### Method

Chop the chicken into 2cm cubes and toss in the piri-piri sauce. Heat the grill to high, push the chicken onto four skewers and grill on all sides for 10-12 mins in total or until cooked through and a little charred. Meanwhile, warm the pittas in a toaster.

Slice the pittas in half, stuff with the coleslaw, then slide the chicken from the skewers and add to the pittas.

## Instant berry banana slush

PREP: 5 MINS/ no cook/EASY/SERVES 2

### Ingredients

2 ripe bananas

200g frozen berry mix (blackberries, raspberries and currants)



### Method

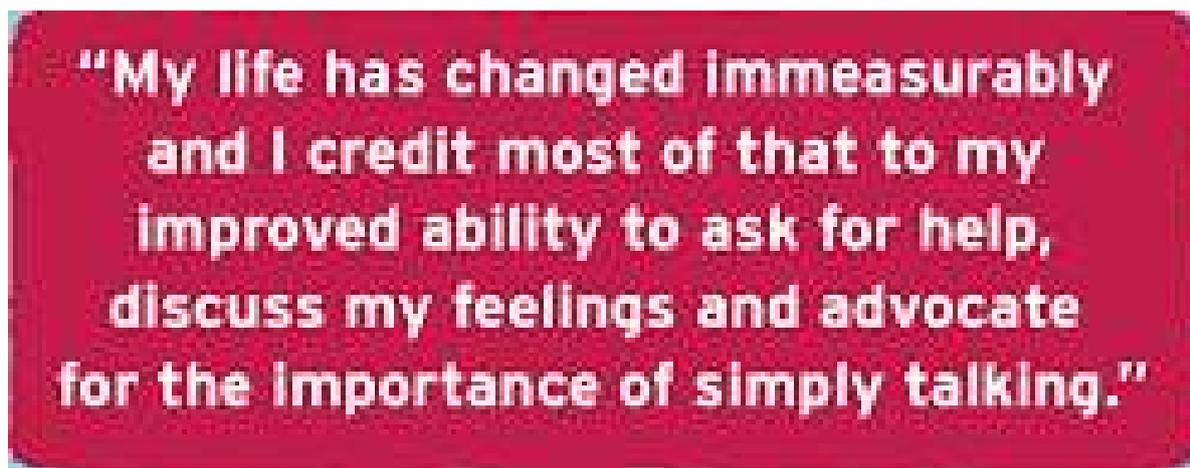
Slice the bananas into a bowl and add the frozen berry mix. Blitz with a stick blender to make a slushy ice and serve straight away in two glasses with spoons.

## Places to talk

We now have a dedicated mobile for your UTASS youth work team

Call or txt: 07493744336

If you would like to talk to us, we are available – we can also arrange times to contact you if you would like to keep in touch regularly.



It's normal to feel lonely or isolated sometimes. If it feels like these feelings are taking over, we're here to help.

<https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/loneliness-isolation/>

Call free on 0800 1111



<https://kooth.com/index.html>

Free, safe and anonymous online support for young people

ONLINE CHAT

Monday – Friday 12pm – 10pm

Saturday – Sunday 6pm – 10pm



Did you know that there are live streams at Melbourne zoo in Australia?

Pop online and enter this link

<https://www.gizmodo.com.au/2020/03/melbourne-zoo-livestream-coronavirus/>

You can watch:

The snow leopard cub cam

<https://youtu.be/DiQaOIsDZIY>

The penguin cam

<https://youtu.be/mSI7phzCec8>

The giraffe cam

<https://youtu.be/MNJsIXP8GgE>

Lion Livestream Weribee Open Range Zoo

<https://youtu.be/PA3niQ9ECFs>

## There are also many other virtual tours:

Baltimore National Aquarium,

<https://aqua.org/media/virtualtours/baltimore/index.html>



Have a look around Walt Disney World Resort



<https://disneyarks.disney.go.com/blog/2018/03/disney-parks-launches-first-ever-360-degree-panoramas-on-google-street-view/>

How about LEGO LAND in Florida?

<https://www.legoland.dk/en/accommodation/hotel-legoland/virtual-tour/>



Have you been to Buckingham Palace? lets have a nose around .....

