

Easter Learning Activities- Year 6

Enjoy the Easter Holidays

MINDFULLNESS

First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Finally, use the following script or take inspiration from it to form your own mini-lesson:

"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions" (Karen Young, 2017).

ARTS AND CRAFTS

Using junk, can you make a wind chime to hang up?



Complete an observational drawing of nature or a creature you spot.

BE PHYSICAL

Map out your walking route on a piece of paper- take this and a pen with you on your journey- can you mark which houses have rainbows displayed?

Create your own mini 'Joe Wicks' P.E work out for your family to do- 10, 30 second exercises.

NATURE ACTIVITIES

Can you use resources from the garden and local walks to create a treasure island from nature?

Create a space in the corner of your garden for a 'Bug Hotel'.



PLAY OUTSIDE

Use some eggs (if you have any spare 😊), a ball or something you can balance on a spoon- challenge your family to an egg and spoon race. Can you add some obstacles in and make it more of a competition? DO NOT DROP IT! 😊

Create an Easter egg hunt, with riddles as clues, for your family.

READ

Pick a recipe with your family- can you read the instructions and follow the recipe to create a wonderful and delicious delicacy to enjoy together 😊

Find an old favourite book, like the teachers have been doing on YouTube, read and record it for your family- you could send it to those family members you cannot see right now.

SING-A-LONG

Can you pick a famous movie song and sing along, changing the words to an Easter theme?

Learn a new song to 'sing-a-long' to- pick a genre that you are least familiar with, could be country music!