

# Essex ACTIVEate

## Holiday Activity Pack



This pack belongs to

Suitable for children ages 9-11





# Easter Egg Hunt

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

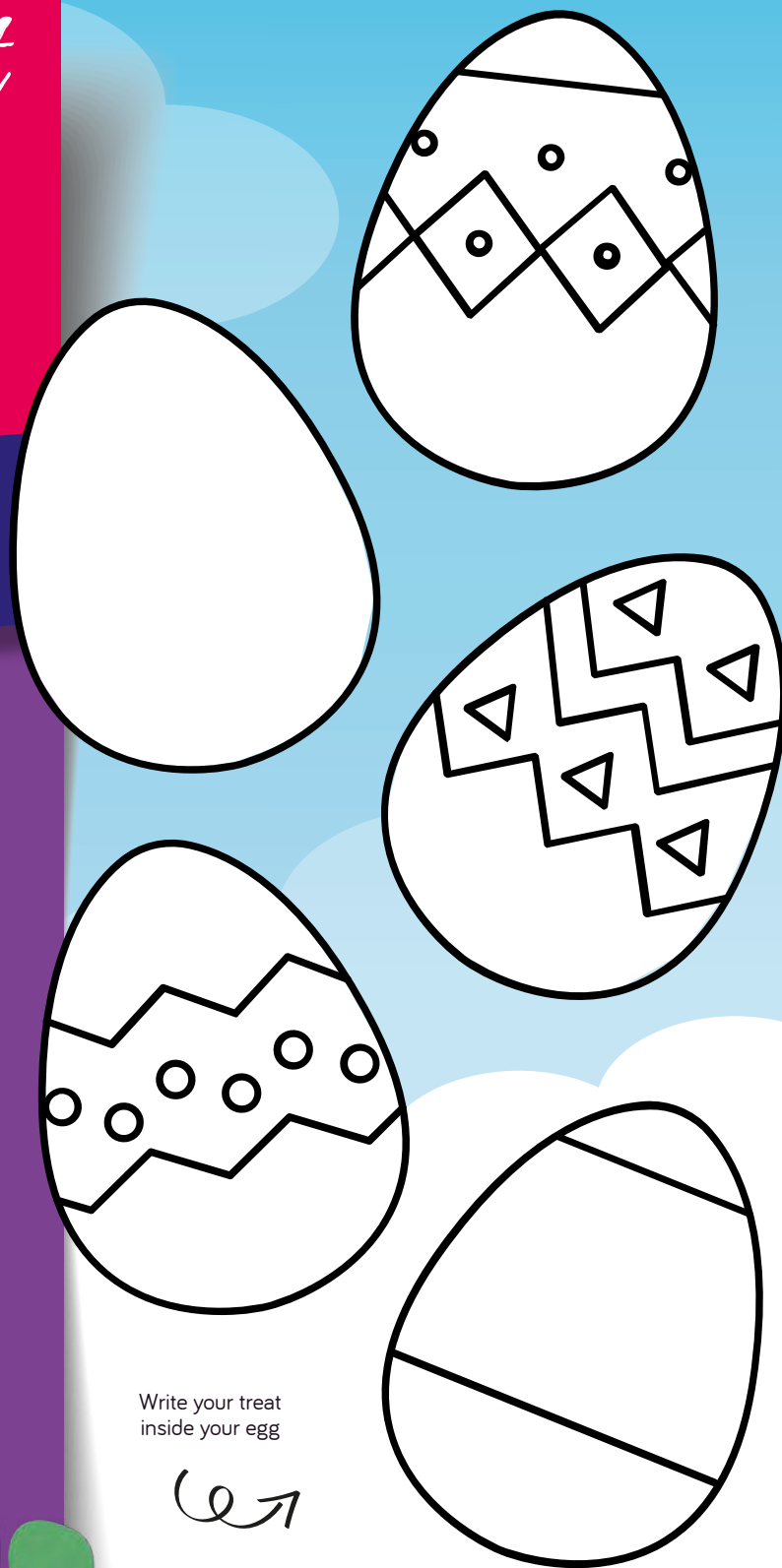
This Easter, Why not try hunting for the eggs and winning rewards such as staying up 15 minutes later or watching an extra 15 minutes of TV? Ask an adult in your family to help you set up this challenge.

