



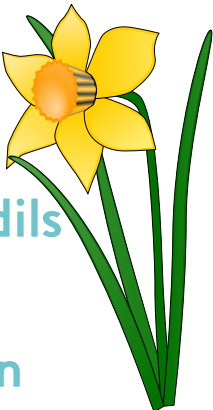
EASTER DOWNLOAD PACK

Have a Mindful Easter

relax Kids



How many can you do this Easter?

Plant an Easter garden 	Easter Checklist		 Watch an Easter film
Bake Easter biscuits 	Have an Easter egg hunt 	 Eat chocolate	Jump like the Easter Bunny 
 Make an Easter hat	Pick daffodils from the garden 	Write an Easter story 	 Have an egg race
Eat a hot cross bun 	 Take an Easter photo	Plant flowers 	 Easter colouring

Affirmations

relax Kids

relax Kids

Today I am
**happy like
a bunny**



relax Kids

Today I am
**cheerful like
a chick**



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Today I am
**beautiful like
a flower**



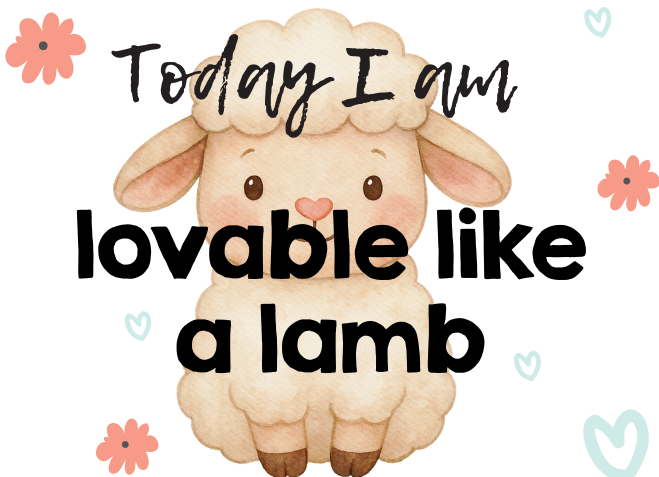
relax Kids

Today I am
**sweet like
chocolate**



relax Kids

Today I am
**lovable like
a lamb**



relax Kids

Today I am
**bright like
the sunshine**



Magic Seed Envelopes

Instructions:

Cutout the envelope and fold along the lines to create a pouch for your special seeds. Collect some garden flower seeds or vegetable beans and put them in the Easter seed envelop. Give children a small pot to grow their magic seeds.

They can choose what they would like more of LOVE, JOY or PEACE. They will need to water their magic plant and talk to it everyday to fill it full of positivity.



