

## 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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