

5th April 2020

Bridgewater Prep Easter Activity Handbook

Ideas and support for the Easter holidays and beyond,
while we stay at home and all stay safe!



So...what can I do
at home during Easter?



Enter the Bridgewater Prep Easter Bonnet Competition

- Create an Easter bonnet and compete against your class and the school! Please post your entries on Google Classroom or send via email to rooneym@bwslive.co.uk
- The winners will be judged by your teachers and Mr Rooney on Easter Sunday. Results will be announced via Twitter and the Prep Blog. Each winner will receive a voucher
- The judges will be looking for winning entries that show Easter tradition, originality, ingenuity and the use of recycled everyday items.



Keep a regular routine

- Get up and make your bed at a regular time
- Smile and say hello to everyone in your family and anyone you see on your daily exercise
- Try and learn at least one piece of knowledge or a skill everyday
- Do at least one job a day to help in the house, for example tidy your room or Hoover
- Try and break up your screen time.



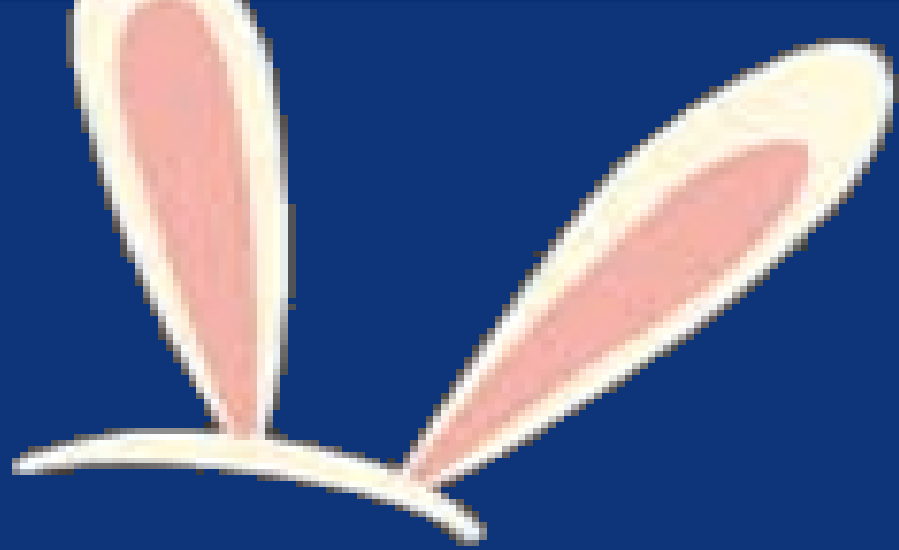
Check out the Prep Blog and weekly newsletters!

Prep Blog: <https://www.bridgewaterprep.org>

BWS Newsletter: The newsletter is emailed to mum and dad weekly

They are full of ideas for activities and challenges
for all Prep pupils and their families.





30 challenges
to help you stay occupied
during the Easter break!



