



It is now the Easter holidays! I know it's probably not the Easter holidays you were planning for, so we have put together a few fun things you might like to do with your family. There is no obligation to have to do these tasks, they are just different things you could do to keep yourself amused during this time!

*Maths Challenges

*Easter Egg challenge and virtual hunt

*Go on a bear hunt

*Active coping calendar -April

*30 day Art and DT challenges

Easter Maths Challenges!

Below are a few other Easter themed Maths tasks for you!

Choose a number, draw an Easter Egg and fill it with any information you have on that number. For example – 10 – even number, multiple of 2, 5 and 10.

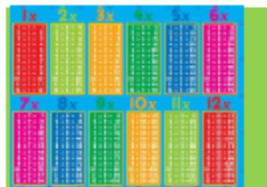


Collect some pebbles or stones. On one side, paint a calculation, on the other, write the answer. Hide these around your garden and set your family off on an Easter Maths Hunt!



Easter is often seen as a time for New Beginnings.

Choose a timestable which you do not know yet and learn it. You could write in on the floor in chalk or with squirry water bottles on the ground outside.



Easter Eggs are delicious! But what percentage of the Easter egg is cocoa powder? Which Easter egg has the largest percentage of chocolate inside? What percentage of your chocolate have you already eaten? Some tricky questions to have a think about KS2!



The Easter Bunny loves to hop! Can you teach him how to use a numberline KS1? Maybe draw these with chalk outside and take photos! Can you do this for addition? Subtraction? Multiplication? Division?





Create your own egg-citing Easter egg and share it in your window ready to be spotted by families during their one-hour (max) exercise outing. Remember to keep your distance from others though and to follow the Government guidelines for exercise.

And when you are out, why not help children to spot and count the eggs in the windows to spread smiles and enjoy Easter in a slightly different way this year.

Remember to follow current government and NHS England guidelines when exercising. These can be found here -

<https://www.gov.uk/government/publications/full-guidance-on-staying-at-home-and-away-from-others>

Stay safe, and help us to spread smiles across the county this Easter.

Easter Egg design!

Get creative this Easter! Complete the template below, any way you choose ...

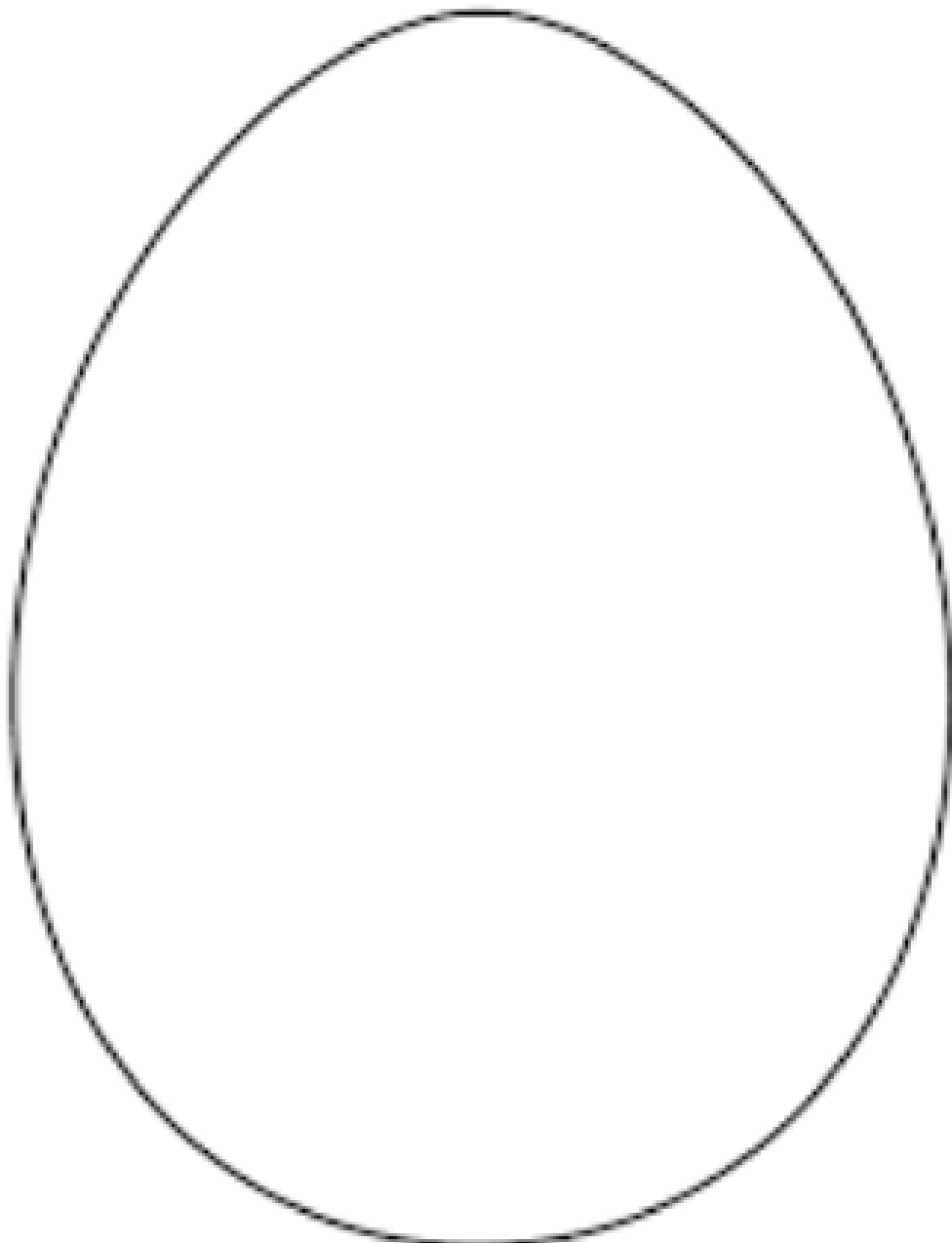
Perhaps you will choose to:

- build a 3D design
- collage your egg using cutting techniques
- use painting techniques we have learnt in school to mix colours
- sketch in the style of a famous artist
- make a creation with an important message ... it's your choice!

