



HAPPY HOLIDAYS AT HOME



Take a peek inside for some
fun ideas to keep you busy
and active this Easter!

#WFHappyHealthyHolidays

A **WARM** welcome

To help put a spring in your step this Easter we've put together some fun ideas and activities to keep young people aged 5–16 entertained!

You'll find egg-cellent recipes, challenges, games and more inside – all to make sure you have a happy, healthy holiday.

WHAT'S INSIDE?

Spring into the season 03

Crafty chickens 06

Flowery fun 07

Hatch up recipes 08

Don't worry, be hoppy 10

Grow further 12

SPRING INTO THE SEASON

Warm up

Before you begin an activity, you should always try to warm up by getting your pulse racing and stretching out your muscles.

Get your pulse racing by doing each of the following for 20-30 seconds:

1. **Star jumps**
2. **Marching**
3. **Skiping**
4. **Seated air punches**
5. **Hopping**
6. **Lunges**
7. **Jogging**
8. **Squats**
9. **Seated shoulder circles**
10. **Bottom kicks**

Now stretch out some your muscles, following the guide on the right.

Hold each stretch for 10 seconds after the warm up, and 15 seconds to cool down after the workout.

Remember to repeat each stretch on the opposite side of the body.

The Easter holidays mean warmer weather to enjoy, so why not occupy some of your time trying out these egg-cellent exercise ideas outside? Don't worry though – you can still enjoy them inside if the sun decides not to play.

Stretches

Shoulder stretch



Back stretch



Chest stretch



Tricep stretch



Calf stretch



Groin stretch








Hamstring stretch



Quadriceps stretch



Age 5-7

-  Use your body to make letters and spell out a word. Can you get your family to guess what word you are spelling?
-  Design an obstacle course using household objects like pillows, blankets, toys, and chairs. Practice weaving in and out of objects, moving high and low, going under, over, and around. Just be careful of your surroundings though!
-  Build a tower of pillows, cushions, or paper cups and practice under-hand throwing or bowling to knock it down.
-  Have a dance party! Turn on some upbeat music and dance until you feel your heart beating fast.
-  Make a hopscotch pattern on the floor using tape, string, or chalk if you are outside. Work on your hopping and jumping skills.

Age 8-11

Challenge yourself by setting the stopwatch and seeing how many of the below you can do in a minute.

Make sure to write down how many you manage, so you can try again another time and try to improve your score!

- ✓ Keepy-uppys
- ✓ Star jumps
- ✓ Mountain climbers
- ✓ Frog leaps
- ✓ Skips (with a skipping rope)

0-5 = 1 point 6-10 = 2 points
11-15 = 3 points 16-20 = 4 points
More than 20 = 5 points

Bonus points...Try holding the plank position for a minute. 5 points for over 30 seconds, 10 points for a whole minute!








Age 12-16

When you're a bit older you should have better coordination and control. Try out these ball tricks to see how well you do.

Work from easiest to hardest, then challenge yourself to see how many you can do in two minutes.

If you don't have a ball, don't worry, try using a pair of rolled up socks.

EASY

-  Throw the ball in the air and catch without letting it bounce
 -  Throw the ball in the air and clap once before catching it
 -  Bounce the ball on the ground two or three times and then catch it
 -  Throw the ball in the air, let it bounce once and catch it
 -  Throw the ball under one leg and up into the air and catch it
 -  Throw the ball in the air, do a complete 360 turn and catch it
 -  Throw the ball in the air, do a complete 360 turn, let the ball bounce once and then catch it
- HARD**

HARD

Activity log

Make sure to share what activity you get up to with us on social media by using **#WFHappyHealthyHolidays**

Whether it is the activities and exercises in this booklet, or things outside of this like local walks and games, try recording what you've done in the table below.

It will help you to see how active you've been – and remember the fun you've had over your schools holidays!

[illegible]

Just remember when taking part in activities and exercise to stay safe and follow the latest government guidelines.

Crafty Chickens

Easter egg buddies



Make some egg-citing characters by painting or drawing a design on an egg!

Be as imaginative as possible with your idea – could you try and recreate your favourite person, a family member, or maybe a bunny for Easter?

If you have extras like pom-poms or card in the house, add extra details like hair and ears.

To make it more exciting, have a competition in your household, with a sweet treat for the chosen winner...

Blooming balloons



Ever noticed how balloons look just like Easter eggs upside down? Simply throw on some paint and you got yourself a personalised Easter “egg”.

Repeat to create an Easter bouquet. You could even try adding a sweet to some of the balloons before blowing up. Then take it in turns to pop and see who gets the surprise!

