



Family ilunch Booklet



Home Link Team

Keeping families at the HEART of all we do.

Cloud Gazing

What You'll Need:

- A blue sky with clouds.
- An open, comfortable space to lie.
- A rug or equivalent to lie on if the ground is damp.
- Alternatively a seat by a window, where you can comfortably relax.

Instruction

Activity

Choose a day when you will be relaxed lying on the ground looking up at the sky. ☐ Find a comfortable spot. In the garden, in the park, at the beach. ☐ Look at the clouds in the sky. ☐ Can you see a face? Can you see a unicorn? Can you see a fairy-tale castle? Can you see a whale or a dolphin? What do the clouds make you think of? ☐ Can you make up stories to link the different things you can see amongst the clouds?



['Just Be' - A mindfulness story for Children. - YouTube](#)

Easter Workout



- As a family please take part in our fun workout below.
- Set a family competition to find out if children are better than adults.
- Enjoy and have lots of fun.
- If you take any photos or have any funny stories please send them back to your Home Link Worker.

We love hearing from all the families.

E is for eight Star Jumps

A is for 10 Arm Circles

S is for 12 Star Jumps

T is for 7 Touch your Toes

E is for 15 Elbow to Toes



R is for Run on the Spot (1 minute)

F is for 20 Frog Jumps

U is for 9 Up and Down Squats

N is for ninety seconds Statue Position

Secret Code Maths



Equipment required:

Pen and paper

How To Play:

Crack the Easter code below using the alphabet below:

A-3; B-10; C- 28; D-6; E-11; F-12; G-8; H-15, I-7; J-12; K-4;
L-2; M-16; N-9; O-5; P-18; Q-22; R-17; S-13; T-25, U-30; V-
26; W-19; X-14; Y-32; Z-23



On the next page write your message, adding, subtracting, multiplying or dividing numbers to find the letters. The answers to all of these will give you the number that corresponds to the letters used in your coded message:

First Word— $3 \times 5 =$

$$9 \div 3 =$$

$$9 + 9 =$$

$$6 \times 3 =$$

$$4 \times 8 =$$

Second Word— $20 - 9 =$

$$7 - 4 =$$

$$8 + 5 =$$

$$5 \times 5 =$$

$$9 + 2 =$$

$$10 + 4 =$$

Third Word— $11 \times 1 =$

$$30 - 4 =$$

$$15 - 4 =$$

$$12 + 5 =$$

$$16 \times 2 =$$

$$3 + 2 =$$

$$3 \times 3 =$$

$$8 + 3 =$$






Happy Easter Number Game



What do I need? A dice and counters.

Start on number one, follow the instruction and throw the dice. If you land on an activity square, follow the instruction. If you land on a sum, complete the sum and go to the number square that is the answer to that sum. E.g. $2 + 2 = 4$ Go to square number 4.

The most important rule of all is have FUN!

21. $25 - 5 =$	22. Make a silly face.	23. 	24. Try to pat your head and rub your tummy at the same time.	25. You are the WINNER! Congratulations!
20. 	19. Hop on 1 leg 10 times.	18. $5 \times 5 =$	17. Tell each person playing this game something nice about them.	16. $20 - 5 =$
11. Tell a joke.	12. $20 + 5 =$	13. $5 - 4 =$	14. Stand up and quack like an Easter Duckling.	15. 
10. $10 + 10 =$	9. 	8. You must not smile until your next turn to throw the dice.	7. $3 \times 3 =$	6. Stand up and shout HAPPY EASTER!
1. Shout out your name and roll the dice.	2. $4 + 4 =$	3. Do 10 Easter Bunny jumps.	4. 	5. $7 + 8 =$

Here is a blank template for you to make your own game. Add your own sums and make sure you include lots of fun things to do together.



21.	22.	23. 	24.	25. You are the WINNER! Congratulations!
20. 	19.	18.	17.	16.
11.	12.	13.	14.	15. 
10.	9. 	8.	7.	6.
1.	2.	3.	4. 	5.



We would love to see your family game.

Ask an adult to take a picture and send it back to your junior worker.

We're Going on a Bear Hunt

Click the link to go to We Are Going On a Bear Hunt



https://youtu.be/-d1_Z068z74

We all know the story of the Bear Hunt. Now let's go on your own Bear Hunt and see what you can find.

Put a circle round the items you find from the story.