## 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 be careful when using scissors and make sure there is an adult nearby

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

# Fold a Bunny

This is a great activity to use up old paper - why not check if your family have any scrap paper or newspapers they were going to recycle?

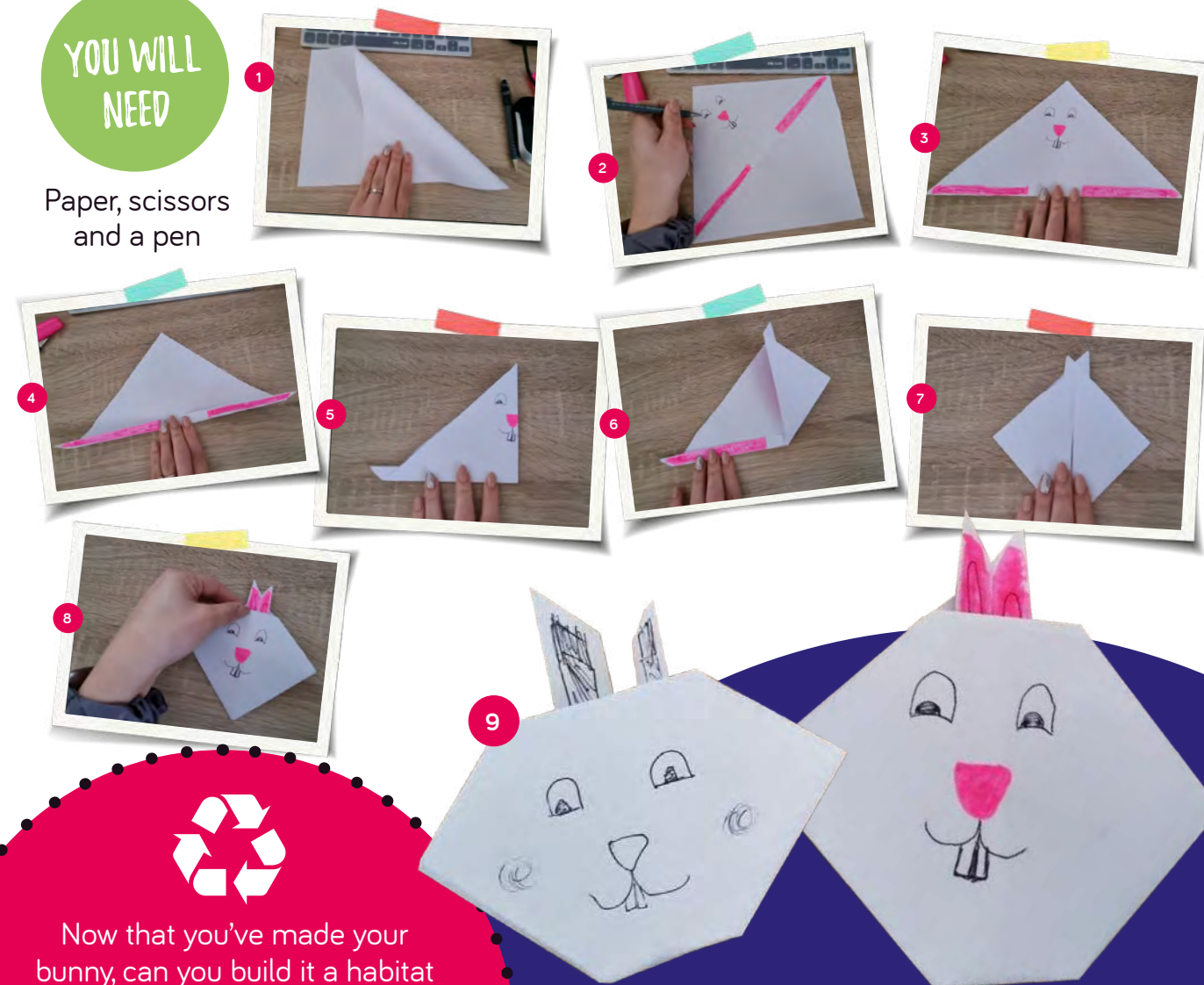
Practice the art of paper folding to create your own little Easter Bunny!