You could share these designs with us on Twitter or by emailing us at

admin@bulphanprimary.thurrock.sch.uk and we will add them to our website!

You could also add these to your window to support with the Easter Egg hunt!



We're Going on a Bear Hunt!

<https://www.bbc.co.uk/cbeebies/radio/story-time-were-going-on-a-bear-hunt>

A mass teddy bear hunt is under way around the world to help make us all smile!

Stuffed toys are being placed in windows to give children a fun and safe activity while walking around their neighbourhood with parents.

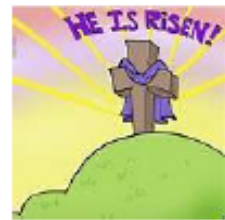
The hunt is inspired by the children's book *We're Going on a Bear Hunt*, written by UK author Michael Rosen.

**How many teddy bears can you spot on your walk?
Have you got a teddy that you can put in your window?**





Easter Dojo Challenge



Here are some challenges for you to complete over Easter!

Share an Easter egg with someone in your family - 5 dojos		Tidy your room - 10 dojos		Pay a compliment to someone in your house - 5 dojos	
Ask your grown up for a chore to do around the house - 10 dojos		Create an Easter themed piece of art - 2 dojos		Dance to your favourite song - 2 dojos	
Make an Easter card for someone in your family - 5 dojos		Clap for all the NHS workers at 8pm on Thursday and post a picture on class dojo - 20 dojos		Have a movie night with your family - 5 dojos.	

Have fun, stay safe and keep smiling! Take a picture of each activity you do or write it underneath on this sheet and then send it to us at admin.@bulphanprimary.thurrock.sch.uk and we will add the dojos you earn!



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

- 1** Make a plan to help you keep calm and stay in contact
- 2** Enjoy washing your hands. Remember all they do for you!
- 3** Write down ten things you feel grateful for in life and why
- 4** Stay hydrated, eat healthy food and boost your immune system
- 5** Get active. Even if you're stuck indoors, move & stretch
- 6** Contact a neighbour or friend and offer to help them
- 7** Share what you are feeling and be willing to ask for help
- 8** Take five minutes to sit still and breathe. Repeat regularly
- 9** Call a loved one to catch up and really listen to them
- 10** Get good sleep. No screens before bed or when waking up
- 11** Notice five things that are beautiful in the world around you
- 12** Immerse yourself in a new book, TV show or podcast
- 13** Respond positively to everyone you interact with
- 14** Play a game that you enjoyed when you were younger
- 15** Make some progress on a project that matters to you
- 16** Rediscover your favourite music that really lifts your spirits
- 17** Learn something new or do something creative
- 18** Find a fun way to do an extra 15 minutes of physical activity
- 19** Do three acts of kindness to help others, however small
- 20** Make time for self-care. Do something kind for yourself
- 21** Send a letter or message to someone you can't be with
- 22** Find positive stories in the news and share these with others
- 23** Have a tech-free day. Stop scrolling and turn off the news
- 24** Put your worries into perspective and try to let them go
- 25** Look for the good in others and notice their strengths
- 26** Take a small step towards an important goal
- 27** Thank three people you're grateful to and tell them why
- 28** Make a plan to meet up with others again later in the year
- 29** Connect with nature. Breathe and notice life continuing
- 30** Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together Keep Calm · Stay Wise · Be Kind

30 Day Art/DT Challenge

© The Mum Educates

Design and make your own boat that will float on water. Day 1	Draw a butterfly with exotic colours. Day 2	Make your own puppet using a sock. Day 3	Design the best parachute to protect a boiled egg. Day 4	Make your own kite. Day 5
Make a planet using paper Mache. Day 6	Design a face mask for yourself. Day 7	Make your own rocket using empty paper rolls. Day 8	Use marshmallows and toothpicks to build your own 3D shapes. Day 9	Draw your family picture on a poster. Day 10
Write your name with play dough. Day 11	Build something you would find in the polar regions using things you can find in your home. Day 12	Draw your own superhero with special powers. Day 13	Use building blocks or Legos to build a sculpture. Day 14	Make a squishy with a balloon and toothpaste. Day 15
Make a den in your home using fabric, cushions and other furniture. Day 16	Make your own monster bookmark. Day 17	Design your own Easter egg. You can do this on paper or you can paint a real egg. Day 18	Collect some nature things from outside and draw these in your book. Day 19	Make a spider with pipe cleaners. Day 20
Write a hilarious poem using bubble writing. Day 21	Draw a picture of yourself and then label all the body parts of the body. Day 22	Make your own glittery slime. Day 23	Draw an illustration for your own story. Day 24	Collect photos of your family and make a family tree. Day 25
Paint rocks and turn them into animals Day 26	Make your own board game. Day 27	Create a poster showing healthy and unhealthy food. Day 28	Make your own paper plate nest. Day 29	Make a castle using an empty cereal box. Day 30