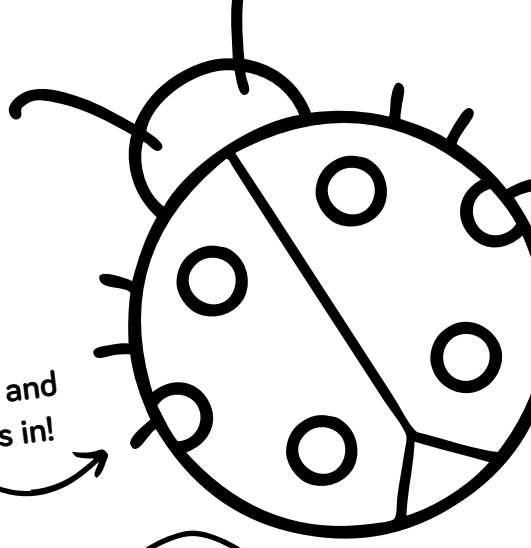
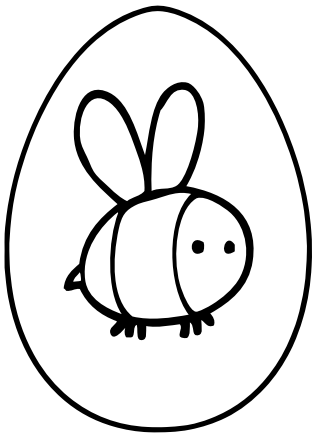
Scavenger Hunt!

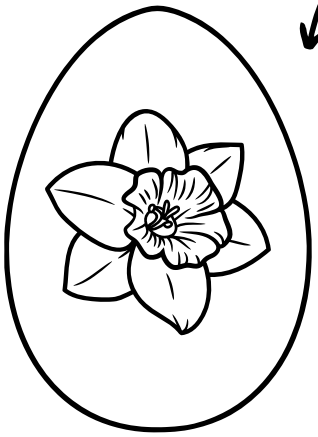
A scavenger hunt is a great way to explore the nature around you and it will help you notice the blossoming life around you! How many of these can you spring this spring?



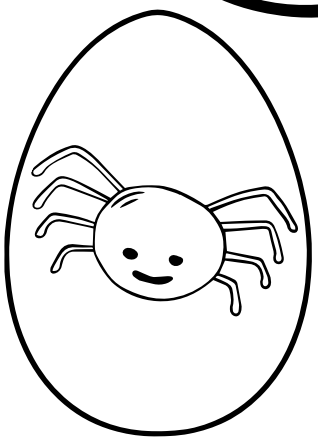
Colour me and my friends in!



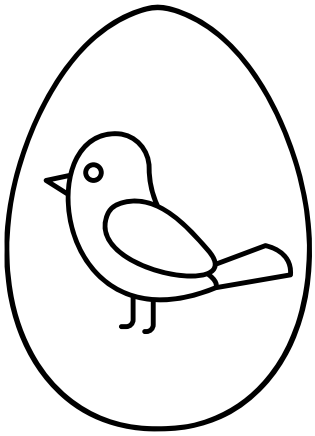
Bee



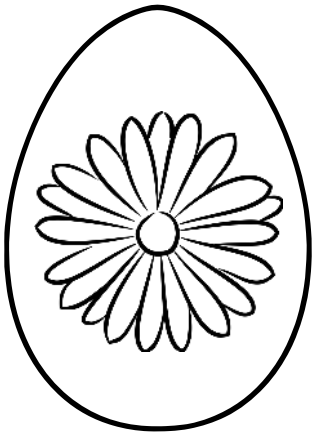
Daffodil



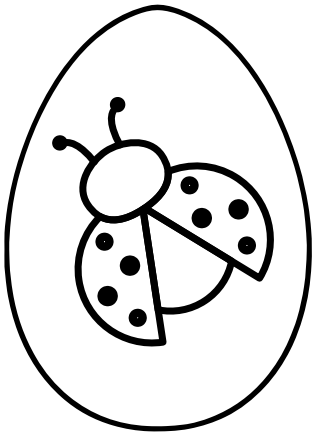
Spider



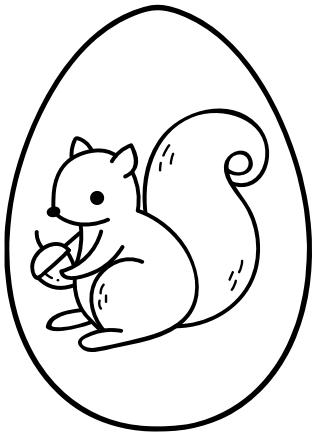
Robin



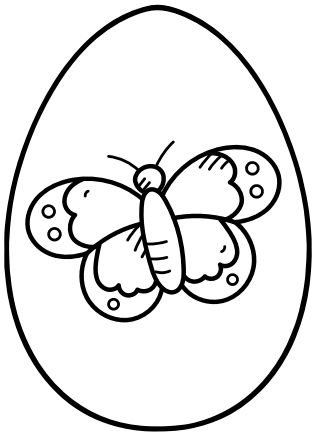
Daisy



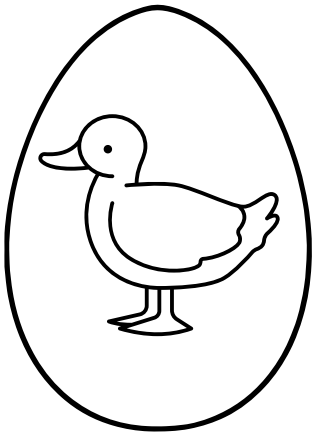
Ladybird



Squirrel



Butterfly



Duck

Essex ACTIVate

Going for a walk and heading outside is important for our body and mind! Getting fresh air while taking a stroll can make us feel more relaxed and happier, so invite a parent, friend or carer for a talk and a walk!

