



Wyre Forest School Sport Partnership Easter Wellbeing Newsletter



Welcome to our Easter Wellbeing newsletter. As we come to the end of another turbulent term, involving another lockdown, more remote learning and imposed restrictions, Wyre Forest School Sport Partnership wanted to remind local schools and families on the importance of looking after our physical and mental health. The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve their overall wellbeing through opportunities that are linked to the '5 Ways to Wellbeing', all of which can be carried out whilst being Covid-compliant. We remain optimistic that with the brighter days ahead, so too are better days, and on this note, we would like to wish schools and families across Wyre Forest a safe, active and much deserved Easter break.



Connect with other people.

Make and send a Pop-Up Easter card: Whatever your faith or none, an Easter card can bring hope and encouragement in tough times. Or perhaps just a reminder of what a beautiful world we live in. So go on, make someone smile and send a few Easter cards this year! And to make them extra special, give these homemade pop-up cards a try - <https://jmp.sh/m21rNvj>

Make time each day to be with your family: Try to arrange a fixed time each day to eat breakfast, lunch or dinner together. Why not try playing this fun family Easter Board Game - <https://jmp.sh/gOU8qzX>

Cook and eat with friends and/or family: Whether this be a video-chat or phone call, plan a recipe or whole menu to make together online. Let everyone know what ingredients and utensils are required and set a date/time aside to get creative in the kitchen together. A great way to connect and have fun!



Learn new skills.

It's time to learn an *egg-stra* special new skill this Eastertime!

Learn to draw: Check out **Art for Kids Hub** on YouTube and learn how to draw an [Easter Basket](#), an [Easter Chick](#), the [Easter Bunny](#) or even an [Easter Pug](#)! You can even have a go at [the Origami Easter Bunny Folding Challenge](#)!!

Try getting creative with something new: Have a go at making these chocolate Easter egg nests. To add to the fun send pictures of your creations to us at amays@shs.saet.co.uk. There are lots of other healthy recipes available via www.nhs.uk/change4life/recipes.

Exercise your brain with puzzles: Working on puzzles improves memory, cognitive function and problem solving skills! Try spending a little time each day during the Easter holidays on one of these Easter themed puzzles - www.activityvillage.co.uk/easter-puzzles. There are word searches, sudoku puzzles, match ups, dot to dots, counting puzzles and all sorts for you to enjoy, and something for all ages!



Easter Egg Nests



Ingredients:

- 225g/8oz Plain chocolate, broken into pieces
- 2 tbsp Golden syrup
- 50g/2oz Butter
- 75g/3oz cornflakes
- 36 Mini chocolate eggs

Equipment:

- Spoon
- Bowl
- Pan
- Bun cases



Instructions:

1. Line a 12-hole fairy cake tin with paper cases.
2. Put the chocolate, golden syrup & butter in a bowl & heat over a pan of gently simmering water. Don't let the base of the bowl touch the water!
3. Stir the mixture until smooth.
4. Remove the bowl from the heat and gently stir in the cornflakes. Keep stirring until the cornflakes are completely covered in chocolate.
5. Divide the mixture between the paper cases and press 3 chocolate eggs into the centre of each nest.
6. Chill in the fridge for 1 hour, or until they are completely set.

Top Tip: Shredded wheat or puffed rice cereals can also be used!



Please share your Easter Egg Nest creations with us on Twitter: [@WyreForestsSP](https://twitter.com/WyreForestsSP) or email photos to: amays@shs.saet.co.uk.



Be physically active.

Young people (5 – 18 years), should aim for 60 minutes of physical activity each day. We know that may feel difficult right now, but the below should provide you with some great ideas and inspiration.

Physical Activity ideas for families across Worcestershire: Check out some great ways of getting active during the holidays with this timetable of variety and fun –