## Instructions

- 1) To begin you will need a square piece of paper. If you're starting off with A4 paper, fold the top corner to the centre as shown and cut off the rectangle, this will leave you with a square piece of paper.
- 2) Before you get folding, draw your bunny ears and face on the paper as shown in the picture. ( image 2 )
- 3) Fold the square paper in half, the bunny face and ears need to be on one side.
- 4) Flip your shape so that it's 'face-down'. Fold the long edge up so you can see the bunny ears along the bottom. ( image 4 )
- 5) Fold the shape in half so that the ears meet in the middle, to create a line down the center.
- 6) Take one side of the triangle (ear) and fold it up towards the top point, so that the ear pokes out the top.
- 7) Do the same with the other ear.
- 8) Flip the paper over with the bunny face looking straight at you. Fold the points at the top and bottom of the bunny's head to shape it.
- 9) You have now completed your bunny, hooray! Why not draw a rabbit body to attach your bunny head to!

## YOU WILL NEED

Paper, scissors and a pen



Now that you've made your bunny, can you build it a habitat from recycled materials at home such as yoghurt pots, newspaper, toilet roll tubes and more?

We would love to see what you create! Ask an adult to share a photo with us on [Twitter](#) or [Facebook](#) - @EssexActivAte



# Train like a Sports Star

Have you ever wanted to train like a sports star?... Now you can!

The exercises below have been designed based on how the Women's Cricket World Cup teams train. Have a go at the routines to keep active just like Heather Knight (England Captain right-handed batter and right arm off spin bowler), Tash Farrant (left-arm fast-medium bowler), and Maia Bouchier (right arm batter)!



## Instructions

Simply choose a star and start on Bronze. Do each move for **30 seconds**, then take a **30 second** break between each one. Don't forget that sports stars dedicate a lot of time to training - be sure to start slow and work within your limits so that you don't accidentally hurt yourself.



Heather Knight	Tash Farrant	Maia Bouchier
<b>Bronze</b>	<b>Bronze</b>	<b>Bronze</b>
1. Hop on the spot 2. Press ups with knees on the floor 3. Forward lunges 4. Sit ups	1. Heel raises 2. Long jumps 3. Side plank 4. Straight jumps	1. High knees jogging on the spot 2. Holding a press up position 3. Jumping jacks 4. Squat jumps
<b>Silver</b>	<b>Silver</b>	<b>Silver</b>
1. Jog on the spot 2. Full press ups with elbows out to the side 3. Forward lunges with a twist 4. Crunches	1. Balancing on one leg 2. Skaters 3. Wide arm press ups on knees 4. Star jumps	1. Tuck jumps 2. Holding plank position 3. Burpees 4. Squat hold
<b>Gold</b>	<b>Gold</b>	<b>Gold</b>
1. Spring on the spot 2. Press ups with elbow facing inwards 3. Squats 4. Sit ups with a twist	1. Leg raises 2. Sprint on the spot 3. Wide arms full press ups 4. Straight, tuck and star jumps	1. Crab walks 2. Press up with a clap 3. Burpees with a tuck jump 4. Sprints

The 2022 ICC Women's Cricket World Cup will be the twelfth edition of the Women's Cricket World Cup and is being held in New Zealand in March and April 2022.

New Zealand

# 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.

## 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.



## Materials...

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

## 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





# Spring Word Search

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

Spring is a time when flowers bloom, trees begin to grow, and many animals give birth to babies. Search for all the words below to explore words associated with Springtime!

Words to find - Easter, eggs, birds, bunny, flowers, basket, cakes, chick, nest, bloom, sunshine, rainbow, daffodil, carrot, bee.

For lots of online word searches, and the chance to create your own, [click here](#)

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

## Climate Comic



**WOW!**

Using the template below, draw out each scene, don't forget to include speech bubbles to show what your characters are saying.

It's time to get creative... We challenge you to design your own comic book, based on the theme of 'tackling climate change'. Think about what superhero you would like to create! It could be a classic superhero like in lots of comic strips, or you could use your imagination to create a whole new kind of superhero (like our super-spud)! Decide what sort of superpower they will have... perhaps they can turn absolutely anything into recycling, maybe they save animals from harm or could they fly around the globe planting trees at superspeed?

**WHAM!**

**ZAP!**

If you can't print out this page, simply trace the boxes to create your comic template!

# 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.



# Back to Front Bingo

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. To help you spot the signs of spring, we've created a twist on the game of Bingo. Grab a friend or family member and follow the instructions below to play!

