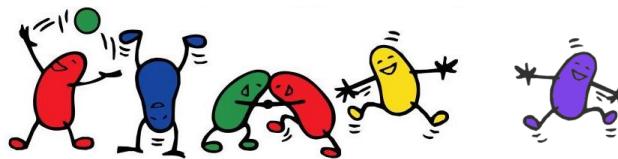


FEEL FAB EASTER



FIND YOUR 'HAPPY BEANS'

HOW MANY EGGS CAN YOU COLLECT?



NAME: _____

How many eggs did you collect?



Activities can be done in any order. If you do one 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. Certificates are available from your school. Bronze for achieving 5 goals. Silver for 6-10 goals. Gold for 10 plus. Two eggs to collect for completing 60minutes of activity every day!. We would love to see some of your attempts on Twitter using #FeelFabEaster and tagging @NSSPEA1

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 the recommended 60mins of daily activity every day over Easter. 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 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

Create some wild art, take a photo and share with your family/friends

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.org.uk

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

Go for a family walk and sit and enjoy the sunset