<https://www.royal.uk/virtual-tours-buckingham-palace>



Have a look around the world of Roald Dahl

<https://www.roalddahl.com/museum/visit/virtual-museum-tour>



Links to other activities:

[https://www.dayoutwiththekids.co.uk/blog/free-easter-activities-at-home?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=blogs&utm\\_term=easter+pack](https://www.dayoutwiththekids.co.uk/blog/free-easter-activities-at-home?utm_source=facebook&utm_medium=social&utm_campaign=blogs&utm_term=easter+pack)

Free games for 0-6years .....

<https://www.bbc.co.uk/cbeebies/games>

Free games and challenges for a little bit older kids.....

<https://www.bbc.co.uk/cbbc>

### **Fun activities to do at home with kids**

1. Treasure hunt (with clues, hide a favourite toy somewhere in the house)
2. Make a batch of play doh
3. Tint shaving cream with food colouring, paint the windows or glass doors (or the inside of the shower glass) then rinse it off
4. Go through clothing from previous seasons, try on and cull things that are too small
5. Play dress ups in mum and dad's clothes – do a photoshoot
6. Graffiti the garden fence with chalk
7. Make a small bowl, plate, egg cup or statue from air dry clay
8. Day spa – do a Mani/Pedi/foot soak/face mask
9. Go through old photos and videos, and old craft and paintings
10. Have a Living Room disco – play freeze, musical chairs, have a dance off
11. Go through recipe books together and have a bake off challenge
12. Do a backyard scavenger hunt
13. Make Origami animals or paper ninja stars
14. Gardening – pull weeds, trim bushes, collect flowers for a vase
15. Make a mud kitchen in the garden, make different coloured rock paint
16. Practice hammering nails into a plank of wood
17. Organise the books on your shelf into a rainbow of colours
18. String up a sheet tent in the backyard
19. Find three toys to give to charity
20. Using Lego characters or other small toys, make a stop motion movie (download the app Stop Motion to your phone or Ipad)
21. Organise your Lego and then have a building challenge. Who can build the best house, hotel or shop?
22. Write notes of love, compliments or doodles and hide them around the house for family to find
23. Do a marshmallow toothpick engineering challenge
24. Create a “God's eye” weaving using sticks and wool
25. Build a teepee fairy house
26. Try shadow drawing, leaf rubbings, painting bark or stones
27. Build a bug hotel
28. Try leaf threading and make a nature chandelier
29. Use a mirror to draw a self portrait
30. Create an Alfoil river in the garden and float things down it

31. Learn to braid hair
32. Create an obstacle course
33. Build a fort using the couch and every cushion/pillow you can find
34. Thread pasta into jewellery
35. Make 3D paper rainbows
36. Make your own bubble blower
37. Put goggles and swimmers on and swim in the bath
38. Go through your board/card games and challenge yourself to play them all. Design your own game
39. Make greeting cards for the stationery cupboard to be used for birthdays and other occasions
40. Paint a family portrait to be framed and hung
41. Choose a picture book each and read aloud to each other in the biggest bed in your house
42. Have a handball tournament
43. Write a short story or poem that includes a dog, an umbrella and some sushi
44. Find 10 different shaped leaves in the garden
45. Create a paper crown for a member of your family and decorate it
46. Make a paper chain to hang up in the dining room
47. Try the travelling water experiment
48. Fill a small spray bottle with water and aromatherapy oil and then spray and wipe the house
49. Fold paper and cut out paper snowflakes
50. Make pom poms out of wool
51. Play drawing games like Simon Says drawing
52. Put on a puppet show using toys behind the couch
53. Make DIY rain clouds in a jar
54. Do the magic milk experiment
55. Create a sensory shaker bottle using an old bottle, glitter and water (and whatever else you'd like to put in there!)
56. Outdoor games like egg and spoon race, tag team races, three legged races, or play stuck in the mud
57. Fold paper planes and see how far they will fly
58. Build the highest block tower you can
59. Learn how to bake bread
60. Make a Lego zip line
61. Keep a balloon in the air as long as possible
62. Build a house with a deck of cards

