



# Wyre Forest School Sport Partnership Easter Wellbeing Newsletter



Welcome to our Easter Wellbeing newsletter. As we come to the end of the Spring Term, 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'. 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 some of these NHS family friendly healthy recipes - [www.nhs.uk/healthier-families/recipes/](http://www.nhs.uk/healthier-families/recipes/) followed by playing this fun family Easter Board Game - <https://jmp.sh/gOU8qzX>

**Host a family and/or friends Come Dine with Me:** Put on your own 'Come Dine with Me' experience with family and/or friends! Get your friends on board who are willing to host a breakfast/lunch/dinner party (you can keep it simple and just go for one course!). Decide your prize (something novelty/fun!). Everyone plans their menu/course and invites their guests! Have fun scoring each other to see who wins the prize. 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 Easter Brownie Bites. There are lots of other fun, healthy and kid friendly creations to try via

[www.eatsamazing.co.uk/category/easter/healthy-easter-recipes](http://www.eatsamazing.co.uk/category/easter/healthy-easter-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](http://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 Blondies



### Ingredients:

250g cold unsalted [butter](#), cut into pieces  
150g light soft [brown sugar](#)  
125g [caster sugar](#)  
2 large free-range [eggs](#)  
1½ tsp [vanilla extract](#)  
pinch [sea salt](#)  
300g [plain flour](#)  
225g mini [chocolate](#) eggs



### Instructions:

1. Preheat the oven to 190C/170C Fan/Gas 5. Grease and line a 20cm/8in square loose-based cake tin with baking paper.
2. Melt the butter in a saucepan over a medium-low heat. Stir in both sugars and cook for 1-2 minutes, or until the butter is absorbed and the mixture turns a creamy toffee colour and looks smooth and glossy. Take off the heat and set aside.
3. Whisk the eggs, vanilla and salt together in a large bowl. Whisk in the melted butter and sugar mixture until thoroughly combined, then whisk in the flour until smooth. Pour the batter into the prepared tin and bake for 20 minutes.
4. While the blondie is cooking, cut 125g of the chocolate eggs in half. It's best to use the heel rather than the tip of the knife and work with just a couple of the eggs at a time.
5. When the 20 minutes is up, take the blondie out of the oven and scatter the halved and whole chocolate eggs on top. Carefully press the eggs into the blondie mixture and don't worry if the surface cracks a little. (Take care as the sides of the tin will be hot.)
6. Return to the oven for a further 10 minutes or until the blondie is pale golden-brown.
7. Cool the blondie in the tin for at least 10 minutes before cutting into squares. Serve warm or cold.



## Be physically active.

Young people (5 – 18 years), should aim for 60 minutes of physical activity each day. The below should provide you with some great ideas and inspiration.

**Easter Adventure Quest at Witley Court:** Join us for a cracking adventure quest at Witley Court this Easter holiday. Hunt for clues in the castle grounds, track down the Easter eggs and get rewarded with a tasty chocolate treat. You can take on the quest every day of the school holidays, and it costs just £2 per person to take part (on top of ticket price). There's no need to book - you can pay when you arrive at the site.

[https://www.english-heritage.org.uk/visit/whats-on/witley-court-easter-adventure-quest-23-mar-14-apr-24/?\\_gl=1\\*17bly26\\*\\_up\\*MQ..\\*\\_ga\\*MjcwNzgxODg3LjE3MDgwMDcxMDA.\\*\\_ga\\_QK86RM1N34\\*MTcwODAwNzEwMC4xLjAuMTcwODAwNzEwMC4wLjAuMA](https://www.english-heritage.org.uk/visit/whats-on/witley-court-easter-adventure-quest-23-mar-14-apr-24/?_gl=1*17bly26*_up*MQ..*_ga*MjcwNzgxODg3LjE3MDgwMDcxMDA.*_ga_QK86RM1N34*MTcwODAwNzEwMC4xLjAuMTcwODAwNzEwMC4wLjAuMA)

**CountryTastic:** CountryTastic returns to the Three Counties Showground, Malvern, on Thursday 28<sup>th</sup> March, with a 'Farming Heroes' theme and visitors are encouraged to come dressed as superheroes! There will be plenty of interactive indoor and outdoor activities for kids to discover all that the countryside has to offer. Children can pet their favourite farmyard animals, including sheep, goats and alpacas and learn all about food provenance and the hard work the British farmers do. Tickets must be purchased in advance.

<https://www.countrytastic.co.uk/>

**Easter at Hanbury Hall:** Make your way along the trail and find nature-inspired activities for the whole family. The trail takes place daily between Saturday 23 March and Sunday 7 April, so come along and explore the beautiful parkland of Hanbury Hall. Prices are £3 per trail which includes a trail sheet, a take-home activity, an Easter egg and a pair of bunny ears.

<https://www.nationaltrust.org.uk/visit/worcestershire-herefordshire/hanbury-hall>

**Easter Adventures at Croome:** Make your way along the trail and find nature-inspired activities for the whole family. The trail takes place between 23 March – 7 April 2024, from 10am to 5pm. Prices are £3 per trail which includes an Easter trail sheet, bunny ears and a chocolate egg. There are also other activities to discover: <https://www.nationaltrust.org.uk/visit/worcestershire-herefordshire/croome>

- Rabbit Racecourse
- Giant bird nest with supersized selfie bird board
- Animal footprint stepping stones
- Collective Easter art project to add your creative stamp on
- True or false egg path
- Egghead and spoon race
- Spin the wheel nature dares
- Interactive weather station
- Tactile interactive egg learning experience

**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](http://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 local Worcestershire cycling, wheeling and walking routes.



### Give to others.

**Make Easter cards** and send them to family, friends and those who it would really make a difference to. Download a template from -

[www.sparklebox.co.uk/4361-4370/sb4368.html](http://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](http://www.food.com/recipe/easter-bunny-cupcakes-414055) or some Easter egg nests (see recipe provided) and gift them to someone special.



Take Notice

### 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:



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