

HELP, SUPPORT AND ADVICE AT HOME

10 FUN THINGS TO DO OVER EASTER WITH CHILDREN

RESOURCES

- 1. Easter Egg Hunt:** You can still have a cracking egg hunt at home, it just means you may have to get a little more creative with hiding places if you're a bit limited in garden space - how about inside a cereal box or behind the sofa?
- 2. Get Crafty:** There are plenty of things they can make from everyday items, such as castles with the turrets made of old kitchen and toilet roll tubes, and there have been photos circulating online recently where people have created Elmer the Elephant out of old milk bottles with the handle as the trunk.

How to make your own Elmer elephant:

Cut your empty milk bottle into an elephant shape.

Use some tissue paper, coloured paper or magazines cut into small squares and use pva glue to stick them onto the bottle. Use googly eyes or cut out some circles from paper & make some ears.



- 3. Play board games:** Crowd-pleasing classics such as Monopoly and Cluedo are bound to keep all the family entertained and can easily keep everyone occupied for a few hours. But if you're looking for something new how about Dobble, an observation game where players race to match the identical symbol between cards.

- 4. Take a trip to the zoo and farm (without leaving your living room):** On good Friday from 10:00 Chester Zoo will be doing an interactive tour of the zoo via Facebook and YouTube <https://www.chesterzoo.org/virtual-zoo/> Wroxham Barns will be doing a Facebook live tour of their animals every Saturday at 16:00 www.facebook.com/WroxhamBarns/

- 5. Joe Wicks PE classes:** Even during Easter Joe will be delivering PE classes to keep you active and burn off them Easter eggs.



Delivered by Ixion



For further information or to register please contact:

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HELP, SUPPORT AND ADVICE AT HOME

10 FUN THINGS TO DO OVER EASTER WITH CHILDREN CONTINUED

RESOURCES

6. Host a quiz night: Give Netflix a break and get everyone together for a quiz night, which could be on topics ranging from music to sport, and if their grandparents are technologically savvy enough then get them involved on FaceTime or Zoom too.

The prize could be choosing a takeaway, an Easter egg or perhaps just the joy of the winner knowing they are the biggest brainbox in the family.

7. Have a disco: Move the sofas or dining table out the way and go on YouTube to find some videos of disco flashing lights you could play on your laptop or mobile phone.

Once you've got the lights off and the music playing it will feel like a real school disco and you could even create a mini tuck shop in the kitchen with bags of sweets and crisps.

8. Bake a cake: While they can't take part in food tech at school at the moment, if they enjoy baking then you could get them to make a dessert for the family - how about a rocky road or some banana bread?

If not, they could just help out with cooking dinner and learn some new skills and in the future do it for themselves.

Click the pictures to be taken too the recipe and ingredients site.

9. Learn circus skills: <https://kineticcircus.co.uk/circus-skills-tutorials/> teaches you everything from how to make your own juggling balls to balancing skills with their online tutorials.

10. Create an obstacle course in the garden:

This one is weather dependant of course, but it is a great way to keep the family active and can be made with things around the house such as plant pots, tennis balls and books which can be balanced on the head.

See who can complete the course in the quickest time, or do it as a relay, and if you've got a fair bit of space inside you could create an indoor one too.



Easy rocky road

Great for a bake sale, a gift, or simply an afternoon treat to enjoy with a cuppa, this rocky road is quick to make and uses mainly storecupboard ingredients

■ BBC Good Food



Brilliant banana loaf

A cross between banana bread and a drizzle cake, this easy banana loaf recipe is a quick bake that can be frozen and is great for using up overripe bananas

■ BBC Good Food



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MENTAL HEALTH AND WELLBEING FOR ADULTS

RESOURCES

MentalUp is full of brain teasers for adults, too keep your mind active.

<https://www.mentalup.co/blog/brain-games-for-adults>

English Speaking Language (ESL) games and activities for people who English isn't their first language, fun and educational.

<https://eslgames.com/>

Mombooks offers a wide range of books and activities to be read and completed online, the link above is to free colouring books.

<https://www.mombooks.com/mom/online-activities/>

Play the best free Mind Games online with **Brain Games** - brain, math, puzzle and word games, sudokus and memory games.

<https://www.brain-games.co.uk/>

Headspace offers a free 10 minute guided meditation aimed at relaxing the mind and body

<https://www.headspace.com/meditation/10-minute-meditation>

All About Depression offer free relaxation exercises.

<http://www.allaboutdepression.com/relax/>

Puregym are offering free online workout tutorial's to keep you fit and active

<https://www.puregym.com/free-workouts/>



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HELP, SUPPORT AND ADVICE AT HOME

FINANCE, FOOD AND FUNDAMENTALS

RESOURCES

GOV.UK have an extensive list of assistance that can be given to people in need of financial support

<https://www.gov.uk/government/publications/support-for-those-affected-by-covid-19/support-for-those-affected-by-covid-19>

Council's are now allowing homeowners/tenants 3 months council tax 'holiday', contact your local council for more information

Ofgem's website offers advice for anyone with concerns about their energy supply and usage

<https://www.ofgem.gov.uk/coronavirus-covid-19/coronavirus-covid-19-and-your-energy-supply>

Vast are offering services for individuals based in Stoke-On-Trent that are in need, they offer emergency food parcels all the way to prescription collection and even dog walking

<https://corona19.vast.org.uk/individuals-requesting-support/> or call 0800 561 5610

Realise Charity are also offering services for individuals in Newcastle-Under-Lyme and Staffordshire Borough who need assistance and support due to isolation from covid-19

<https://covid19.realisefoundation.org.uk/> or call 01782 742 800 (NUL) or 0300 111 8050 Staffordshire County Council

Foodbank's across the county are still taking referrals, if you need assistance please contact your work coach

Affordable Food Stoke (Blurton) are still open and selling food at affordable prices

<http://www.affordablefoodstoke.co.uk/>

77-81, Meaford Drive, Blurton, Stoke-on-Trent ST3 2BB

Monday to Friday: 10.00am – 4.00pm

Saturday: 10.00am – 2.00pm

Sunday: Closed



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