

Essex ACTIVEate

Holiday Activity Pack



This pack belongs to

Suitable for younger children

Easter Egg Hunt

Challenge your searching skills and win special treats with this fun twist on an Easter egg hunt!

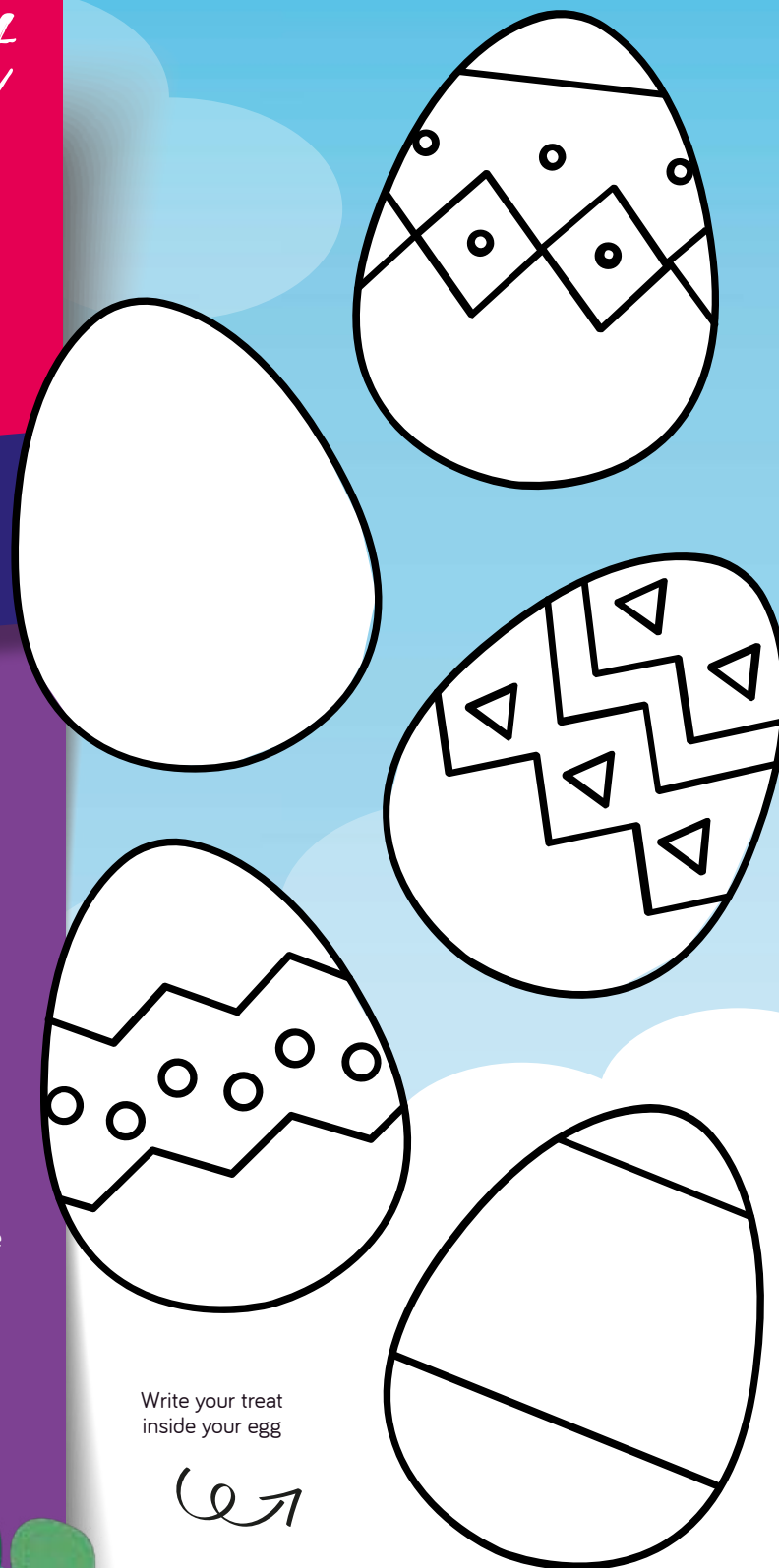
This Easter, Why not try hunting for the eggs and winning rewards such as staying up 15 minutes later or watching an extra 15 minutes of TV? Ask an adult in your family to help you set up this challenge.

