



Make and create

Art & Craft and Music

The festival of Easter is celebrated in different ways all over the world, from painting hard-boiled eggs before rolling them downhill to the Carnivals in Brazil with their Samba musicians, dancers, and decorated floats. [Find out more about different countries' celebrations here](#)

If you would like to know the origins of the Easter Story from the Bible, the Holy Book used by Christians, [you can read it here](#)

Artists have been inspired by the Biblical story and Leonardo da Vinci's painting of the Last Supper shows the busy, bustling disciples around a calm, reflective portrayal of Jesus – [you can view it here](#)
What do you think the conversations are between the disciples?

Some of the most beautiful Easter eggs ever created were by a Russian jeweller called Carl Fabergé - [you can read his story and view his creations here](#)

Who would you make a jewelled egg for? Can you draw a design for a new Fabergé egg?

To celebrate Easter this year, we have found lots of creative ideas and activities for you and your family.

Preparation

You will need the following resources

- An old hat
- Paper and coloured pens or pencils
- Card – an empty cereal box would work
- Glitter, small pieces of tin foil, or paper – you could use labels from food tins (ask before you take them off!)
- Sticky tape or glue

You could create your own headdress for your celebrations – and create a parade with the musical ideas below, [you can watch here for some ideas](#)

Or, you could find a hat and make paper flowers and springtime shapes to stick on (ask permission first!) and then have your own Easter Bonnet Parade – who will have the best bonnet in your house?

What about creating and sending [cards](#)?



Happy Easter

Music time!

Task 1:

Let's begin by listening!

Easter is a time to celebrate new beginnings and new life. Listen to '[Spring](#)' from the [Four Seasons by Vivaldi](#). Can you hear the images of Spring which Vivaldi creates in his music? Can you draw a springtime picture? Look out of the window as you listen – can you see the buds on the trees and the flowers beginning to grow, or see the birds beginning to collect twigs to build nests?

Task 2:

Have fun playing a musical Easter egg hunt game with your family inside or outside in your garden. Hide an Easter egg and challenge another family member to hunt for the egg. Choose an everyday object/outdoor object or a body sound to make a sound. Play a steady pulse (beat) using your chosen sound. Give clues in the form of musical sounds e.g. play your instrument *piano* (softly) or *adagio* (slowly) if they are too far away from the egg and play *forte* (loudly) or *allegro* (quickly) if they are close to the egg.

Task 3:

Now, let's make some music!

Easter rhythms: Choose your favourite Eastertime symbols e.g. chick, basket, Easter bunny, chocolate egg. Draw pictures of each of these on separate cards. Can you clap each of the syllables of the words to create word rhythms? e.g. Eas - ter bun - ny would be four claps.

Try creating a longer piece of music by placing your cards in a chosen order e.g. basket, chick, chocolate egg. Can you play your rhythms using body percussion? Perform your piece of music to your family.

Easter Songs:

Spring Chicken

Listen to the [Song](#)

Watch the Dance [Video](#)

Try the [Related activities](#)

Sing Out An Easter Song

Listen to the [Song](#)

Try the [Related activities](#)

More Easter Songs and Activities

<https://www.outoftheark.co.uk/ootam-at-home/>

#EdsentialSongwriting

We are collecting lyrics from all the schools to express feelings, emotions, what is happening at the moment. We will be composing songs using these lyrics, so that we can come together to learn and perform these songs. Please [fill out the lyrics template](#) and return to music@edsential.co.uk by Tuesday 21st April.

Don't
forget:

You can send us
videos or sound clips
of your songs on
Facebook or Twitter





Time to move

PE, Dance and Healthy Eating

Daily

Take part in #EdsentialAtHome Daily Challenge against a member of the Health and Wellbeing Team. Challenges are posted daily on Twitter

@EdsentialUKH_WB and Edsential Facebook or [view all Daily Challenges here](#)

Weekly Skills

Agility is the "Ability to move quickly and with balance in different directions".

Use the video to help practice and improve your agility. [Agility 1 Click Here](#) and

[Agility 2 Click Here](#)

Working Together

With a parent or sibling can you plan a PE/Sport game in the garden using any equipment you have? Think of ideas that are taught in school or use [Energy Club Cards to help](#).

