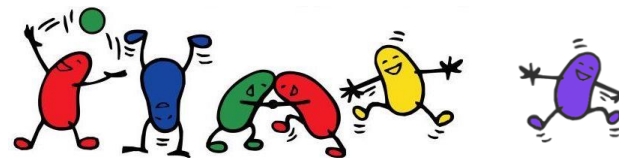
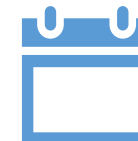


Feel Fab EASTER



NAME: -----

How many eggs did you collect?



Find your 'Happy Beans'

How many     can you collect?

Activities can be done in any order and even better if you do any of the activities more than once, start a tally next to your original tick. Make sure you ask permission first from an adult & stay safe when trying anything new. Gold Certificates are available from your school if you can collect at least 6 eggs or two chicks. Two chicks are collected for completing 60 minutes of activity every day which is a real accomplishment! Let your teacher know if you have. We would love to see some of your attempts on Twitter using: #FeelFabEaster and tagging @AshtonSSP @CSETSports1 @NSSPEA1 All Photo competition entries to cherrykraus@ashtonpark.net

Make someone laugh with the best egg jokes you can find...it's no yolk!!



Organise an egg and spoon race (you could use your decorated hard-boiled eggs)



Make someone your favourite egg-based meal. Is it omelette or soufflé or maybe just a boiled egg with soldiers



Complete 60 mins of daily activity every day over Easter. It can be anything that gets your heart beating a little faster, your breathing quicker eg walking the dog, exercises, running etc



Organise or take part in an Easter Egg or Scavenger hunt



Go on a walk and spot the signs of Spring www.rspb.org.uk
Springo worksheet



Sow/plant some sunflower seeds. Can you look after them and see them grow taller than you? They should flower in August so you'll need to show patience!



Make an Easter cake or Easter nests. Go wild on the decoration!



Go for a scooter/bike ride. How many kms did you think you covered?



Go for a walk and stop for 10 minutes to relax and read a chapter from your current reading book, or share your favourite short story out loud in the great outdoors



Photo Competition!
Take a photo with the subject 'Spring.' Send it to the email above for a chance to win a prize.



Decorate some hard-boiled eggs. Can you create some characters maybe some of your family members or favourite sporting stars?



Offer to wash your parent/carer's car or do the vacuuming or maybe help spring clean! (can be a great work out!)



Go on a minibeast hunt in your garden, local park or woodland. There's a checklist here:
www.woodlandtrust



Perform a random act of kindness for a friend or one of your family



Go for a family walk on a clear evening. Sit and enjoy the sunset