YOU WILL NEED

Colouring pens /pencils/crayons, scissors, a timer

Instructions

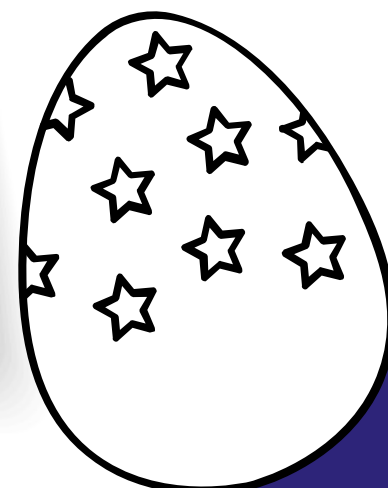
- 1) Decorate and colour the eggs below.
- 2) Once complete, speak to your adult to choose a reward to write on each decorated egg.
- 3) With the help of your adult, cut out each of the eggs.
- 4) Ask your adult to hide the egg shapes around the house, just like the Easter bunny hides chocolate eggs! Then they should set a time for how long to have to search.
- 5) When your family member says GO, find as many of the eggs as you can in the time limit.
- 6) When the timer is up, read out the treats from the eggs you've found.
- 7) Speak to your family member about when you can use these rewards.



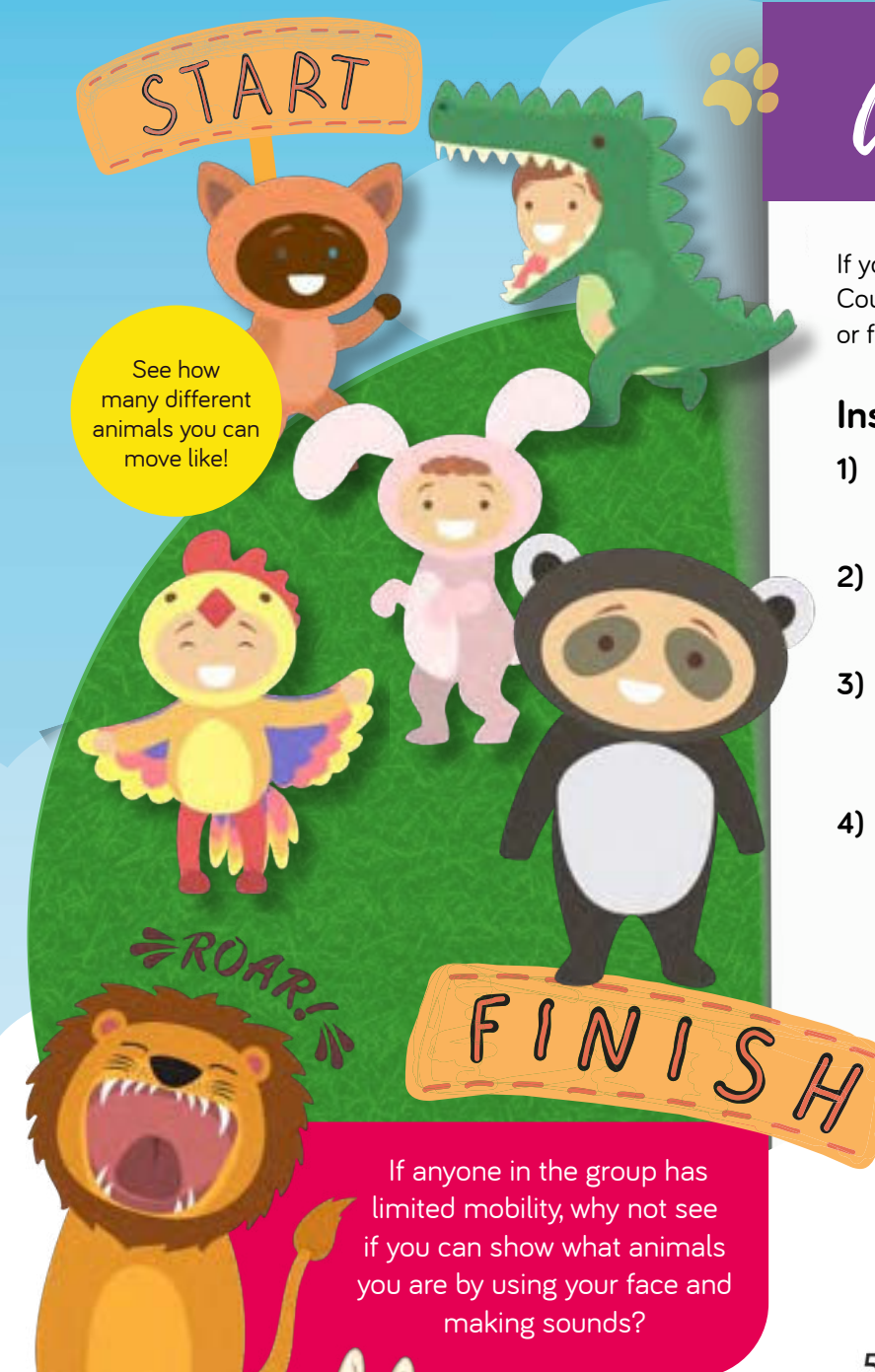
Write your treat inside your egg



Warning - Always ask an adult for help when using scissors



If you can't print this page, why not draw out your own eggs to write treats on?



See how many different animals you can move like!

If anyone in the group has limited mobility, why not see if you can show what animals you are by using your face and making sounds?

Active Animals

If you could be any animal, what would you be? Could it win in a race? Would it be slow and steady or fast and flexible?

Instructions

- 1) With some friends or family members, mark a start and finish line in an open space or garden.
- 2) Decide on what animal you each want to move like (you could choose one you see on this page).
- 3) Count down 'ready, set, go' and move in the same way as your chosen animal would. Who will be first to cross the finish line?
- 4) To make the race more challenging, consider what noises your animal makes, how does it move different parts of its body, is it moving high or low?