Physical Activity Ideas for Primary Schools & Families						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PE with Joe Wicks 2021. Live at 9am every Monday or catch up anytime.	Zumba Kids – Upbeat routines to follow - every class feels like a party!	PE with Joe Wicks 2021. Live at 9am every Wednesday or catch up anytime.	Disney Dance-alongs Learn routines and get moving to the songs they love!	PE with Joe Wicks 2021. Live at 9am every Friday or catch up anytime.	Family-friendly swimming workouts at home Swimming inspired fun by the Institute of Swimming.	Couch to 5k Week-by-week running plan for beginners.
Get Set 4 PE Active Families – Ball (or sock) Skills	Get Set 4 PE Active Families – Creative Games	Get Set 4 PE Active Families – Fitness Games	Get Set 4 PE Active Families – Fundamental Movement Skills	Get Set 4 PE Active Families – Tactical Games	Outdoor Adventure on your doorstep Get active with British Orienteering	Just Dance Start a dance party your friends and family can enjoy!
Football's Staying Home - The FA Disney themed football challenges at home	DodgeballFive @Home A new way to play by British Dodgeball	Chance to Shine Cricket session! Check out tips on how to make your own cricket set.	YST 60 Second Physical Activity Challenges A fun 'compete against yourself' approach!	10 Minute Shake Up games from Change4Life with Disney	Worcestershire Cycling and Walking Guides Go for a family walk.	The PE Active Board Game
Get Kids Moving Fitness workouts training alongside favourite superheroes!	YST After School Sport Club Live at 5pm every Tuesday or have a go at some previous sessions here.	Cosmic Kids Yoga – Yoga, mindfulness and relaxation for kids	YST After School Sport Club Live at 5pm every Thursday or have a go at some previous sessions here.	YST Wonder Woman Quest Activities to support wellbeing.	Scavenger Hunt - An outdoor sensory scavenger hunt to complete!	Family GoNoodle Fun movement and mindfulness videos for the whole family!

This timetable, along with more ideas can be found here: www.activehw.co.uk/worcestershire-school-games

Dance party: Music elevates our mood and helps us to relax! Start a dance party your friends and family and be inspired by some music and choreography with [Just Dance](#). Or try something less formal and just dance it out in the kitchen together 😊

Easter scavenger hunt: During the holidays, go outdoors and have a go at this Easter Scavenger Hunt. Or, if you're feeling creative, make your own using these DIY editable Easter hunt clue cards - <https://jmp.sh/kF4UUaU>

Outdoor Adventure on your doorstep: Check out these orienteering activities to enjoy at home, in the garden and in local green spaces - www.britishorienteering.org.uk/Get_Active

Spring time walk: Have some fun and get active in the fresh air! Click [here](#) for a guide to discovering your local parks and outdoor spaces. And for Worcestershire Cycling and walking routes visit the following Worcestershire County Council webpage for more info:

www.worcestershire.gov.uk/downloads/download/1157/walking_and_cycling_guides



EASTER SCAVENGER HUNT

<input type="checkbox"/>  BLUE EGG	<input type="checkbox"/>  EASTER BASKET
<input type="checkbox"/>  BUNNY	<input type="checkbox"/>  JELLY BEANS
<input type="checkbox"/>  FLOWER	<input type="checkbox"/>  YELLOW EGG
<input type="checkbox"/>  A CARROT	<input type="checkbox"/>  A LAMB
<input type="checkbox"/>  CANDY	<input type="checkbox"/>  CHOCOLATE BUNNY
<input type="checkbox"/>  A BABY CHICK	<input type="checkbox"/>  A BOW
<input type="checkbox"/>  PLASTIC EGG	<input type="checkbox"/>  EGG IN THE GRASS
<input type="checkbox"/>  "EASTER"	<input type="checkbox"/>  A BUTTERFLY
<input type="checkbox"/>  A CROSS	<input type="checkbox"/>  SOMEONE YOU LOVE
<input type="checkbox"/>  SUNSHINE	<input type="checkbox"/>  EGG WITH POLKA DOTS

Give to others.

Make Easter cards and send them to people you've not seen during lockdown. Download a template from - www.sparklebox.co.uk/4361-4370/sb4368.html or design your own.

Make an Easter bunny plant pot by decorating a plant pot or tin and planting your favourite flowers or herbs in. It'll make a lovely Easter gift for someone special.

Get cooking: Make some Easter bunny cupcakes - www.food.com/recipe/easter-bunny-cupcakes-414055 or some Easter egg nests (see recipe provided) and gift them to someone special.



Pay attention to the present moment (mindfulness).

Cloud meditation: Sit or lie down with a good view of the clouds. Take five, deep, mindful breaths. Stare at the clouds whilst thinking about the answers to these questions to help guide your meditation.

Are the clouds fluffy or thin?

Are they moving?

Are they making shapes of things you know?

Are they all the same colour?

What does the sky look like behind the clouds?

Have some silent time to just gaze and mindfully explore the clouds.

Mindfulness Challenges: Have a go at some Easter-themed mindfulness colouring! Take a moment of calm each day and colour - <https://jmp.sh/CM9kewh>

Cosmic Kids Yoga: Enhance your physical and mental wellbeing through some Easter related yoga adventures: <https://www.youtube.com/watch?v=9gV85rd3yTc>
<https://www.youtube.com/watch?v=MEp9euhuu2E>



5 Ways to Wellbeing



We welcome any feedback on this newsletter and would love to see any photos/videos of families taking part in any of the Wellbeing activities. Please Tweet or email us:



@WyreForestSSP



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@WyreForestSchoolSportPartnership