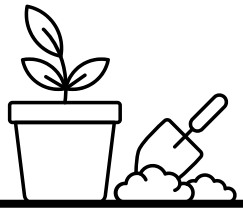
Spring to life!

Spring is a time for nature to bloom and colours to come to life around us! Try colouring in these pictures using whatever colours you like!

Did you know there are 59 species of Butterfly in the UK?

One way to enjoy the outdoors and see the blooming nature with your own eyes is to try some gardening!

Whether it's in your own garden or at school, why not pick a flower, plant or vegetable to plant and watch it grow. Any space can be a green one, even an old boot!



Step outside and get searching!

Across Essex there are many species of trees, living and growing in forests, gardens and parks! Can you find the hidden tree species in this wordsearch?

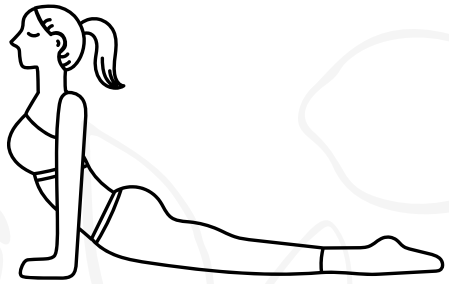
- [ ] Aspen
- [ ] Crab apple
- [ ] Elder
- [ ] Elm
- [ ] Lilac
- [ ] Sycamore
- [ ] Willow
- [ ] Yew

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

Colour the trees in, on this page!

Try Yoga with Daisy!

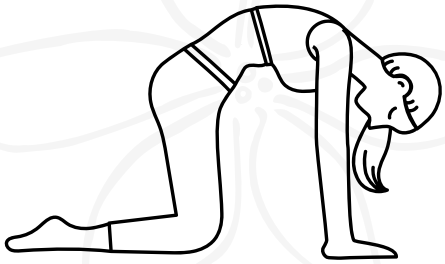
I'm your instructor Daisy, join me inside or outside for some gentle moves!



COBRA

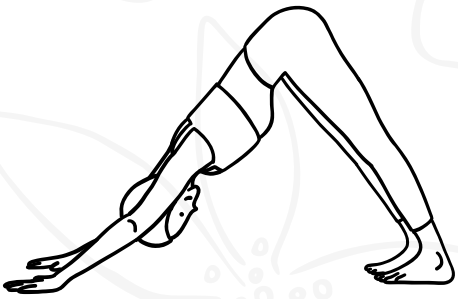
Benefits of yoga

- ✔ Improves strength
- ✔ Improves balance and flexibility
- ✔ Relaxes you and reduces stress
- ✔ Helps better sleep patterns and quality
- ✔ Brightens mood
- ✔ Gives you more energy



CAT

SIDE BEND



DOWNWARD FACING DOG

Why not try to create your own yoga move and give it a name?

You can teach your family or friends your move and get them moving too!

CRESCENT

Get cooking this Easter!

Pop on your apron and have some fun baking and cooking some delicious, Easter treats for all the family to tuck into during the holidays!

Always get an adult to help you when cooking or baking!

Recipe:

1. Firstly, combine the cream cheese, cake mix and sprinkles in a bowl .
2. Secondly, pop the mixture in the fridge 15 mins to slightly firm up.
3. Whilst the mixture is in the fridge, carefully grate the white chocolate.
4. Next, take the mixture out of the fridge and shape some of the mixture. into one big ball for the body and two smaller balls for the feet, then a smaller ball for the bunny tail.
5. Now, gently coat all of the balls in the grated chocolate and position them into the shape of an Easter bunny bum with two feet and a tail!
6. Then, place the smarties on the feet to look like pink toes.
7. Finally, place the biscuits around the bunny bum to dip into the mixture and enjoy!

Ingredients:

- 2 packs of cream cheese
- 1 pack of vanilla cake mix
- Sprinkles
- Slab of white chocolate
- Sweets of choice - we used smarties!
- Wafers and biscuits

Easter Bunny Surprise

This recipe serves two, but you can double the ingredients to serve four people as well!

Ingredients:

- 4 Hash Browns
- 2 Sausages
- 2 Bacon Rashers
- 2 Eggs
- 50g Grated Cheese
- Veggies of choice! We went for spring onion and sweet red chilli, but mushrooms and tomatoes would be tasty!

Recipe:

1. Firstly, preheat your oven to 200 degrees
2. Next, place all four hash browns in the bottom of a baking dish
3. Now, cut up the sausages and bacon into pieces and sprinkle these on top of the hash browns.
4. Chop up your veggies of choice and put to one side
5. Next, crack the eggs into a seperate bowl and mix together the eggs, cheese and chopped veggies
6. Now, pour over the mix onto the hash browns, sausages and bacon in the baking dish
7. Finally, bake at 200 degrees for 25 mins or until the mix has gone crispy and brown then serve - enjoy!

Hash Brown Breakfast Bake