Magic Seed Envelopes LOVE

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Magic Seed Envelopes

JOY

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Magic Seed Envelopes

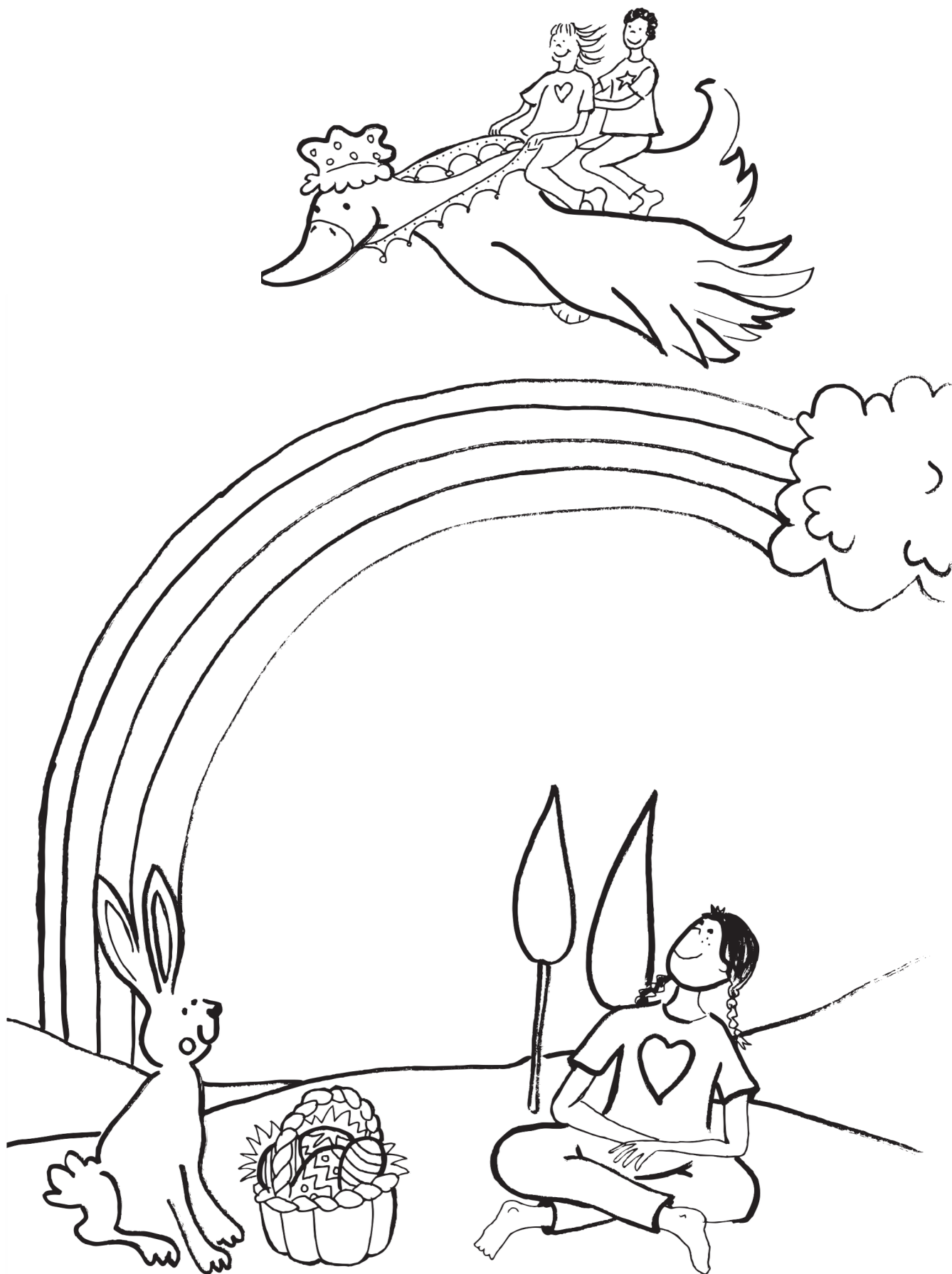
PEACE

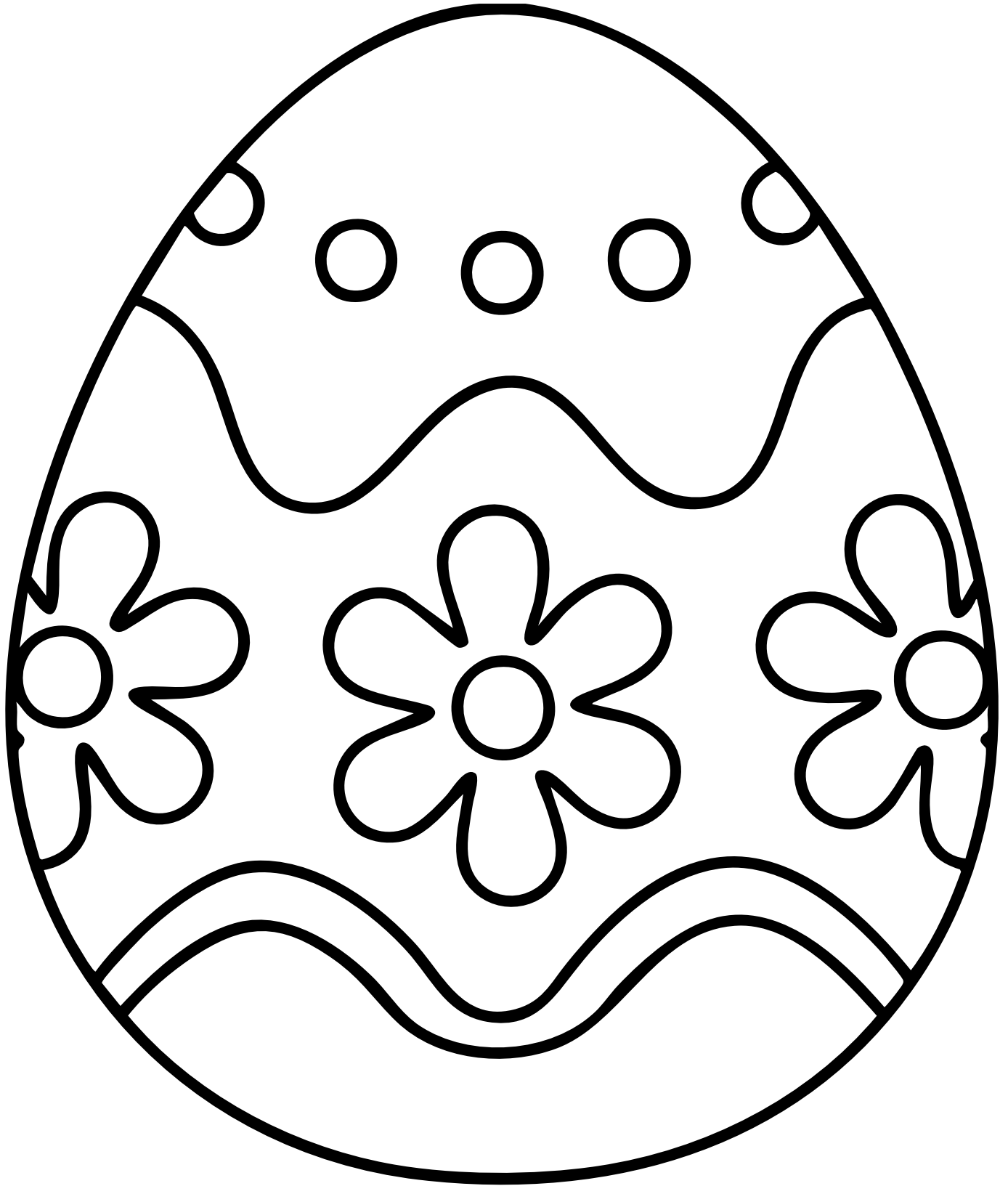