Share what you create on social media using #WFHappyHealthyHolidays

Flowerly Fun

Instructions

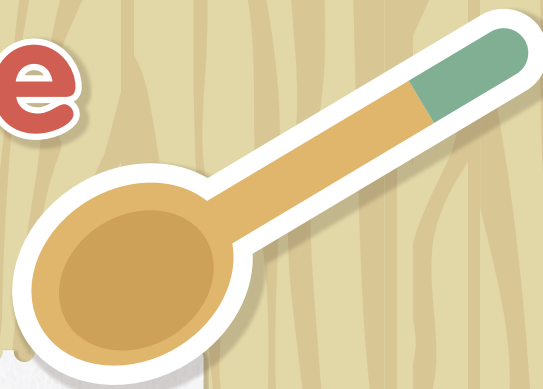
1. Each player puts their counter on the space that says ‘Start’.
2. Take it in turns to roll the dice. Move your counter forward the number of spaces shown on the dice.
3. If your counter lands at the bottom of a flower chain, you’ve gained flower power and can move up to the top of the chain!
4. If your counter lands on the head of a wiggly worm, you must slide down to the bottom of the worm.
5. The first player to get to the space that says ‘Finish’ is the winner.

Equipment

1. Dice
2. Counters

21 Go forward 4 spaces	22 Dance crazy for 22 seconds	23 Go down the worm	24 Go down the worm	25 Sprint on the spot for 25 seconds	26 Do 26 star jumps	27 Go down the worm	28 Dance crazy for 28 seconds	29 Go down the worm	30 FINISH!
20 Do 20 star jumps	19 Sit ups for 19 seconds	18 Go up the flower chain	17 Go down the worm	16 Do 16 star jumps	15 Go back 1 space	14 Dance crazy for 14 seconds	13 Sprint on the spot for 13 seconds	12 Go back 1 space	11 Get up and sit down 11 times
1 Ready steady play!	2 Go forward 1 space	3 Do 3 different stretches	4 Go up the flower chain	5 Go forward 2 spaces	6 Do 6 squat jumps	7 Do 7 sit ups	8 Go up the flower chain	9 Go up the flower chain	10 Sprint on the spot for 10 seconds

Hatch up some recipes...



Tuna pasta bake

Ingredients (serves 2)

- 150g pasta
- 200g ½ tin chopped tomatoes
- 1 tin tuna drained and flaked
- 170g ½ tin sweetcorn

Method

1. Pre-heat the oven to gas mark 6 / 200 degrees.
2. Bring a large pan of water to boil and cook the pasta for 6 minutes, then drain.
3. Put the pasta back in the pan and stir in the tuna, chopped tomatoes, and sweetcorn.
4. Place in a heat proof dish and bake in the oven for 30 minutes.



Pasta and sauce

Ingredients (serves 2)

- 150g pasta
- 200g ½ jar chopped tomatoes
- 170g ½ tin sweetcorn

Method

1. Bring a large pan of water to boil and cook pasta for 8-12 minutes, then drain.
2. Warm the chopped tomatoes in another pan and pour over the pasta once this has cooked and you have drained it.
3. Stir through the 170g ½ tin sweetcorn with the pasta and serve.

Optional extras

- You could try adding a range of fresh or frozen vegetables to your sauce before putting in the oven. For example onions, peppers, or herbs.
- To make it even better, try adding a little bit of cheese to the top of the dish before cooking.
- Try serving with a side salad – to make the dish serve more people.

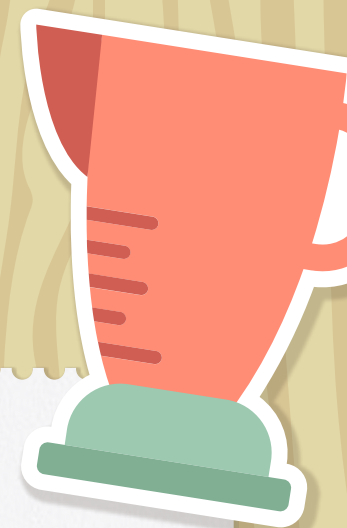
Easter nests

Ingredients (makes 12)

- 50g butter
- 100g chocolate milk or plain broken into small chunks
- 3 tbsp golden syrup
- 100g cornflakes (or rice krispies)
- Optional: chocolate eggs or mini eggs for decoration

Method

1. Put the butter, chocolate, and syrup in a pan or microwavable bowl and melt together over a low heat, or in short bursts in the microwave.
2. Allow this to cool a little before adding to your cornflakes or rice krispies in a separate bowl.
3. Stir the mixture together, making sure the cornflakes or rice krispies are well coated.
4. Spoon the mixture into 12 cupcake cases, pressing down in the middle slightly to create a hollow 'nest' look. Add the chocolate eggs if you are choosing to use.
5. Put in the fridge to set.