63. String up the Christmas lights in your living room
64. Play cinema – make tickets, popcorn, give your guests a rug and watch a movie together
65. Play hotels using your bedrooms as ‘hotel rooms’ or restaurants by setting up the dining room like a restaurant with menus (or hospitals, vets, banks, etc)
66. Make up a workout and do it together (eg: 25 star jumps, 20 squats, 15 crunches, hop like a bunny around the lounge room, frog leap your partner)
67. Choose an inspirational quote and create a poster for your room
68. Change the bedsheets and build a sheet city in your bedroom before they get washed!
69. Press flowers within a few heavy books
70. Play the gummy bear game (using dice and 5 gummies each. Roll a 1 you eat one in your pile, a 2 you pass one bear to your left, a 3 you pass to your right, a 4 you keep it, a 5 you eat it, a 6 you keep it – keep playing till the gummies are gone!)
71. Make sidewalk paint
72. Make a magic potion using aromatherapy oils, glitter, water, petals
73. Take some garden clippings and see which ones you can get to grow roots for replanting
74. Use masking tape to make a race track. Race matchbox cars. Or use the inside of your bathtub as a ramp for racing
75. Listen to a kid’s podcast or audio book. Podcast suggestions:
  - o Brains On
  - o Wow In The World
  - o Circle Round
  - o Little Green Pod
  - o Good Night Stories for Rebel Girls
  - o Fierce Girls
  - o Story Pirates
  - o But Why?
76. With some old clothes, cut and create clothes for your toys
77. Take everyone’s height measurement on a door frame
78. Using butchers paper, trace a partner’s whole body. Now try to include as many body parts and organs as you can
79. Give someone a back, foot or head massage
80. Try sharpie tie dye using a sharpie and rubbing alcohol
81. Take some artistic photos in black and white. Play around with filters and see what you can create. You could use a phone or learn how to use the proper camera (if you have one)
82. Water play – buckets, scoopers, whisk, pouring jugs, straws, bubbles!
83. Have a picnic lunch outside. Take books and toys with you

84. Sort through all your crafts and art supplies. See if something inspires you. Organise and sharpen all your pencils and test all your markers
85. Make a bottle rocket
86. Make rainbow paper
87. Make a stained glass window using clear contact & cellophane
88. Make a marble run
89. Paint a stick gnome
90. Make a rainbow stick
91. Jump rope – can you get to 100 without stopping?
92. Take apart an old appliance. Can you put it back together?
93. Research your family tree – see how far back you can go
94. Make a time capsule of this time to be opened in 10 years
95. Get swimmers on and wash the car or your bike!
96. Set up camp in the garden and play inside the tent
97. Write a letter to a friend, relative or teacher to mail
98. Lie on a rug in the garden and spot cloud shapes. Make up a story about what you see.
99. Work together to a family emblem, motto or song. Include elements that are important to you and your family
100. Learn to finger knit, french knit or braid wool into friendship bracelets
101. Sketch your dream red carpet look!
102. Try Michelangelo drawing under the table
103. Make a pretty lantern using an old jar, tissue paper and glue
104. Make an infinite paper flipper!
105. Make frozen dinosaur eggs (or you could use fairies, or Ooshies, etc)
106. Make a paper cut out family
107. Make a paper plate whale
108. Try dying some old plain fabric using natural dyes
109. Do a chalk photo shoot
110. Interview the members of your family
111. Make a popsicle stick catapult
112. Can you draw or paint with your feet?
113. Do a Yoga class together

Our science fair  
was.....



AWESOME!

Here are some  
FREE fun Activities  
from  BRITISH  
SCIENCE  
ASSOCIATION

Enter the link online to  
download your science  
activity pack

Indoor activities

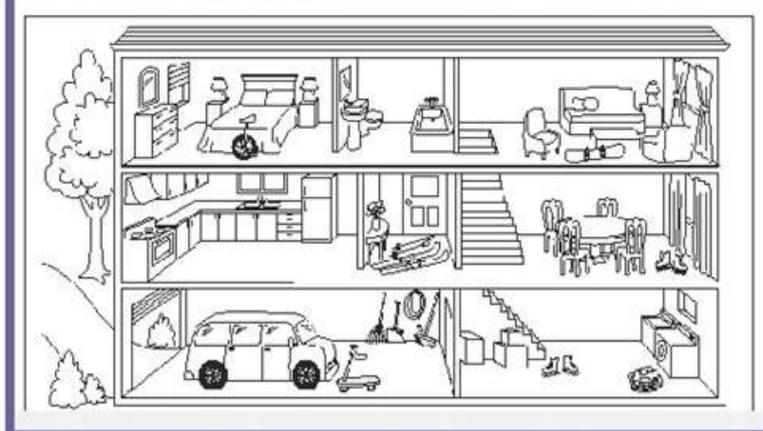
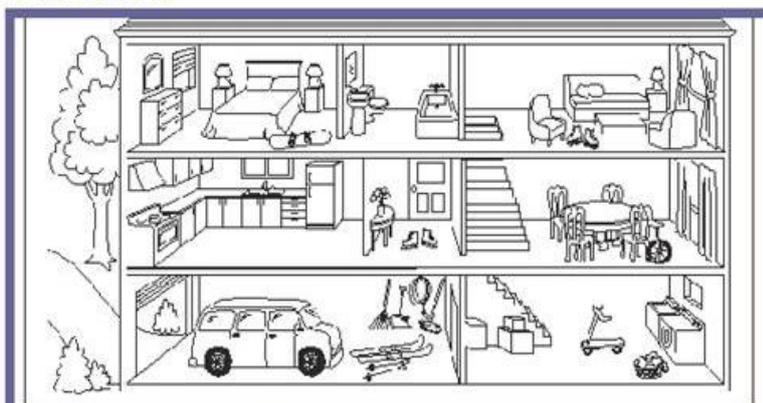
<https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=98479b73-453a-4390-b367-c8613e37c578>