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Colouring

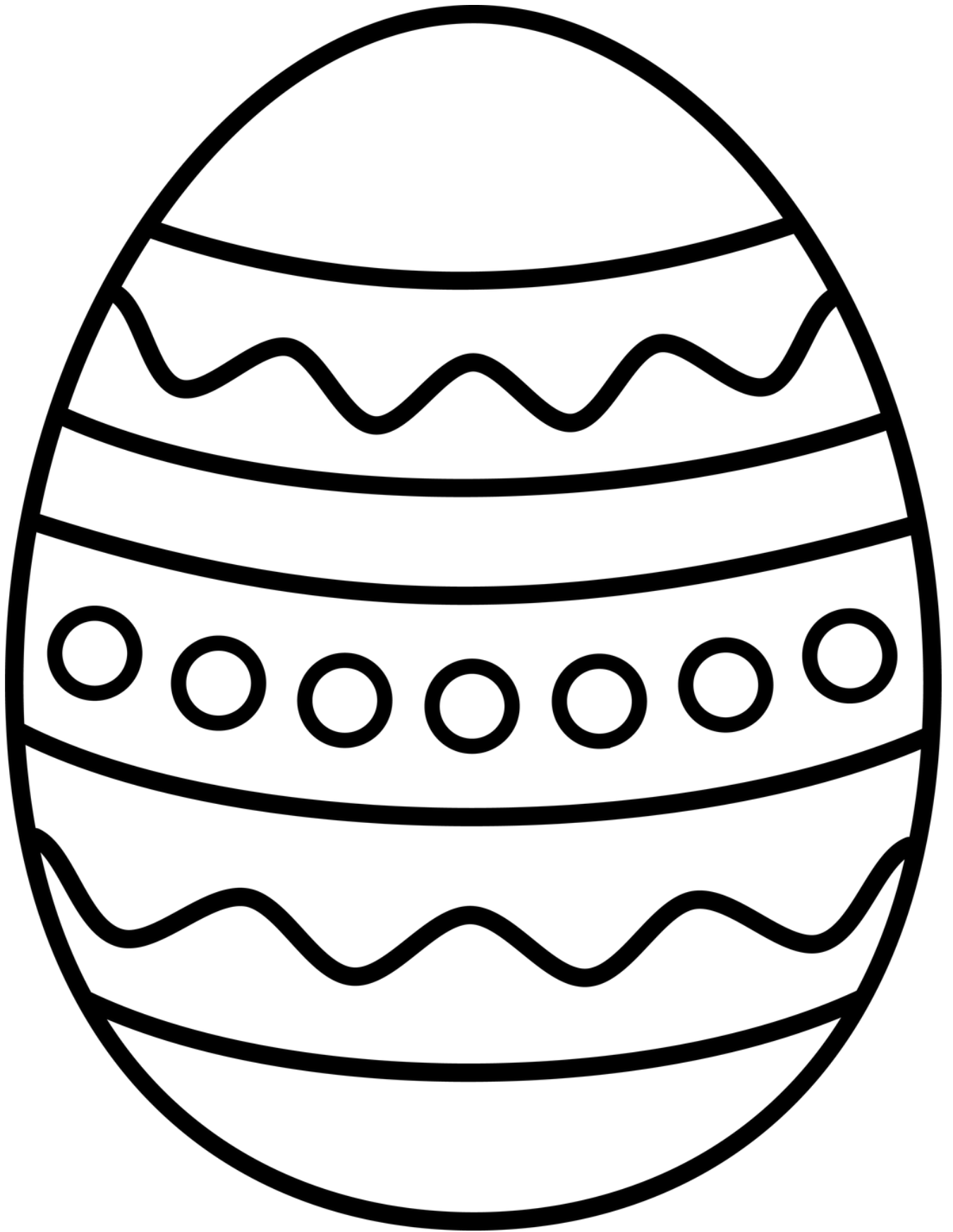
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Colouring

