














30 activities for Easter

Here are 30 optional activities for families to take part in over the next two weeks. There's a mix of physical and sporty challenges, chances to be creative and opportunities to carry out some experiments. Read through as a family and choose the ones you are going to enjoy – none of these are compulsory!

Please guide your children in staying safe in the home, garden and online and in using your resources appropriately.

1 Balloon volleyball 	2 Set up a maze 	3 Make a training circuit 	4 Standing jump 	5 Football skills 
6 Learn to juggle 	7 Design and play crazy golf 	8 Create rock art 	9 Gardening for kids 	10 Pressed flower art 
11 Make a wind chime 	12 Garden bug hunt 	13 Make a wormery 	14 Marble run 	15 Jenga buildings 
16 Card houses 	17 Shadow puppet theatre 	18 Cushion forts & furniture dens 	19 The tray game 	20 Friendship bracelets 
21 Indoor treasure hunt 	22 Would you rather? 	23 Create a quiz for your family 	24 Design a scavenger hunt 	25 #hometasking hunt 
26 Design and test a parachute 	27 Make a tornado in a bottle 	28 Making music with water 	29 Gravity-free water 	30 Make your own rainbow 

*You will find any required 'how to' guides on the subsequent pages.

1) **Balloon volleyball**

Make a net by resting a towel from one chair to another. Then blow up a balloon and start practising those serving skills! Change things up a bit by kicking or head-bumping the balloon.

2) **Set up a maze**

Turn the hall into a "laser" maze with thread. Zig-zag thread from varying heights and challenge each other to get across without touching the laser.

3) **Make a training circuit around the house or garden.**

At each station, complete a different exercise for 30 seconds, for example; bunny hops, star jumps, lunges, stepping on and off a step. Then move on to the next.

4) **Standing jump**

Practise jumping from a standing start in a hallway or in the garden. Put something down to mark where you land. Can you jump past it next time? How about the standing triple jump? Measure how far you can go using a hop, step and jump.

5) **Football skills**

<https://youtu.be/bLJI7Bre0yk>

Look at these clips - how many can you complete yourself? Who would win a parent v child contest? Can you teach another member of your family some of these skills?

6) **Learn to juggle**

https://www.google.com/search?q=learn+to+juggle&rlz=1C1CHBF_en-gbGB894GB894&oq=learn+to+juggle&aqs=chrome..69i57j0l7.3417j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=_mUyEXp-yB7LHxgPFqaTIAw33

Follow this guide to become a juggling expert.

7) **Design and play crazy golf or footgolf**

Use the natural quirks your house and garden provides to make some crazy golfing challenges. If you don't have a golf ball or putter, you can play the same game but as footgolf - kicking a football around your course.

8) **Create rock art**

Take your kids on a rock-hunting adventure in your garden or on your 1-hr exercise time and gather rocks of all different shapes, sizes and colours. When you get home, pull out the paints and let your kids go to town decorating them. Encourage them to be creative by painting funny faces or animals on them. When they are dry, store them in a box for safekeeping.

9) **Gardening activities for kids**

- Up-cycle a few plastic bottles & turn them into these adorable planters.
- Use eggshells to make a mini garden.
- Take it a step further and make eggheads.
- Turn an old toy truck into a mobile garden.



10) **Pressed flower art**

Keep summer alive all year by pressing your favourite flowers and turning them into a piece of artwork! Your child will get a kick out of seeing their favourite colourful blooms in the house all year long.

11) **Make a windchime**

Can you use old household items to make a wind chime for your garden? You could use tin cans (used), old keys or any shells that you have collected over the years. Paint and decorate them to make them look beautiful and then attach them to something that can be hung such as an old clothes hanger.

12) **Garden bug hunt**

Your own garden is a great place to start looking for wildlife, especially bugs. Below is a printable chart showing many things to look out for.


























How many of these can you find in your garden this Easter?

How many did you find in 1 day?

Make a note of where you found each one and what it was doing e.g. sitting on a flower, eating a leaf, crawling up a tree trunk.

bnhs Garden Bug Hunt

See how many of these 'bugs' you can find in your garden

<p>Worm</p> 	<p>Snail</p> 	<p>Slug</p> 	<p>Woodlouse</p> 	<p>Millipede</p> 
<p>Centipede</p> 	<p>Dragonfly</p> 	<p>Grasshopper</p> 	<p>Bush Cricket</p> 	<p>Earwig</p> 
<p>Shieldbug</p> 	<p>Flower Bug</p> 	<p>Hopper</p> 	<p>Butterfly</p> 	<p>Moth</p> 
<p>Caterpillar</p> 	<p>Bee</p> 	<p>Wasp</p> 	<p>Ant</p> 	<p>Fly</p> 
<p>Cranefly</p> 	<p>Hoverfly</p> 	<p>Ladybird</p> 	<p>Beetle</p> 	<p>Spider</p> 

13) Make your own wormery

Step by Step

- Collect some worms from the garden. Look in the compost heap, under stones in damp places or dig a hole.
- Cut the top ¼ off the bottle, to make a lid. Make a slit in the side of the lid so that the top can close over the bottom part.
- Fill the bottle with alternating layers of sand, soil, sand, compost, sand etc. Spray each layer with water so that it is damp.
- Add a few worms to the top of the bottle and watch them burrow down. Then add the 'food' to the top. Wash hands well after handling worms and compost.
- Wrap the black cardboard around the bottle to make it dark. Worms do not like light and it will encourage them to burrow around the outside of the bottle so they can be observed.
- Place the wormery in a warm place. Remove the cardboard for observation periods and record findings. Check that the contents are damp and that there is food available for the worms.
- After 1 week, release the worms back into the garden.

