

# Easter Holiday Activity Ideas

 #hwaeasterchallenge



Here are some ideas to help you engage in positive activities over the holidays. We would love to see some of your creations and other ideas of how you are staying active over the holidays. Please do share with us on Twitter using **#hwaeasterchallenge**. There will be prizes for the best creations/ideas out there!

<h2>Watch</h2> 	<h2>Read</h2> 	<h2>Listen</h2> 
<ul style="list-style-type: none"> <li>Subscribe to Oti Mabuse's (Strictly Come Dancing) You Tube channel and learn the dance moves in her latest online class. <a href="https://www.youtube.com/user/mosetsanagape">https://www.youtube.com/user/mosetsanagape</a></li> <li>Watch 'Myleene's Music Klass' on You Tube. View some of her tutorials and interact with the activities she suggests. If you don't know how to play a musical instrument it doesn't matter! Anyone can get involved. <a href="https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ">https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ</a></li> <li>Take part in the Joe Wicks 'The Body Coach' workouts at 9am each day Monday to Friday. <a href="https://www.youtube.com/user/thebodycoach1/playlists">https://www.youtube.com/user/thebodycoach1/playlists</a></li> <li>Inspired by our NHS heroes? Learn the basics of first aid (an important life skill) with the help of the Red Cross. <a href="https://firstaidlearningforyoungpeople.redcross.org.uk/">https://firstaidlearningforyoungpeople.redcross.org.uk/</a></li> </ul>	<ul style="list-style-type: none"> <li>Read to someone (a younger sibling or a relative who may appreciate it) over the phone/via video call.</li> <li>Use this link to access lots of authors who are reading their books online. Scroll down the page to find links for 'Middle Years' and/or 'High School and Young Adults' depending on the level of challenge you require <a href="https://www.weareteachers.com/virtual-author-activities/">https://www.weareteachers.com/virtual-author-activities/</a>.</li> <li>Audible have made lots of stories freely available to listen to. Click on <a href="https://stories.audible.com/start-listen">https://stories.audible.com/start-listen</a> to access the vast amount of books.</li> </ul>	<ul style="list-style-type: none"> <li>Make a playlist of your favourite music to help keep you feeling upbeat. Share this with friends online and ask them to do the same.</li> <li>Create your own song for washing your hands. It needs to last at least 20 seconds. Share it with your family.</li> <li><b>Parent Advisory:</b> From 6<sup>th</sup> April the Globe Theatre are sharing some of their performances for free. Click on <a href="https://globeplayer.tv/">https://globeplayer.tv/</a>. Check with a parent/carer that the performance is suitable viewing or better yet, watch it together.</li> <li>Sign up to learn a new language or to gain additional skills in an existing one. This user friendly website is great for getting started. <a href="https://www.duolingo.com/">https://www.duolingo.com/</a></li> </ul>
<h2>Wellbeing</h2> 	<h2>Teamwork</h2> 	<h2>Creative</h2> 
<ul style="list-style-type: none"> <li>Daily Gratitude Practice - Share 5 things you are grateful for at the end of every day, you could share these together as a family or you could keep a journal and write them down, or you could keep a sketch book and illustrate them.</li> <li>Ready Steady Cook – To support our PSHE topic 'Healthy Me', get each member of your household to select a food item and then the challenge is to come up with a meal using only those items. Each pitch your ideas, vote for the winner and then cook the meal together. For smaller families pick 2 or even 3 ingredients each.</li> <li>Research some positive news stories and text family and friends to share what you've found to help spread positivity.</li> </ul>	<ul style="list-style-type: none"> <li>Community activity – over the Easter weekend decorate your front door or a window as an Easter bunny with whatever materials you have to hand. Share what you are doing with others in your community and encourage an Easter bunny hunt whilst people are on their social distancing walks.</li> <li>Play 'Spring Time Bingo' together as a family. Each player needs to draw a 9 square grid and place in each box items you are likely to see or hear at this time of year e.g. lawn mower, birdsong, bee etc. Have fun playing from your garden or window at home.</li> <li>Host a 'Quiz night' – Prepare some questions and answers that can be played online with other members of your family.</li> </ul>	<ul style="list-style-type: none"> <li>Try to make a utensils or stationery holder out of scrap material at home.</li> <li>Design and make a luxury sandwich for you and/or your family out of the ingredients you have to hand. Enjoy a nice lunch time together once made!</li> <li>Create a time capsule envelope or shoe box to remember this time. You could include a news article and a diary notebook of your experiences.</li> <li>Start writing a creative story, then share it with someone at home or a friend via email and ask them to continue it and send it back. Read what they have done and continue it – send it back and repeat!</li> </ul>