relax Kids



Colouring

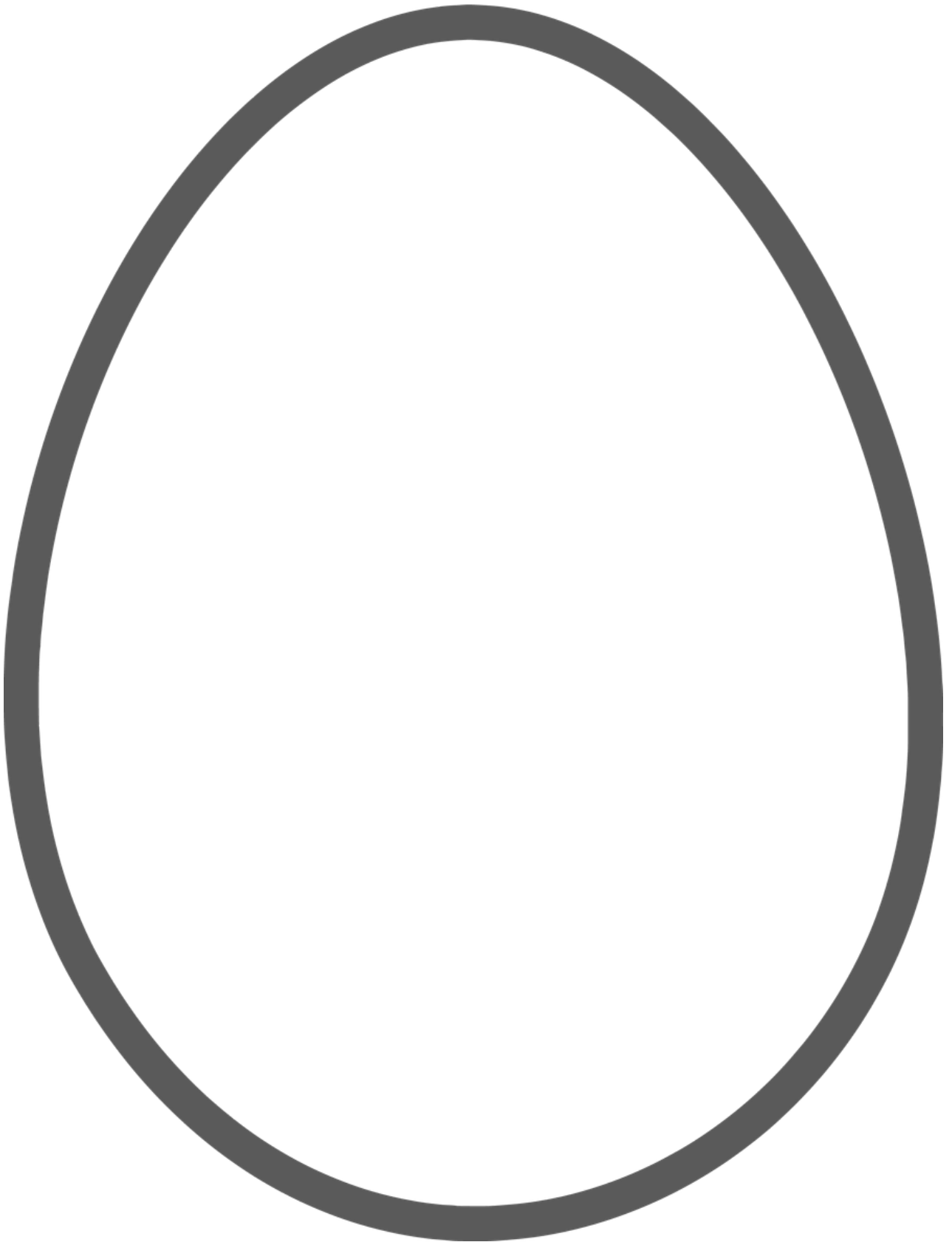
relax kids



Colouring

relax kids

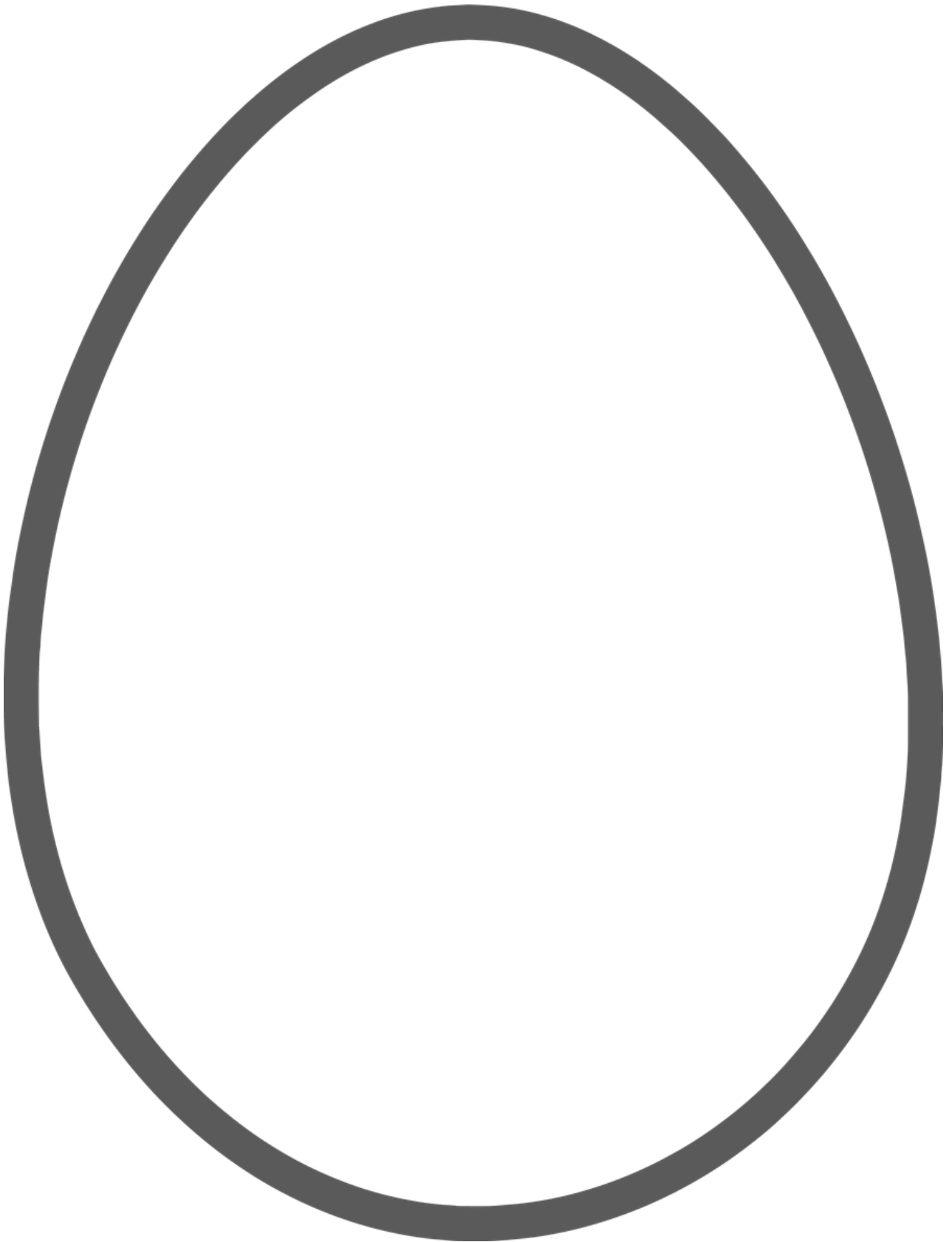
Draw your own pattern



Colouring

relax kids

Draw your own pattern



How Many Eggs?

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How many eggs can you see?





Easter Family Rituals

Have a Mindful Easter



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Easter Family Rituals

Have a Mindful Easter



A tradition is an action or activity that you repeat. Traditions and rituals are important for families as it helps create a sense of identity and help children feel more bonded to their parents/care givers. Traditions give children a sense of personal identity and helps develop their self confidence and sense of self. Traditions also help instil family values and give a sense of purpose as well as punctuate time.

This year, create new family ritual and help create some lasting memories that your children will remember with fondness as they grow older.

Easter Evening

Take some time out and relax together on the sofa or cushions. Enjoy a massage, some stretches and listen to your Relax Kids MP3s. Have a go at some of the games and activities together or simply watch a lovely Easter movie.

Easter Family Circle Time

Communities and tribes would always get together in a circle and share. This is what creates closeness and a sense of belonging. An Easter family circle is an amazing opportunity to spend quality close time with each other - free from all distractions.

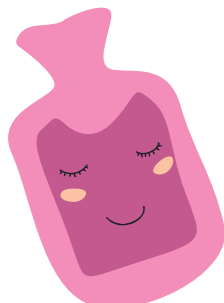
Create a cozy Easter setting with blankets, cushions, hot water bottles, warm drinks and snacks and gentle music playing.

Sit in a circle and use a wand or talking stick (any object) and take it in turns to talk about the highlights of your year so far. (When the person is holding the talking stick, everyone has to listen with attention).

Play any of the games below. You can also play the Easter treasure hunt with the egg affirmation cards.

Plant your magic Easter beans or seeds. Give everyone a pot of soil to grow their plant of LOVE, JOY OR PEACE. Ask children what they would like to grow more of in their life.

