

EASTER FUN – PLAY MATTERS

As we approach the Easter holidays remember that good old fashioned fun needn't cost a penny.

Make the most of the outdoor environment and try to get outside at least once a day (even in the April showers). Explore the countryside, visit a park or help your children get to know their local neighbourhood.

Some Easter activities for you to try and some twists on old favourites...

Daffodil Hunt

Have some fun spotting daffodils...in your local street, park, forest or countryside. Resist the temptation to pick the flowers instead have some fun seeing who can spot the first one or who can count 20. Younger children might like spotting the different varieties of spring flowers.

Bunny Tag

Toddlers and young children can join this game. Pick one child to be the chaser and the other children to be the bunnies. The bunnies hop away from the fast walking chaser. If they are caught they crouch down and use their hands to make bunny ears on top of their head until the end of the game. The last bunny caught becomes the chaser.

Egg Rolling

Hard boil some eggs and let the children paint or colour them once cool. Find the biggest hill and let the children roll them from the top (if there is more than one child - they can race the eggs down the hill). Do this a few times for lots of exercise and why not try some people rolling too!

Tea Party Picnic

Take your lunch or snack outside with a rug or blanket and have an Easter tea party or picnic. Have a sing song too ... Five little ducks, Sleeping Bunnies, Humpty Dumpty.

Animal Friends

The toddlers will love this one – encourage them to pretend to be some of their favourite spring animals (chicks, bunnies, butterflies, ducklings, lambs etc.). They'll soon be hopping, clucking, peeping, waddling ... and making lots of noise!

Make time for play...everyday!

BUILDING DENS **ROLLING DOWN GRASSY SLOPES** GO-CARTS

OLD SHEETS & PEGS **STICK IN THE MUD** **PIGGY IN THE MIDDLE**

CHALKING ROPE SWINGS MAKING PERFUME **HOPSCOTCH**

ROLLER SKATING FINDING TADPOLES **CLAPPING GAMES**

DIGGING FOR BURIED TREASURE **GETTING DIRTY!** SIMON SAYS

MAKING MUD PIES **TREASURE BASKET** **RIDING A BIKE**

TREASURE HUNTS RIVER JUMPING **STEPPING STONES**

TWO BALL **PLAYING IN THE RAIN** LOOKING FOR WORMS

PLAYING ON THE BEACH, IN A FIELD OR AT A PARK CHASIES

KERBSIE HIDE AND SEEK BOWS & ARROWS TICKLES

PLAYING HOUSE, SCHOOLS, SHOPS KICK THE CAN **PEEK A BOO**

ROUNDERS DRESSING UP **SQUEEZY BOTTLES** BUBBLE WRAP

PUTTING ON A SHOW **BLOWING BUBBLES** **MAKING KITES**

'CALLING' FOR FRIENDS TWO BALL SKIPPING

GERMAN JUMPS **PAINTING PEBBLES**

PAPER BAG PUPPETS **POTS & PANS & OLD WOODEN SPOONS**

Visit <https://www.education-ni.gov.uk/articles/play-matters> to find Play Briefing sheets on various play topics. For more information on Play Matters contact Angela Stallard or Pamela Baxter at 028 91 279208
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