

Easter Activities



Egg Roll

The aim of the game is to roll an egg (or a ball) around an obstacle course. You can start simple with just a start and finish line and build up to include obstacles to move around, under or over. You can also include variations such as:

- you can only roll with 1 finger
- feet only
- make it a race
- rolling with a spoon



Egg Finder

Hide some plastic eggs under bowls or empty plant pots, make sure there are more empty bowls than ones with eggs. Children should bunny hop from their burrow to the bowls to try and find the eggs. If there are several children, they should take it in turns. If they turn a bowl over and there is no egg they return to the burrow and start again.



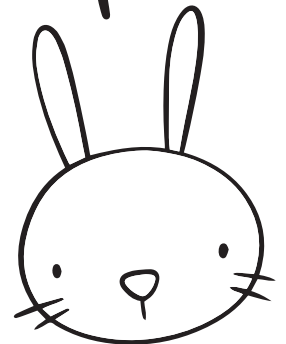
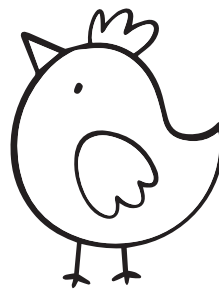
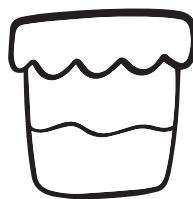
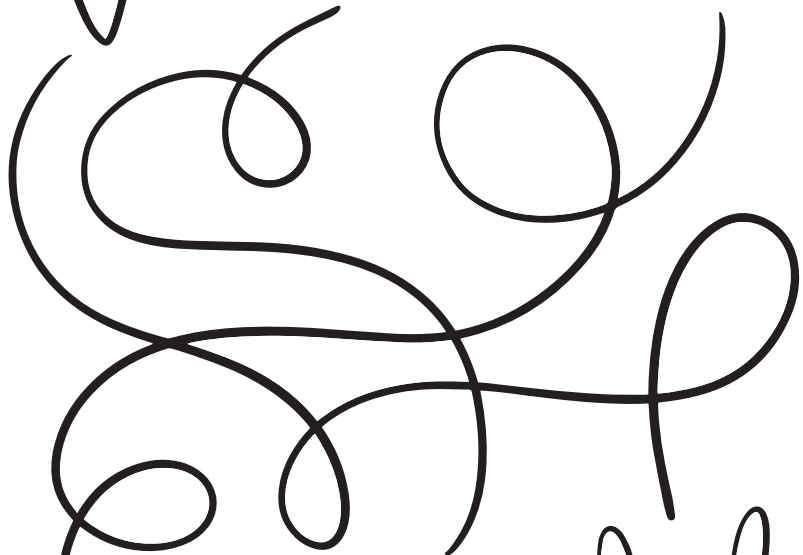
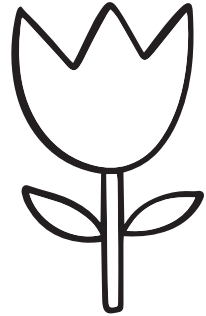
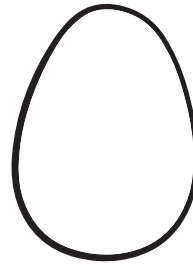
Egg Hunt

A good old fashioned Easter egg hunt with a bit of a difference. Hide lots of eggs all around (some plastic/balls, some chocolate). With some of the eggs hidden, include a little fitness note that children have to complete before moving on with the hunt. Here are some examples you can write up:

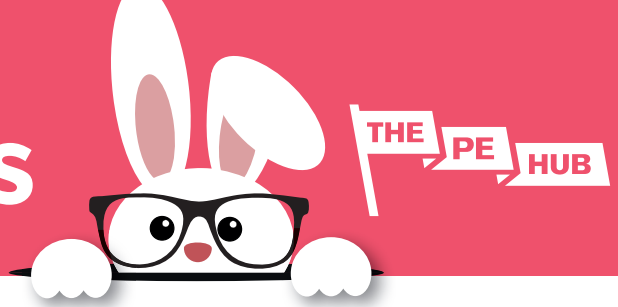
- complete 5 star jumps
- bunny hop only until you find your next egg
- complete 5 sit ups
- hold a plank for 10 seconds
- run to the nearest building (can substitute for something relevant to your space) and back
- jump as high as you can 5 times (touching the floor in between each jump)

Easter Mindfulness

Match up!