Happy Bear Hunting and Exploring !!!



long wavy grass



a forest



a cave



a river



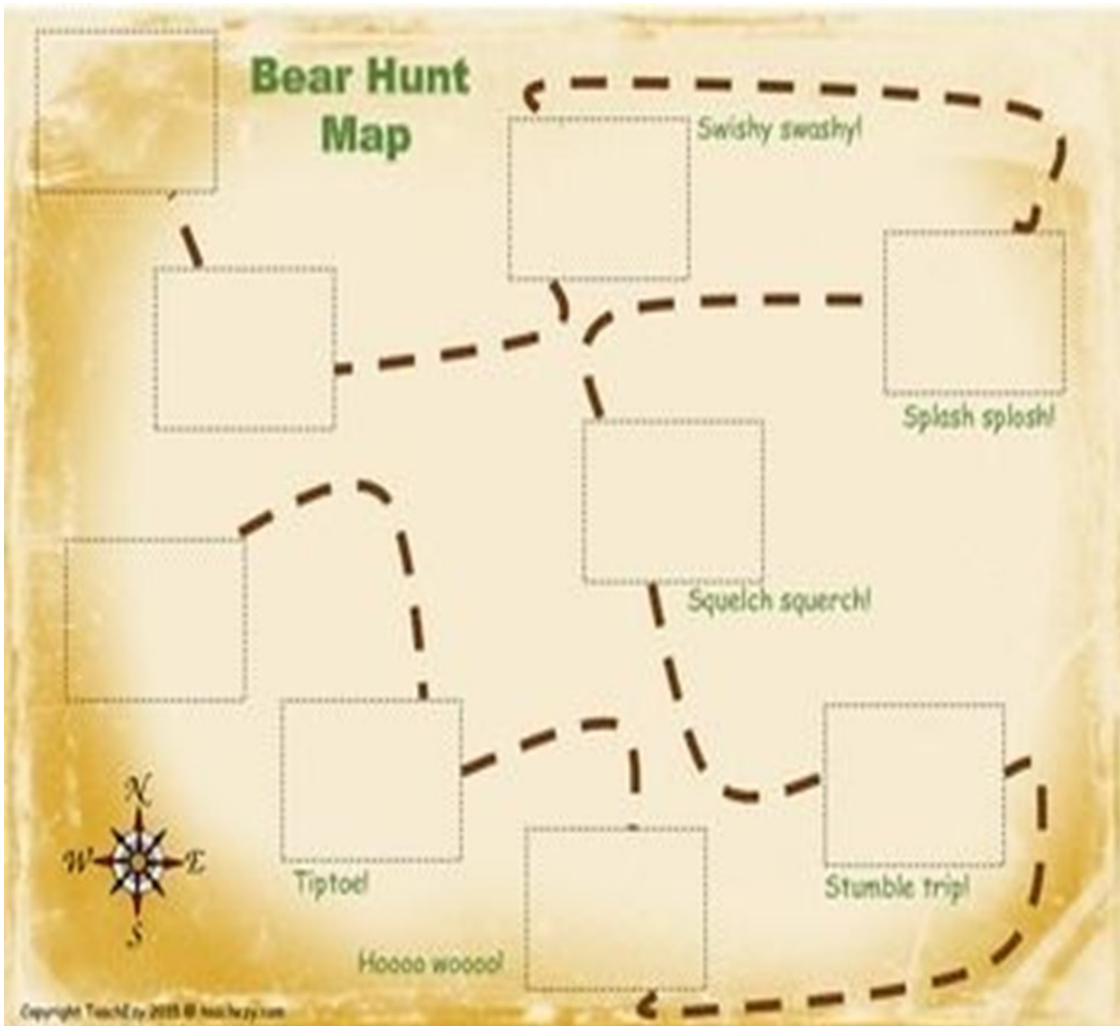
a snowstorm



sticky mud

AND A BEAR

Using the Map below (or draw your own) create your own family map from your adventures.



As a family discuss your adventure.

Can you write a short story about your own map?

What did you see?

What did you hear?

How did you feel?

Which part of your map did you enjoy the most and why?

Please ask an adult to take a picture of your family maps and story and send it back to your ilunch worker.

