



WYRE FOREST SCHOOL SPORT PARTNERSHIP

EASTER WELLBEING NEWSLETTER

Welcome to our Easter Wellbeing Newsletter. As we reach the end of the spring term, Wyre Forest School Sport Partnership would like to remind local schools and families of the importance of looking after both our physical and mental health. Within this newsletter, you will find information, tips and helpful links to support the whole family - adults and children alike - in improving overall wellbeing through opportunities connected to the '5 Ways to Wellbeing'. We would like to wish all schools and families across Wyre Forest a safe, active and well-deserved Easter break.

Connect with other people



Make and send a Pop-Up Easter card: Whatever your faith - or even if you have none - an Easter card can bring hope and encouragement in challenging times, or simply remind someone what a beautiful world we live in. So go on, make someone smile and send a few Easter cards this year! To make them extra special, try these homemade pop-up cards: <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. You could try some of these NHS family friendly healthy recipes: www.nhs.uk/healthier-families/recipes/ and then enjoy playing this fun Easter family board game together: <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! Invite people who are willing to host a breakfast, lunch or dinner (you can keep it simple and just go for one course!). Decide on a fun or novelty prize, then each host plans their menu (or course!) and invites their guests! At the end, score each other's meals to see who wins the prize. A great way to connect, share food, and have fun together!





Learn new skills

It's time to learn an *egg-str*a special new skill this Easter!

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: 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. 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.



Give to others

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.





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-easter-quest-2026/>

CountryTastic: CountryTastic returns to the Three Counties Showground, Malvern, on Thursday 2nd April, with a 'Hold Your Horses' theme. 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: 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 21st March and Sunday 12th April, so you can go 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: www.nationaltrust.org.uk/visit/worcestershire-herefordshire/hanbury-hall/events/7492da9a-337d-40a9-9e0e-82b55384492a

Easter Adventures at Croome: This Easter, take part in a fun-filled adventure across Croome, with 10 activity stations inspired by the Five Ways to Wellbeing. Connect with others in the teamworking challenges, Be Active on the easter obstacle course, Take Notice at the sound and sandpit stations, Keep Learning with new skills and nature facts, and give the gift of poetry and nature pledges as you explore: www.nationaltrust.org.uk/visit/worcestershire-herefordshire/croome/events/705a59dd-63c2-4de3-92e1-2b366d9a214e

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 local [Worcestershire cycling, wheeling and walking routes.](#)



EASTER SCAVENGER HUNT

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| ☐ BLUE EGG | ☐ EASTER BASKET |
| ☐ BUNNY | ☐ JELLY BEANS |
| ☐ FLOWER | ☐ YELLOW EGG |
| ☐ A CARROT | ☐ A LAMB |
| ☐ CANDY | ☐ CHOCOLATE BUNNY |
| ☐ A BABY CHICK | ☐ A BOW |
| ☐ PLASTIC EGG | ☐ EGG IN THE GRASS |
| ☐ "EASTER" | ☐ A BUTTERFLY |
| ☐ A CROSS | ☐ SOMEONE YOU LOVE |
| ☐ SUNSHINE | ☐ EGG WITH POLKA DOTS |



Play 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](#).



5 Ways to Wellbeing

Get in touch...

We welcome your feedback on this newsletter and would love to see any photos or videos of families participating in our Wellbeing activities. Please share them with us via a post on Instagram or by email:



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