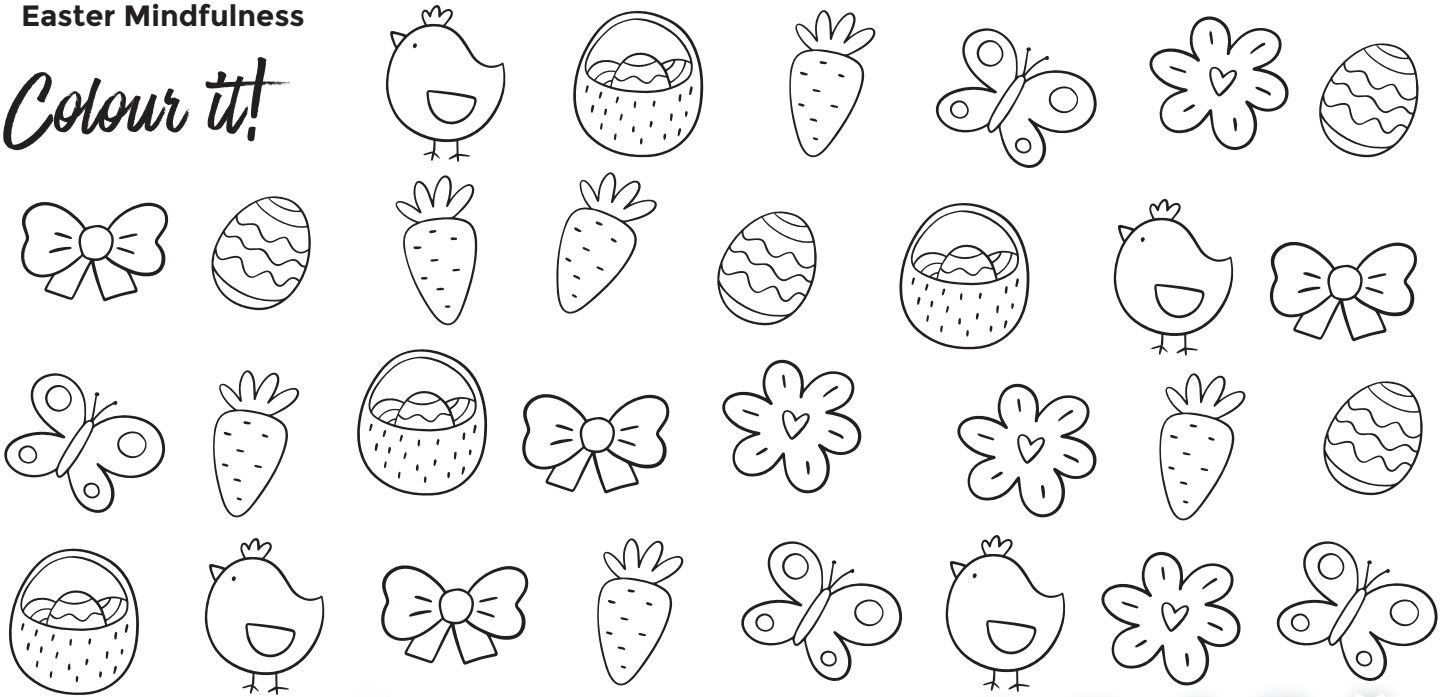


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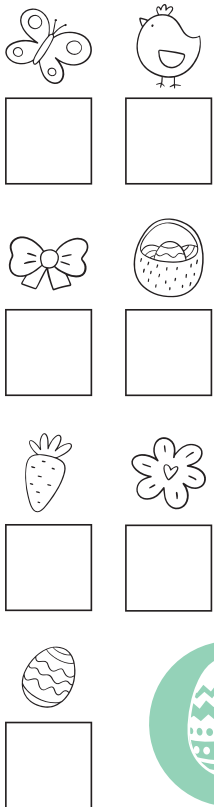


Easter Mindfulness

Colour it!



How many do you see?



Dot-to-dot!