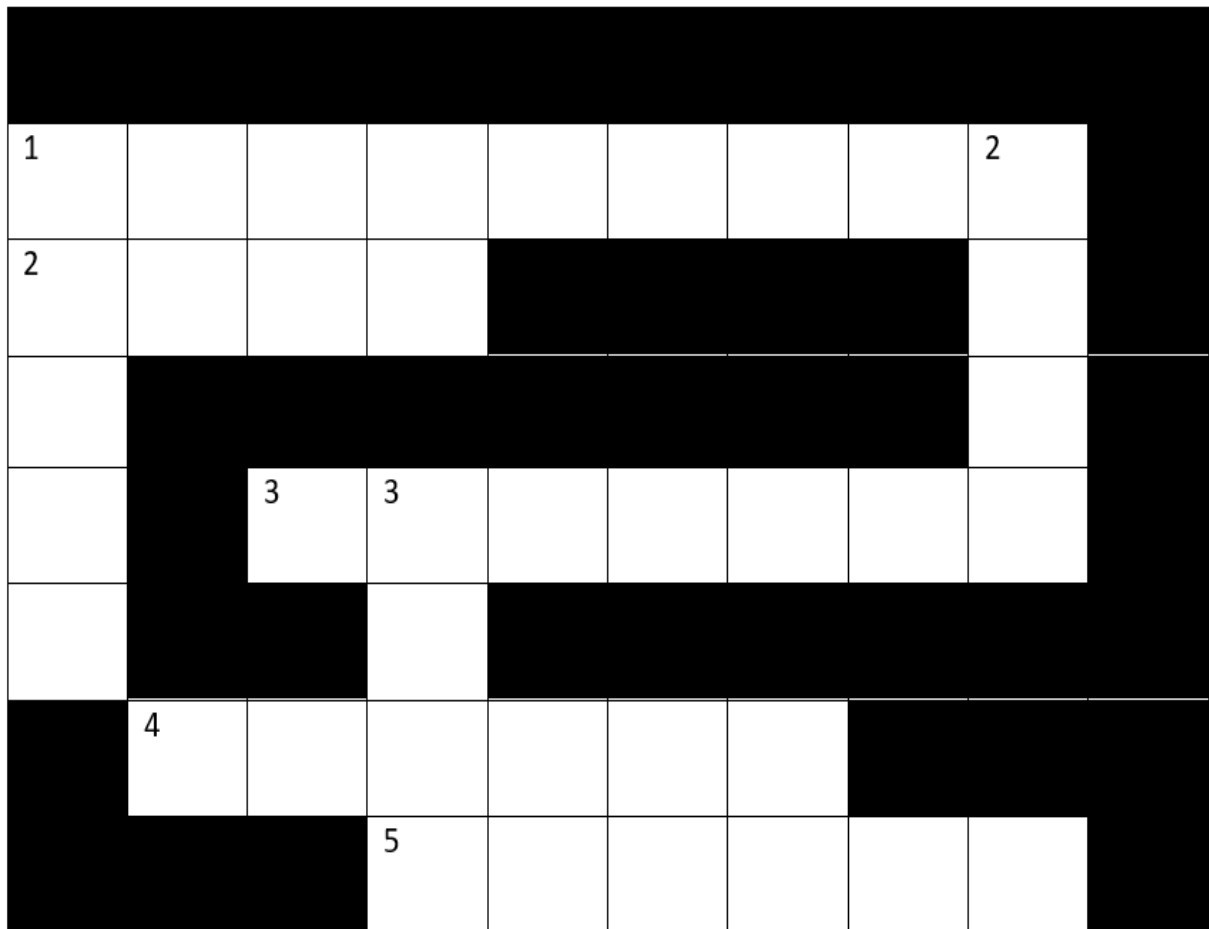
We love hearing from all our families.

EASTER CROSSWORD PUZZLE

Can you guess all 8 answers correctly?

If you need a little help why not use our picture clues instead?

Good Luck!



DOWN

1. THESE HATCH FROM EGGS
2. BREAKFAST FOOD
3. A SMALL WOOLY ANIMAL

ACROSS

1. EASTER EGGS ARE MADE FROM THIS
2. TO SEARCH THOROUGHLY
3. THEY GROW IN THE GARDEN
4. PEOPLE WHO LIVE TOGETHER
5. WHERE YOU STORE YOUR EGGS WHEN COLLECTING

EASTER CROSSWORD ANSWERS

Check the answers below when you are finished. Did you get them all correct?

Well Done!

C	H	O	C	O	L	A	T	E
H	U	N	T					G
I								G
C		F	L	O	W	E	R	S
K			A					
		F	A	M	I	L	Y	
			B	A	S	K	E	T