Connect the dots and colour me in

Click [here](#) to do more dot-to-dot puzzles online!



Spring Newborns

Did you know baby and adult animals have different titles? Let's learn the names for these babies that are often born in the spring!

Goat



CALF

CHICK

Chicken



KID

JOEY

Kangaroo



PUP

LAMB

Sheep



FOAL

KIT

Instructions

1. Either print this page or draw out your own versions of the animals on a piece of paper.
2. Next, draw a line to match the adult animal with the name for their babies
3. Once you've matched them up – can you draw a baby version of each of the animals?



Horse



Cow



Fox



Otter

OINK

WOOF

MOO

RAA

SQUEAK

RAAAR

CLUCK

TWEET

MEOW

Do you think baby animals make different noises to the adults?
What do they sound like? Check your answers on the back page

Homely Habitats

Why not try making your own bug hotel to give insects somewhere to live? This will encourage them to come and pollinate nearby plants throughout the spring and summer!

When creating a home for bugs it's important use a range of materials because different insects like different spaces. Can you find lots of natural materials with different textures? Bendy twigs, crispy bark, dry grass, soft feathers, crunchy leaves? Notice how they feel, smell and sound! Then follow the instructions below to build a cosy home for bugs.



Instructions

- 1) Get creative using recycled materials to create the structure. You could try plastic bottles, juice cartons, broken plant pots, old yoghurt pots or toilet roll cores. If you need to cut any of the materials, always ask an adult for help!