Outdoor activities – please stay in your own garden for these activities

<https://www.britishtscienceassociation.org/Handlers/Download.ashx?IDMF=fd30d8de-fc23-45d8-93f1-d2eead8f13bf>

# SPOT THE DIFFERENCES

PETER'S HOUSE



SAM'S HOUSE

LOOK AT THE PICTURES AND WRITE THE DIFFERENCES

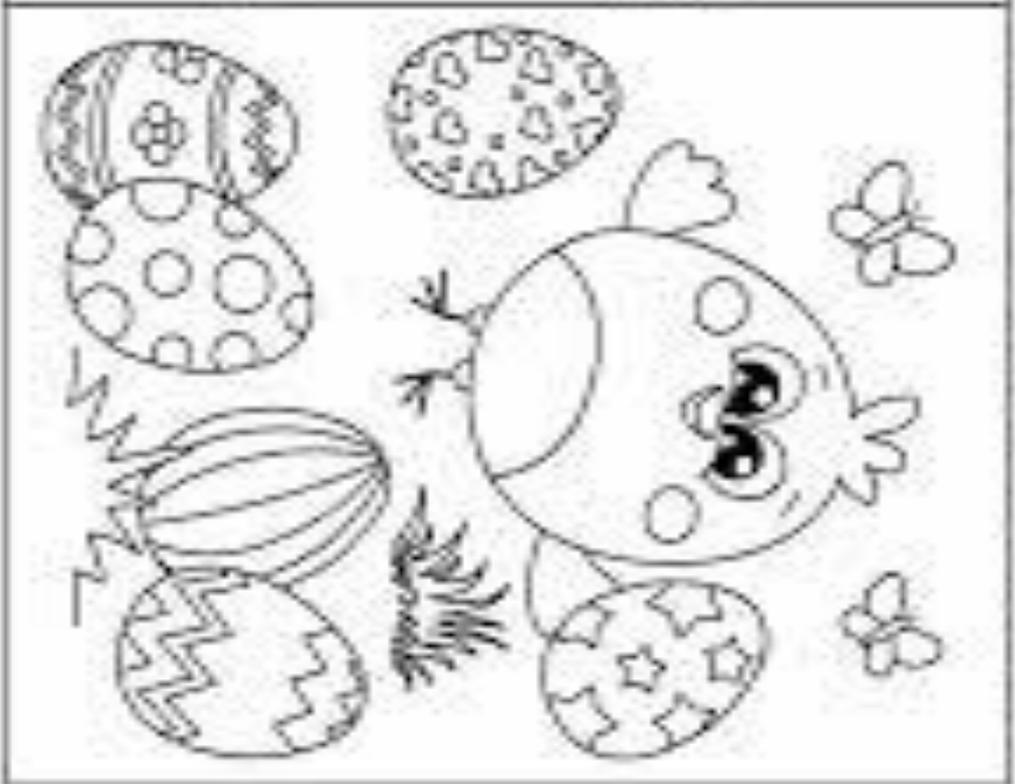
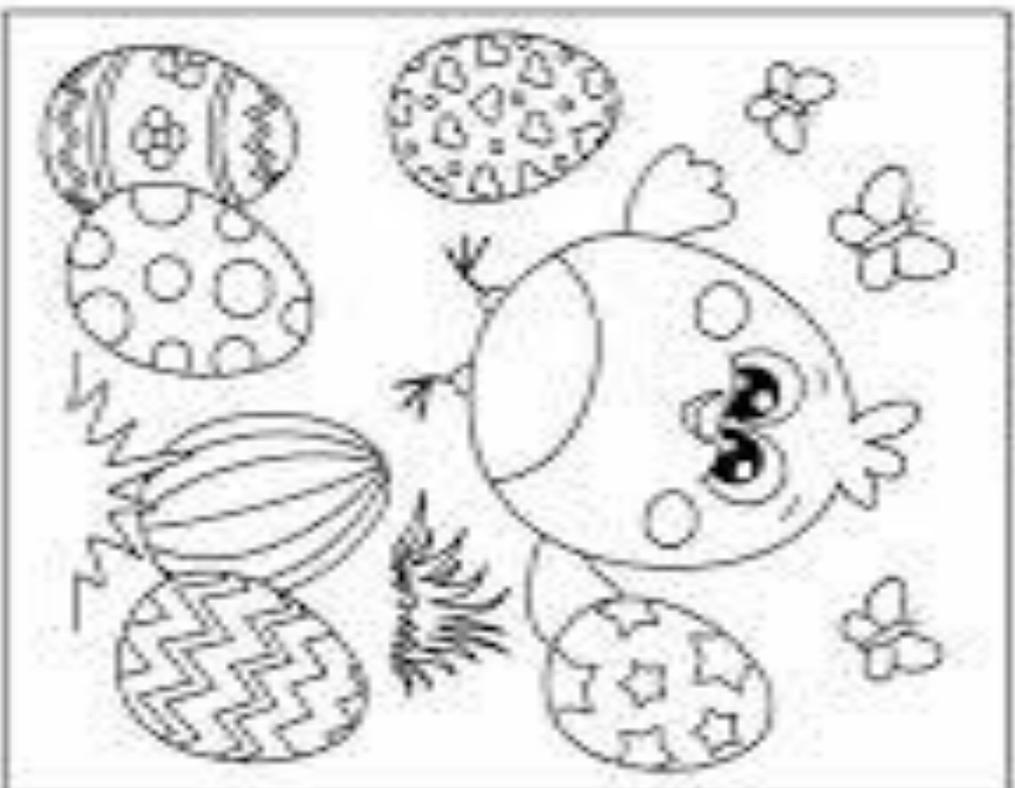
EXAMPLE:

