



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 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 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 Brownie Bites



Ingredients:

175g butter, chopped
150g dark chocolate
250g light brown soft sugar
85g self-raising flour
50g cocoa powder
3 large eggs, beaten
100g milk chocolate chips
24 mini chocolate eggs, plus extra to decorate



Instructions:

1. Heat the oven to 180C/160C fan/gas 4.
2. Line the holes of a muffin tray with paper cases.
3. Put the butter, dark chocolate and sugar in a pan and heat it very gently, stirring all the time until the butter and chocolate have melted. Remove from the heat and leave to cool for a few mins.
4. Then, sift the flour, cocoa and a good pinch of salt into a large bowl.
5. Stir in the warm, melted chocolate mixture and the beaten eggs, then add half the chocolate chips and mix until just combined.
6. Divide the mixture between the cases and place a mini egg into the middle of each muffin, pushing down gently.
7. Bake for 12-15 mins until cooked but still gooey in the centre – they will continue cooking a little as they cool down.
8. Leave to cool in the tin then transfer to a wire rack to cool completely.
9. Melt the rest of the chocolate chips in short bursts in the microwave. Leave to cool until it is quite thick, then dot a small amount on each cake and stick on some more mini eggs.



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.

Bodenham Arboretum - Easter at Bodenham: Bodenham's Easter Trail is a wonderful family event. Not only can everyone join in the fun of finding Peter's carrots, which lead you to angry Mr McGregor's garden, you will also find an abundance of spring lambs and calves on the farm! Booking is required (Annual Pass Holders and under 5s do not have to pay/book). www.ticketsource.co.uk/whats-on?q=Bodenham%20Arboretum

Easter Eggtravaganza at the Commandery: Enjoy the annual array of Easter-rific activities throughout the Easter holidays. There's an Easter-egg hunt with a historical twist, inspired by The Commandery's amazing history, with chocolatey prizes for those who can spot them all around the building, as well as Eggs-tremely arty design & colouring activities. Don't forget to check out the sprouting spring flowers in the gardens and get stuck into the Nature Play Area too! No need to pre-book, just turn up - normal admission charges apply + £2 per trail. www.museumsworcestershire.org.uk/events/easter-eggstravaganza-at-the-commandery/

Easter Egg hunts at Hanbury Hall: At the start of your Easter adventures in nature trail, pick up your activity pack to find the bespoke trail you're going to follow. Find and complete the 10 nature-inspired activities that are hiding along the way. Wake the wild things, shake like a squirrel and be an eagle eye are just some of the activities you can experience at Hanbury Hall. Finish the trail and collect your Rainforest Alliance chocolate egg or an allergen-free alternative at the end. Friday 8 - Sunday 24 April (or until stocks last), 9.30am-4.30pm (last trail sold at 4pm) £3 per trail pack, including a chocolate egg or allergen free alternative. www.nationaltrust.org.uk/hanbury-hall-and-gardens/features/easter-at-hanbury-

Hartlebury Castle: Bring your eggplorers to Hartlebury Castle for a cracking good time! Explore the beautiful grounds of the Castle as you hunt for the hidden Easter eggs and surprises! Make sure to report back to the friendly staff and the Easter bunny to see if you made it on the leader board. Everyone who takes part in the egg hunt will get a chocolatey treat to enjoy. Why not sit down and listen to an Easter themed story with a cup of hot chocolate and more chocolate treats. At 11am there will be a giant Easter egg hunt, see how many you can find and exchange them for a chocolatey prize! There will be Easter themed storytelling place in the Carriage Circle at 12pm and 2pm, sit down and enjoy with a hot chocolate or another chocolate treat. Whole site admission applies. Additional cost of £5 per participant in Easter Egg hunt. <https://hartleburycastle.com/event/easter-eggstravaganza/>

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 Worcestershire County Council's webpage for more info:

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



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:



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