We used an old milk carton and toilet roll cores to form the main structure

- 2) Next, fill in all the spaces with your natural materials and other recycled materials such as old newspaper. Try to group materials together to create different areas.

Take a look at our bug hotel for inspiration

YOU WILL NEED

Recycled materials (card, paper or plastic), scissors, and your collection of natural materials

Don't forget to wash out the recycled materials if they used to contain food/drink.



We'd love to see your creations! Ask an adult if they can send in a photo of your bug hotel.



Hungry Bunny

Let's practice aiming and throwing, to help the bunny grow nice and strong! Ask an adult to help you set up this activity.

YOU WILL NEED

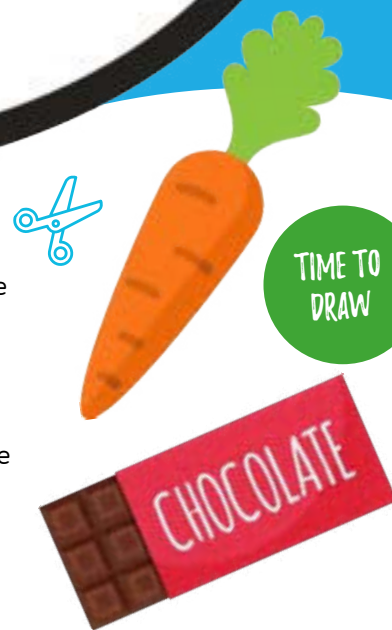
scissors, glue and a sheet of cardboard (the side of a cereal box works well for this)



Instructions

1. Ask your adult to help you remove this page from the activity pack, or draw out your own rabbit head, and glue it onto your sheet of card.
2. Once it's stuck down, ask an adult to cut out the rabbit's mouth, as this is a bit more tricky. Meanwhile, can you carefully cut out the carrot and chocolate bar shapes?
3. Now that your bunny is ready to eat. Draw some carrots and chocolate bar shapes on paper. Cut these out and fold them into small squares.
4. Try to aim and throw each square into the bunny's mouth.
5. Once you've finished throwing, collect the squares that you managed to get into the mouth and unfold them so you can see if they are a carrot or a chocolate bar.
6. You get 5 points per carrot and 1 point per chocolate bar!

How many points did you score?! Why not try playing against a friend or family member and see who can get the most points?



TIME TO DRAW



Let's Colour



Click [here](#) to try doing some colouring online!

Egg-cellent Eggs



What's so egg-citing about eggs? Take a look at some of these awesome facts!

Eggs....

1. are full of protein which helps you grow strong muscles.
2. help your brain and memory work properly.
3. contain lots of vitamins and minerals that provide your body with lots of energy.
4. are a great source of Vitamin D which helps keep teeth and bones nice and strong.



Tick the animals that lay eggs below?

Who Lays Eggs?



Check your answers on the back page

Grow with
Essex
ACTIVate

Alongside this activity booklet your family should have received some Full Time Meals recipe cards. If they cook a Kettle Omelette or make something else with eggs, see if someone in your family can carefully keep half the shell in tact, as shown in the picture, so that you can use them to grow your own food!

You will need – 2 egg shells (bottom part of each shell), 2 tsp seeds (cress works well as it doesn't grow too tall or heavy), 2 sheets of kitchen roll.
Optional - paints/felt tip pens.

Instructions

1. Carefully wash the two eggshells. If you want to, you can decorate the shells with paint or felt tip pens.
2. Fold the kitchen roll into two small squares. Wet them slightly and squeeze off any excess water.
3. Carefully place one square inside each shell, then sprinkle 1 tsp seeds onto each one.
4. Sit the filled shells in an egg carton and leave in a dry, well-lit place for a week – a windowsill is perfect. Your seeds should start to sprout within a few days!