Fruity fun

A fruit cocktail doesn't need to seem boring – put a spring in its step by trying some of these ideas:

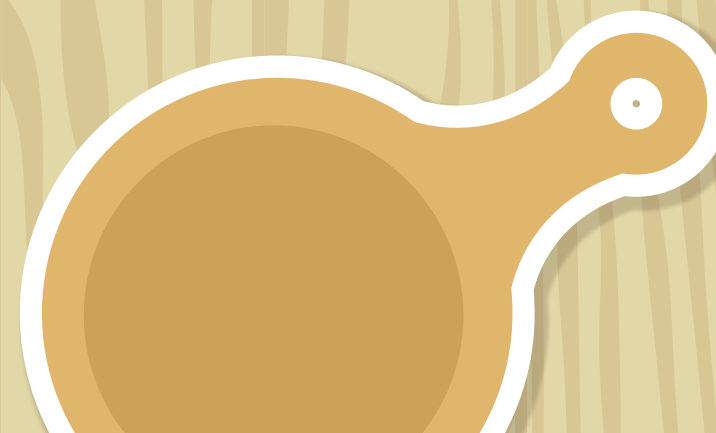
1. Add a packet of sugar free jelly to the fruit to make a healthy dessert...
2. Blend the fruit cocktail and juice to make a delicious smoothie.
3. Freeze it and enjoy it like a fruit popsicle!

Take a picture of your recipes and share with us online using #WFHappyHealthyHolidays

Tips for cooking with young children

Before you start tie back any long hair, put on an apron and wash your hands. As you cook talk through the ingredients and where they come from.

Be careful of any hot elements as part of the recipes, and make sure to check the ingredients for any allergens.

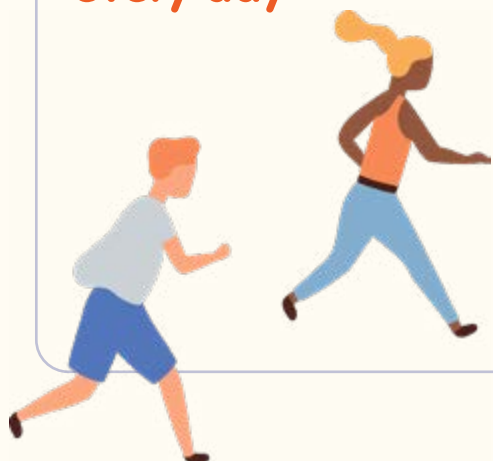




Don't worry, be happy

Physical activity has so many benefits – not only for our health but also in improving how we feel! That's why it's good to know the positives and what you should be doing...

Children should be physically active for at least 60 minutes every day



60 active minutes should be split between school and outside of school time:

30 minutes at school

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sports and physical activity events
- 1k-a-day

30 minutes outside school

- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

Nearly a third of children aged 2 to 15 are overweight or obese.

Physical activity and sport is linked to:

- Improved concentration
- Classroom behaviour
- Pro-social behaviour
- Peer relationships

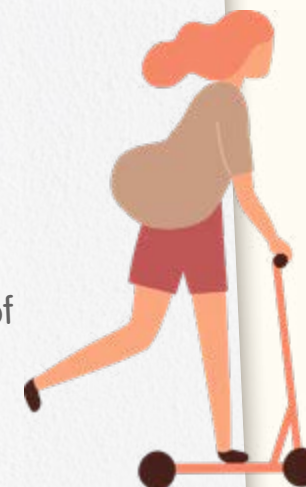
A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Drink more water instead - around 6-8 glasses per day.

Children who are aerobically fit have higher academic scores.

WHAT CAN YOU DO?

- Go for a long walk with the family (with or without a dog)
- Find a junior parkrun near you by searching at www.parkrun.org.uk/events/juniorevents
- Walk, cycle or scoot to school
- Go swimming
- Get off the bus one stop early and walk the rest of the way
- Park in the furthest away parking space when visiting the shops
- Don't seat young children in the shopping trolley or buggy. Let them help to choose healthy food options
- Join a local sports club. Search online for your local county Sport Partnership which will have a local activity finder
- Limit screen time to an hour a day and encourage children to do alternative activities such as playing drawing and reading
- Lead by example. Be a role model by taking part in activities with your children



TRY THIS

If you don't have a dog, ask a neighbour if you can take theirs out for a walk. They will be very appreciative of a day off!

TRY THIS

Change the TV channel to a video channel or radio station and spend 10 minutes dancing to the music.

TRY THIS

Kids love tech. Buy an inexpensive pedometer or activity tracker and set goals with rewards for being active.

GROW FURTHER

If you're interested in finding more activities to take part in, as well as any groups to get involved in, check out some of the below websites:

PE with Joe: [youtube.com/user/thebodycoach1](https://www.youtube.com/user/thebodycoach1)

50 things to do before you're five: wakefield.50thingstodo.org

National Citizen Service: wearencs.com

WF Youth: wakefieldfamielstogethet.co.uk/wfyouth

Early Help Directory: earlyhelp.wakefield.gov.uk/early-help-directory

WF – I Can: wf-i-can.co.uk

Kidz Bop: kidzbop.co.uk

Yorkshire Sport: www.yorkshiresport.org/get-active/thisispe

Youth Sport Trust: youthsporttrust.org/60-second-physical-activity-challenges

UK Active Kids: ukactivekids.com

Change 4 Life: nhs.uk/change4life/activities

The Daily Mile: thedailymile.co.uk