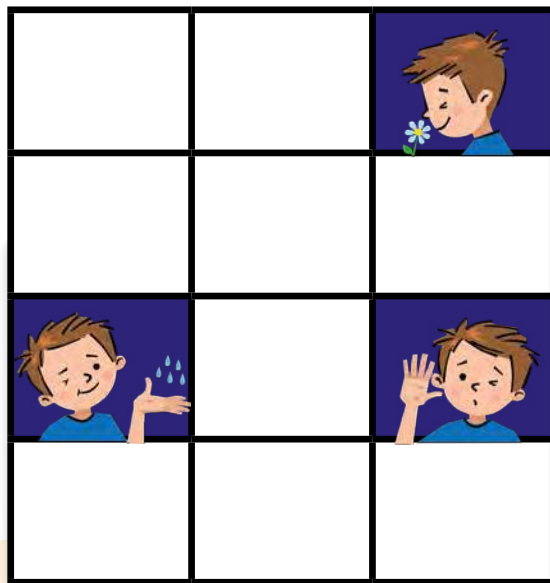
If you have more than 2 players, simply trace or draw out your own version of the Bingo grids below.



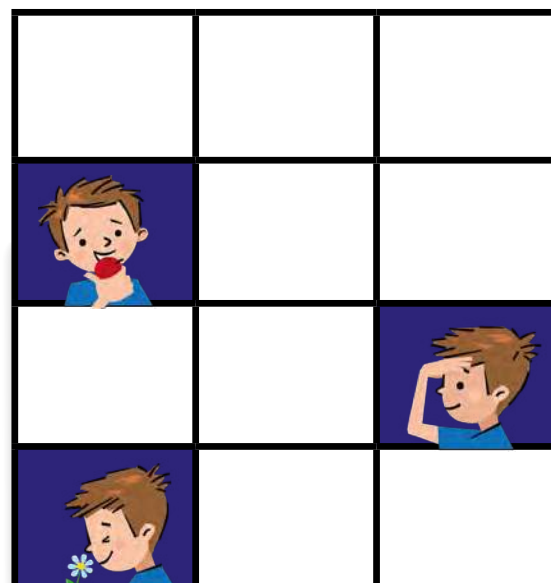
## Instructions

- 1) Start by cutting out the two bingo grids below.
- 2) Next, think of what 'signs of spring' you might experience when you go outside. For example might you feel a breeze, hear a bee, smell mown grass, see a baby animal or taste rain on your tongue.
- 3) Each player should choose 9 things that they think they might 'sense' and draw/write one in each box of their bingo card. You can each have different 'things' to sense.
- 4) Once every player has filled in their grid, head outside to your garden, balcony, or local park.
- 5) It doesn't matter whether you sit or stand, just relax your body and keep as quiet as you can, so that you can experience as many senses as possible.
- 6) Each time you experience a sense that is on your bingo card, cross it off.
- 7) The first player to cross off a row should shout **BINGO!** That means they're the winner!
- 8) Then, why not carry on and see who can be the first to sense all 9 things on their bingo card?

Bingo Card 1



Bingo Card 2



Exploring outdoors is a great way to get active, connect with nature and relax. After you've finished playing Back to Front Bingo, why not go for a walk around a local park or woodland with your family – see what other signs of spring you can spot!

Take time to notice how the spring senses make you feel?

# Rolling Penalties

## How to play

1. With a partner, set up a goal using two markers.
2. Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
3. Player 1 uses their hand to roll the ball towards the goal, trying to roll the ball past player 2.
4. Can player 2 prevent the ball going past them? Can player 1 score?
5. Players score a point each time they score a goal. The first to score 5 points is the winner.

Equipment – a ball and 2 cones or items to mark goal posts (jumpers/cushions)



## STEP suggestions

- S** **Space** - Move further away from each other, or move closer together.
- T** **Task** - Have 10 goes each who can score the most out of 10? Can you do it with your feet?
- E** **Equipment** - Make the ball smaller or bigger, change the size of the goals.
- P** **People** - Take the goal keeper away and just aim to get it between the cones.





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](https://activeessex.org) to join in with online activity sessions and find lots more things to do!

Get Active with our  
[YouTube](#) channel

#### ANSWERS

Page 8 - Who lays eggs?

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