Whether you've cooked something with eggs, decorated the shells or planted some seeds we'd love to see your creations! – Ask an adult to share a photo with us and you could WIN one of our exciting prizes!

Design your own Smoothie

Don't forget to come up with a creative name for your smoothie!

There are so many different ingredients you can put in smoothies – fruit, water, milk, juice or ice... even things like vegetables, yoghurt and seeds! Draw all the ingredients in the blender that you want to include in your smoothie.
Why not use the ingredient ideas for some inspiration?

Ingredient ideas

- ✓ **Strawberries** – Packed with vitamins, fibre and antioxidants
- ✓ **Blueberries** – One of the most nutritious berries! They give you lots of energy
- ✓ **Bananas** – Great for your gut and your heart
- ✓ **Spinach** – Full of protein, fibre, iron and vitamins
- ✓ **Pineapple** – Boosts your immune system and strengthens your bones
- ✓ **Milk** – Helps keep bones and muscles strong
- ✓ **Juice** – Provides nutrients, but juice is also very sugary so try and use lots of water with a splash of juice
- ✓ **Yoghurt** – Contains lots of nutrients and can help your digestive system



If you're attending an Essex ActivAte club or have a blender at home, why not try making a smoothie in real life? Always ask an adult to help you do this.

Signs of Spring

In the spring the weather is getting a bit warmer, baby animals are on the way and plants grow and bloom after the colder winter months.

Why not step outside and see how many Signs of Spring you can sense?

Can you feel the weather on your skin, in your hair or even on your tongue?

What can you smell?

What do the trees look like now that the weather isn't so cold?

Can you see or hear any animals?

Can you see any flowers?

Can you hear birds singing?

Essex **ACTIVale**

Exploring outdoors is a great way to get active, connect with nature and relax.

Hop to it!

Are you an obstacle course master? Quick as a cat? Agile as a monkey? Well, we're taking obstacle courses to the next level in this hopping and jumping challenge!

How to play

1. Set up an obstacle course in an open space or in your garden. If you're indoors try using cushions, teddies or jumpers, if you're outdoors you could use buckets, pots, cones or balls. Make sure there aren't any dangerous or breakable objects nearby.
2. See how many objects you can jump or hop over and around in 60 seconds!
3. Each time you jump over an object you get a point.
4. Want to earn double points? See if you can keep jumping and hopping for 2 whole minutes!

STEP suggestions

- S** **Space** - Make your space bigger, can you use 2 rooms?
- T** **Task** - Can you switch between hopping and jumping for each object that you move past/over?
- E** **Equipment** - Use higher or lower objects - can you jump over them?
- P** **People** - Ask a member of the family to time you around the course, can you beat your personal best?

BRONZE

SILVER

GOLD

15 points

30 points

45 points



Think of how other animals might move around the course, for example how might a monkey move, or a rabbit, or a crocodile?



It's always a good idea to check in with friends and family, especially if they seem a bit down. Just taking the time to ask and listen can make a huge difference!

And don't forget, you can always speak to others about your thoughts and feelings too!

Did you know over 25,000 people will be cycling through Essex in May for a massive race called RideLondon?!

To help get Essex excited, we want you, your friends and your family to try and travel to as many places as possible on your bike, by walking, or even on your scooter! You'll be whizzing by in no time, and perhaps even take part in the race when you get older. Stay tuned for the next activity pack, where we will have more games for you to join in with!



We'd love to know what you enjoyed within this pack!
Share your feedback and photos with us on social media,
tagging @EssexActivAte.



Head over to activeessex.org to join in with online activity sessions and find lots more things to do!

Get Active with our
[YouTube](#) channel

ANSWERS

Page 4 - Spring Newborns

Cow - Calf, Hen - Chick, Goat - Kid, Kangaroo - Joey, Otter - Pup, Sheep - Lamb, Horse - Foal, Fox - Kit

Page 8 - Who lays eggs?

All these animals lay eggs, Penguin, Fish, Snake, Turtle & Duck Billed Platypus