<p><u>Day 1</u> Start to design and create your Easter Bonnet. Find things in the cupboards that you could use for your bonnet. Maybe use discarded loo roll holders, cardboard packaging, discarded egg shells.</p>	<p><u>Day 2</u> Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.</p>	<p><u>Day 3</u> Look at your Google Classroom to see if your teacher has posted any Easter activities.</p>	<p><u>Day 4</u> Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station with the help of an adult.</p>	<p><u>Day 5</u> Keep a thank you jar– each day write on a slip of paper one thing you are grateful for. When you feel sad you can empty the jar and remind yourself of the happy things in your life.</p>	<p><u>Day 6</u> Check out your Google Classroom for any work you have not completed.</p>
<p><u>Day 7</u> Visit a virtual museum! Go online and explore the collections. http://www.virtualfreesites.com/museums_museums.htm</p>	<p><u>Day 8</u> Make a card to send to an elderly or vulnerable person in your street.</p>	<p><u>Day 9</u> Turn your devices off and enjoy spending some time with a member of your family.</p>	<p><u>Day 10</u> Create an information booklet or poster about the importance of hand washing and hygiene.</p>	<p><u>Day 11</u> Make your own riddle and see if anyone can guess what it is. e.g. Q: What type of cheese is made backwards? A: Edam</p>	<p><u>Day 12</u> Do something helpful for a friend or family member today.</p>
<p><u>Day 13</u> Call a relative or friend who is far away and have a chat with them.</p>	<p><u>Day 14</u> Post a positive message to all of your neighbours in your window.</p>	<p><u>Day 15</u> Listen to your favourite song and make up a dance routine or a backing track.</p>	<p><u>Day 16</u> Explore the Titanic as an online tour. http://titanicvr.io/</p>	<p><u>Day 17</u> Make a card for someone’s birthday/celebration coming up.</p>	<p><u>Day 18</u> Play a game that you haven’t played in a while with someone else in your house.</p>
<p><u>Day 19</u> Hoover the stairs or a room in your house.</p>	<p><u>Day 20</u> Learn how to cook a meal and eat together.</p>	<p><u>Day 21</u> Leave a thank you note for someone else to find in your house.</p>	<p><u>Day 22</u> Look at an atlas or a world map online and find out about all the places in the world you would like to go.</p>	<p><u>Day 23</u> Write and illustrate a comic book or story to uplift people’s spirits.</p>	<p><u>Day 24</u> Go on an online tour - parks https://artsandculture.withgoogle.com/en-us/national-parks-service/welcome?fbclid=IwAR1327B5YShvzfxZolMnnaaJaVfBiKS3CODRiTZgnCNlOxUSelbKO9pXcl4</p>
<p><u>Day 25</u> Read a book and plan a theme park around the main places, themes and characters.</p>	<p><u>Day 26</u> Find out which animals are soon to be extinct and create an advert to save one.</p>	<p><u>Day 27</u> Watch a film with someone at home.</p>	<p><u>Day 28</u> Make sure you get a long sleep tonight. Note how you feel the next day.</p>	<p><u>Day 29</u> Draw a picture of what you see in your garden or out of your window.</p>	<p><u>Day 30</u> Write down 5 things you are thankful for in your life.</p>

Still need more ideas..?



What about...

- Rediscover your senses – take 2 minutes to look out of the window, what do you hear, see, smell, taste and touch?
- Art! Paint or draw. If you have coloured chalk, draw ‘mandala’ patterns on your paths
- Mindful colouring
- Write a short story entitled ‘Never in a million years...’ or ‘The winner of X Factor is...’
- Visit an online museum – find out 5 fascinating facts
- NASA - visit the International Space Station!
<https://www.nasa.gov/specials/nasaathome/>



- Get some fresh air on a daily basis
- Do some origami – find instructions on the internet
- Read a book – start a book club with your family
- Send a ‘thank you’ email to any Key Workers that you know
- Produce a poster for your window to make you post person / delivery person smile
- Keep a diary of what you did and how you felt during your time away from school
- If you have a garden, get out the swingball or other garden games



- Get the garden ready for spring planting – tidy up the flower beds
- Facetime or find an app that allows you to play remote games with friends or family
- Go for a walk (remember social distancing) and smile at people as you pass by
- Find your board games – do a different one every day. Jigsaws!
- Discover a new skill – baking, cook a new recipe, sign language
- Virtual visit to Chester Zoo...
<https://youtu.be/p53G1w5Nzro>



- Exercise! Online classes such as Joe Wicks, but also 10 minutes alone can make a difference. Try daily exercise every day, e.g.:
 - Walk up and down the stairs 10 times
 - Do 100 star jumps
 - Do 20 laps of the garden
 - Do 10 press ups then add an extra one each day
 - Do 20 burpees
 - Hold a plank for one minute



Use link:

<https://www.barnardos.org.uk/blog/keeping-fit-during-coronavirus-lockdown>

**Keeping good
relationships**



- At this time when families are together more than usual, some fall outs and arguments are natural. Remember these key messages if things get a bit difficult at home:
 - Listen to others – try and understand their point of view
 - Try and explain how you are feeling – try to stay calm
 - Take time out – go and listen to music, stand in the garden, give yourself space to calm down
 - Hug it out! Other people in your family will be feeling grumpy too.



Your Stay at Home Challenge...



The task

- We want to hear your quarantine stories. Over the next 3 weeks, write or make something that you can share with staff and students
 - A poem? A song? A diary of ‘one day in isolation’? A photo story? A news article about your family? An Easter-themed piece of artwork?
- Send your entries to your google classroom or rooneym@bwslive.co.uk
- The best work will be published on the school website and Prep Blog and prizes awarded when we all get back to school.

And finally...

Eat all your Easter eggs... but maybe have a little every day. Maybe even make Rice Krispie cakes with some of your chocolate!