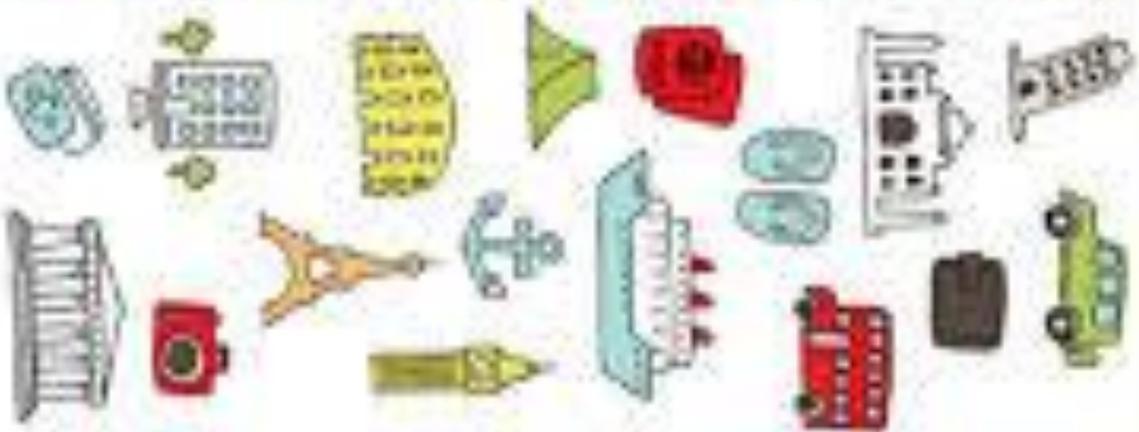
IN PETER'S HOUSE THERE IS A SNOWBOARD IN THE BEDROOM

IN SAM'S HOUSE THERE IS A BIKE IN THE BEDROOM

# Easter

Spot 5 differences!





# Competition Time



A month free pass to UTASS  
DROP IN?



Draw us a picture or use  
crafts to create a super hero  
then tell us its super power  
and what you would use  
that super power for

Prize and winner will be announced on re-opening of the drop in

