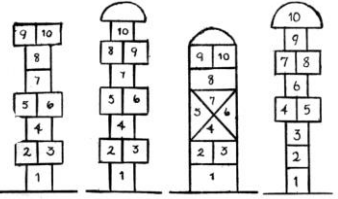




# Get Active this **EASTER** 15 activities to get you moving!

<p>Can you design a map of your house, garden or even just one room? Hide an egg and mark on your map where you have hidden it. Give it to a family member and see if they can find the hidden egg!</p>	<p>Go on a spring watch walk.</p> <p>Can you find the following;</p> <ul style="list-style-type: none"> <li>• <b>Daffodils</b></li> <li>• <b>Tulips</b></li> <li>• <b>Something egg shaped</b></li> <li>• <b>A tweeting bird</b></li> </ul>	<p>Can you take part in the Cosmic Yoga 'Bunny Bounce'</p> <p><a href="https://www.youtube.com/watch?v=9gV85rd3yTc">https://www.youtube.com/watch?v=9gV85rd3yTc</a></p>	<p>Can you draw 4 different coloured/patterned eggs as big as you can on 4 x A4 pieces of paper?</p> <p>Cut them out and place them on the floor in different places. Use them as targets by throwing socks at them. Move them around and try again!</p>	<p>Can you use your body to make different alphabet letters? Can you spell out the following words;</p> <ul style="list-style-type: none"> <li>- Rabbit</li> <li>- Easter</li> <li>- Carrot</li> <li>- Chocolate</li> </ul> <p>What else can you spell? Get a family member to guess!</p>
<p>Can you mark out a hopscotch on the floor – you could use chalk outside or masking tape on carpet.</p> <p>Can you do different patterns?</p> 	<p>Can you do some Easter dancing, you must include movements that represent the following words;</p> <ul style="list-style-type: none"> <li>- <b>Springing</b></li> <li>- <b>Growing</b></li> <li>- <b>Swirling</b></li> <li>- <b>Flowering</b></li> </ul>	<p>Have a walk and see if you can find 1 thing that begins with these letters;</p> <p><b>E-A-S-T-E-R</b></p>	<p>Decorate a balloon like an Easter egg – then play this game from Change 4 Life</p> <p><a href="https://www.nhs.uk/10-minute-shake-up/shake-ups/woodys-antique-shop-dash">https://www.nhs.uk/10-minute-shake-up/shake-ups/woodys-antique-shop-dash</a></p>	<p>Make an obstacle course, but you must be able to jump like a bunny round it!</p> <p>Can you hop as well?</p> <p>No walking or running!</p>
<p>Can you spell out the following words using our Physical Activity Alphabet;</p> <ul style="list-style-type: none"> <li>- Happy</li> <li>- Easter</li> <li>- Carrot</li> <li>- Rabbit</li> </ul>	<p>Read the Easter Bunny – Crime Fighter, Active Storytelling.</p> <p><a href="https://drive.google.com/file/d/1uYGGKqS2K43LQnTHvtWJWQ_5zAV_OxS/view">https://drive.google.com/file/d/1uYGGKqS2K43LQnTHvtWJWQ_5zAV_OxS/view</a></p>	<p>Draw a big Easter egg and then cut it in to jigsaw pieces. Can you then hide the pieces around the garden or a room and challenge a family member to find them. May be you could time them!</p>	<p>Can you play eye spy with your family, using these letters;</p> <p><b>S-P-R-I-N-G</b></p>	<p>Have a dance party in the garden with your family.</p>