Hints and Tips

- The layers disappear as the sand and soil mix together and channels appear where the worms have burrowed
- The food from the top may be dragged downwards
- Do not feed the worms citrus fruits or onions

14) Marble run race



First cut off the front of the box and tape the remaining sides of the box together.

Then find some paper (old wrapping paper, newspaper or packaging will do fine!) and cut it into strips that are about 2cm shorter than the box and about 3cm wide.



Fold each of these strips lengthwise into four, to form a peak in the middle and a flap either side.



Tape these into the box in turns leaving alternate gaps at the top and bottom to create a racetrack and then cut a hole at the start and finish for the marble to enter and exit.

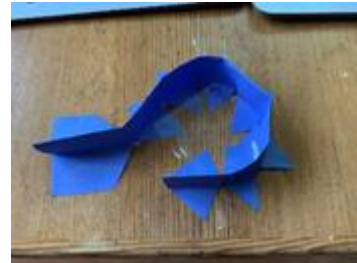
Decorate the box on the outside and inside.



Up a level

If you have a large enough box or piece of card, you can try creating a winding circuit by using string as lane dividers or paper dividers that have had slices cut out on opposite sides so they will bend.

The more triangular segments cut out of the sides (in opposing pairs) the easier it will be to make a more curved shape for the marble to follow. The more complicated the route, the harder the challenge!



15) Jenga buildings

It can also be done with Lego, Duplo or Brio.

Build a fortress for a toy (Lego minifigures are ideal for this, but any small toy will do). How elaborate will it be? Will it have a strong base?

If you are allowed, you and a household member could use a marble or Nerf to see how many goes it takes to knock each other's homes down from 2 metres away.



16) Card houses

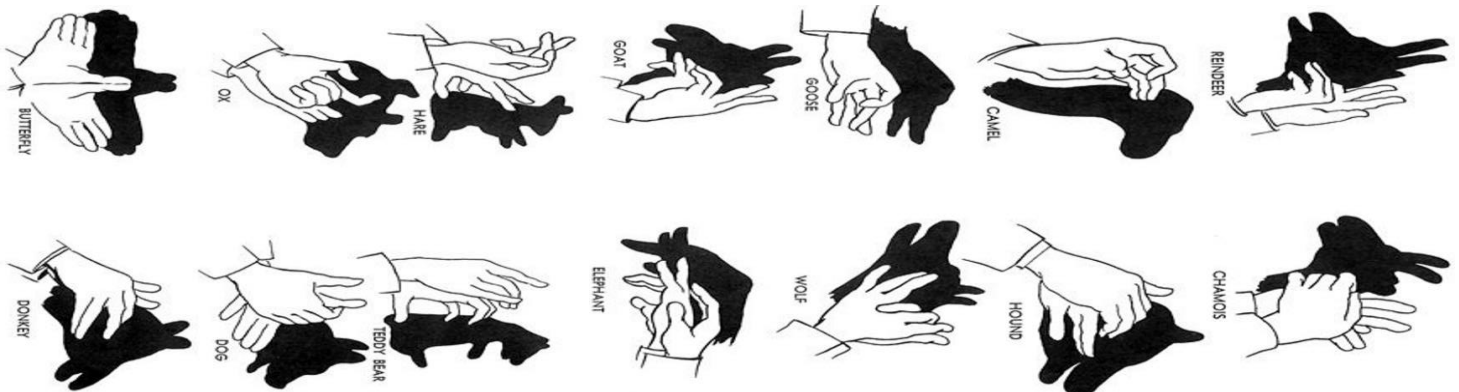


This is harder than it looks - how many levels can you build using a pack of playing cards? (Hint: this is easier on carpet than a smooth surface!).



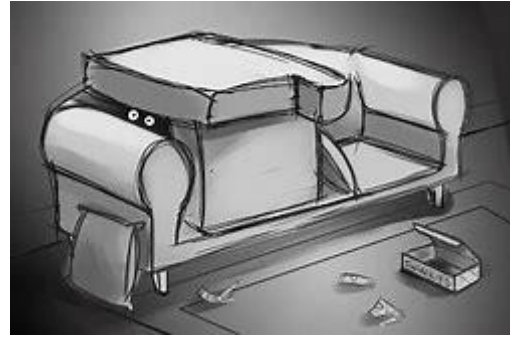
17) Shadow puppet theatre

If you have some scrap card, you can cut out figures to stick on the end of a straw, ruler, stick (or even a piece of cutlery if that's allowed). Held in front of a light, the shadow of the shape will show on the wall, or you can hold them up behind an old sheet with a light behind them to create a shadow theatre. You can create all kinds of stories with your shadow characters. If you're going to perform a 'Shadow Play', don't forget to invite your audience, and issue tickets!