Finish by playing the Shower of Appreciation - where each person takes it in turns to sit in the middle and everyone tells them why they are special. You can imagine the words are like droplets of light cascading all over you.



Ask everyone to write all the things they are grateful for anonymously and put them in a box. Pick a paper and see if everyone can guess who wrote it.



Love Tokens

The main things our children want and need are free... time, energy, love, hugs, attention and praise. A great way to ensure that they are getting what they need is to make a selection of love tokens. You can make these with your children out of paper or card and laminate them or collect and draw words on pebbles.

Here are some token ideas:

Hug token

Game token

Story token

Love token

Time token

Laughter token

Foot rub token



Once the tokens are made, place them in in a box, bag or jar.

Make up your own rules as to when the family take a token. It could be once a day or one in the morning and evening or when they need it or come home from school. Let them choose and token and trade it in for some quality time with you. Don't forget to join in and pick tokens out of the jar to claim your hugs and kisses.



Easter Collage of CALM

Collect some magazines and let create an easter collage of CALM using pictures of things that help them feel calm.

Once the picture is created, tell children to stare at the picture and see how calm they can feel. Then ask them to close their eyes and make the picture very small - like a postage stamp. Tell children they can keep this little picture anywhere they like in their body - heart, head, finger. Whenever they are feeling stressed and anxious, they can look at their calm picture and feel calm.

MEMORY JAR

Every time you go for a walk or take a holiday/vacation, find a pebble and write a memory from that day on the pebble.



POSITIVE CONSEQUENCES

Everyone has a piece of paper and a pen. Put your name at the top of the paper and pass it round to the person write everyone's qualities – consequences

EASTER WISHING TREE

Make a Wishing tree. It could be a twig or small tree. Leave a sign saying 'Make a wish upon this tree for a person, the world, or how you want to be.' Leave tags and a pen next to the tree. Let your family leave wishes for over the Easter period.



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