Health and Fitness

Marathon Challenge. Measure the length of a garden or outdoor space using a tape measure or ruler. Can you run at least 1500m per day using this space?

E.g. This would be 100 runs x 15 metres.

Keep track of the distance each day.

Resources

Play the activities and complete the challenges [Energy Club Cards Sessions 1-3](#)

Eat well to stay active

You could work with your family to create your favourite dinner box – maybe make your favourite sandwich and sit outside to enjoy it. [Find more lunchbox ideas here](#)

Top tip:

Try to keep active for at least 60 minutes each day. This can include helping parents with gardening or jobs around the house as well as games and activities

Did you know:

Doing this every day for up to 26 days would be the equivalent of running the London Marathon!





Let's go outside

Using the natural world to learn and play together

The egg at Easter represents the celebration of new life.

The outdoors is a great place to have an Easter Egg Hunt. See if you can set up some clues or draw a map of your garden and then mark on the map where the eggs are. Can you find them all?



To celebrate this Religious Festival, have a go at making your very own Easter Garden. You can use anything you can find in your garden. You might like to plant some flowers in the garden to celebrate new life.



Don't forget:

You can send us pictures of your creations on Facebook or Twitter

Well, you've heard of the egg and spoon race. What about an Egg and Spoon Obstacle course?

- With help from an adult, set up an Obstacle course outside - you could use chairs to run in and out of, like cones, or an old blanket or sheet to scramble under...
- Who can complete the course without dropping the egg?



Don't forget to send us your photos!



Easter is seen as a time of new beginnings and the start of new life that comes with summer. Have you noticed the birds outside are very busy at the moment, getting ready to lay eggs and rear new chicks? Go outside how many different birds can you see? Why not carry out a bird survey. Not sure what birds you can see outside? [You can go here for some help](#)

The birds need lots of food just now to give them energy. Why not make them a bird feeder to help them? [Go here to get help and ideas for these activities](#)



Adventures at home

Build resilience, confidence and curiosity with our Residential team

Easter's #ConwayAdventuresAtHome is focused on Trust – “To reply upon and place confidence in someone or something.” How many times this week have you had to trust someone or something?

Adventurer of the Week – Sir Ranulph Fiennes

An incredible British explorer who constantly had to place trust in his teammates, his equipment and most importantly himself. [Can you research him to find out his greatest adventures?](#) Relive them by reading his books and create your own journeys inspired by his – perhaps you could use a diary format, like the Ninja Diary in our Audible link below?

Activities

1. Working with others in your household you can build **trust** through orienteering. The Conway Centres' team have put together [a video showing how to set up an orienteering course](#), either in your house or in your garden. You could link this to Easter by hiding eggs or using words related to Easter.
2. A compass is a piece of equipment often used with orienteering to help orientate the map. You often have to place a lot of **trust** in your compass when exploring in the wilderness. You can [make your own compass at home](#) following instructions from our Conway Centres' team.
3. Test your nerve and **trust** your balance skills by making your own rock cairns. You often find rock cairns in the mountains and where you would use your compass and map reading skills to navigate.



Knot of the Week – The Overhand

A simple knot that is very useful, **trustworthy** and versatile used for tying your shoelaces, putting in the end of a rope and starting many other knots. You can use a shoelace, bit of string, wool or rope to practise tying it.



Did you know: This knot is considered the simplest of the single-strand stopper knots



Amazon Audible

Our top literary picks to extend their learning even further
<https://stories.audible.com/start-listen>

We have chosen titles to keep you busy, having fun and thinking creatively. There are lots of songs and movement books below – find your favourite and perform to family members! There is also a diary of a ninja – perhaps you could create a secret character and keep your own diary? You might enjoy:

- [A B C Alphabet Songs and Rhymes](#)
- [1 2 3 Learn to Count with Songs and Rhymes](#)
- [Laurie Berkner's Song and Story Kitchen](#)
- [Diary of a Ninja](#)



Keep in Touch

We would love to see your activities and you can upload images, sound and video recordings of your creative responses to our Twitter [@EdsentiaUK](#) and Edsentia Facebook – please ask an adult to do this for you.