18) **Cushion forts & furniture dens**

Make sure you get permission for this and don't forget to tidy up afterwards... A cushion fort is a great place to read a book, play a game, or watch a bit of TV.

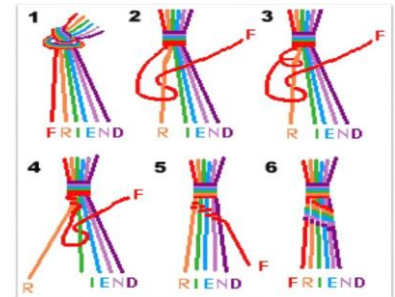


19) **The tray game**

A fun memory game involves collecting up to 20 small objects from around the house and putting them on a tray (or any surface, if you don't have a tray!). Cover them up with a towel or blanket. When everyone is ready, uncover the tray for between 30 seconds and a minute before covering them up again. Everyone then has one minute to list every object that they can remember. The person with the highest score wins.

20) **Friendship bracelets**

These are best done with embroidery thread, but if you have string or wool, that will also do. There are lots of different patterns available online, starting with the simple stripe. It takes a bit of practice, so don't give up if it doesn't work the first time.



21) **Indoor treasure hunt**

Challenge your family to find 10 items hidden in the home.

22) **'Would you rather?'** - Would you rather eat only sweets forever, or never eat sweets again? Would you rather have a bedroom full of crabs, or a bed full of woodlice? Create your own cards to provoke interesting and funny discussions.

23) **Create a quiz for your family!**

Make it on Kahoot or paper and then play with them one evening.

24) **Design a scavenger hunt for your home or garden.**

Create a hunt around your home where your family members have to decipher riddles to find certain things. For an extra challenge, make it so they have to take a picture doing a funny pose with the thing they are finding, which they have to show you to prove they have completed that clue!

Example clue: take a small curled up dozing where the canines slumber. (A photo of them asleep in the dog bed).

25) **#hometasking**

With an adult's permission, follow #hometasking on Twitter or Youtube and do the daily challenges.

26) Design and test a parachute

Learn about air resistance while making an awesome parachute! Design one that can fall slowly to the ground before putting it to the test, making modifications as you go.

What you'll need:

- A plastic bag or light material
- Scissors
- String
- A small object to act as the weight, a little action figure would be perfect

Instructions:

- Cut out a large square from your plastic bag or material.
- Trim the edges so it looks like an octagon (an eight-sided shape).
- Cut a small hole near the edge of each side.
- Attach 8 pieces of string of the same length to each of the holes.
- Tie the pieces of string to the object you are using as a weight.
- Use a chair or find a high spot to drop your parachute and test how well it worked, remember that you want it to drop as slowly as possible.

27) Make a tornado in a bottle

Learn how to make a tornado in a bottle with this fun science experiment for kids. Using easy to find items such as dishwashing liquid, water, glitter and a bottle you can make your own mini tornado that's a lot safer than one you might see on the weather channel. Follow the instructions and enjoy the cool water vortex you create!

What you'll need:

- Water
- A clear plastic bottle with a cap (that won't leak)
- Glitter
- Dishwashing liquid

Instructions:

- Fill the plastic bottle with water until it reaches around three-quarters full.
- Add a few drops of dishwashing liquid.
- Sprinkle in a few pinches of glitter (this will make your tornado easier to see).
- Put the cap on tightly.
- Turn the bottle upside down and hold it by the neck. Quickly spin the bottle in a circular motion for a few seconds, stop and look inside to see if you can see a mini tornado forming in the water. You might need to try it a few times before you get it working properly.

28) Making music with water

Have you ever tried making music with glasses or bottles filled with water? I bet your favourite band hasn't. Experiment with your own special sounds by turning glasses of water into instruments, make some cool music and find out how it works.

29) Experience gravity-free water

WARNING - THIS COULD GET MESSY!

What goes up must come down right? Well, try bending the rules a little with a cup of water that stays inside the glass when held upside down. You'll need the help of some cardboard and a little bit of air pressure.

What you'll need:

- A glass filled right to the top with water
- A piece of cardboard

Instructions:

- Put the cardboard over the mouth of the glass, making sure that no air bubbles enter the glass as you hold onto the cardboard.
- Turn the glass upside down (over a sink or outside until you get good).
- Take away your hand holding the cardboard.

30) Make your own rainbow

Learn how to make a rainbow with this fun science experiment for kids. Using just a few simple everyday items you can find out how rainbows work while enjoying an interactive, hands-on activity that's perfect for kids.

What you'll need:

- A glass of water (about three-quarters full)
- White paper
- A sunny day

Instructions:

1. Take the glass of water and paper to a part of the room with sunlight (near a window is good).
2. Hold the glass of water (being careful not to spill it) above the paper and watch as sunlight passes through the glass of water, refracts (bends) and forms a rainbow of colours on your sheet of paper.
3. Try holding the glass of water at different heights and angles to see if it has a different effect.