

# SPRING ACTIVITIES

## SECONDARY

HELLO  
SPRING



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**Brain Break  
Activity**



**Egg Hunt**

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**Spring Flower Art**



**Spring Planting**

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**Outdoor Brain  
Breaks**



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## Mo's Mission

We're supporting Four-time Olympic Champion Sir Mo Farah CBE with 'Mo's Mission'. The National School Sport Champion for the Youth Sport Trust charity has launched Mo's Mission to empower more children in the UK to be physically active. He wants all children and young people to get 60 minutes a day of PE, sport and play. For more information please visit <https://www.youthsporttrust.org/mos-mission>

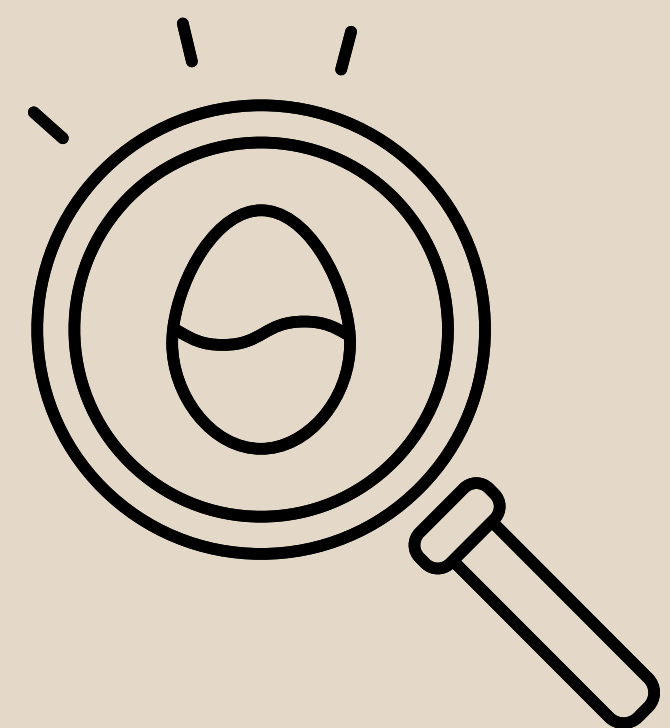
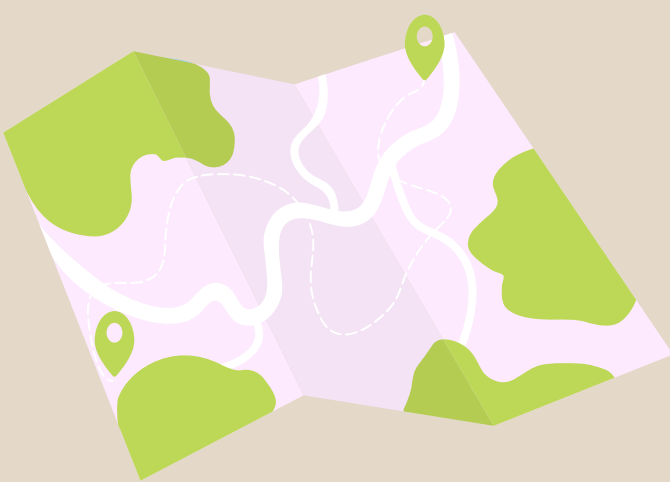
# ORIENTEERING EGG HUNT



Hide eggs around the space you are using (e.g. sports hall, playground field) with physical challenges on them. The students must collect as many eggs as they can and complete the physical challenges on the eggs to be able to keep them (for example; complete 10-star jumps). This can be linked to orienteering or following clues.

## Example of physical challenges

- Run a lap around the hall/playground
- Skip to the next egg
- Do 10 big jumps
- Do 10-star jumps
- High 5 everyone you can see



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# SPRING PLANTING



When growing flowers from seed, it is important to choose seeds that grow fairly rapidly. The fastest-growing seeds germinate in a matter of days and flower in roughly two months.

Depending on whether you are working with primary or secondary ages children, consider which seeds are best to use. For older children you may even want to plant bulbs.

Here's our list of easy to grow flowers for kids:

- Marigold
- Morning Glory
- Zinnia
- Nasturtium
- Impatiens
- Sunflowers
- Geranium
- Nigella
- Sweet Peas

Supplies:

- Potting Soil
- Tray
- Small seed starting pots
- Popsicle sticks
- Permanent marker
- Scoop
- Variety of seeds for planting
- Small cups for water
- Water

- STEP 1. Add soil to your tray and then spread out into an even layer. This will make it easier for little hands to fill the seed pots in the following step.
- STEP 2. Place the seed starting pots in the tray and scoop soil into the pots.
- STEP 3. Dig a small hole (about 1/4 inch or 5mm) in the soil. Place one seed in the hole and cover the seed with a thin layer of soil.
- Planting Tip: A general rule is to plant at a depth twice the seed's diameter.
- STEP 4. Moisten the soil by adding a small amount of water to the pot. Or alternatively you can wet the soil with a spray bottle.
- STEP 5. Take a Popsicle stick and label it with the name of the flower. Place the Popsicle stick label into the pot on the side. Be careful not to place it where the seed is.
- STEP 6. Set aside. Repeat the process above for different types of flowers.
- STEP 7. Set the pots in a window sill and water daily to keep the soil moist.
- Check back to watch them grow!
- For more information please click [here](#)



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# SPRING FLOWER ART

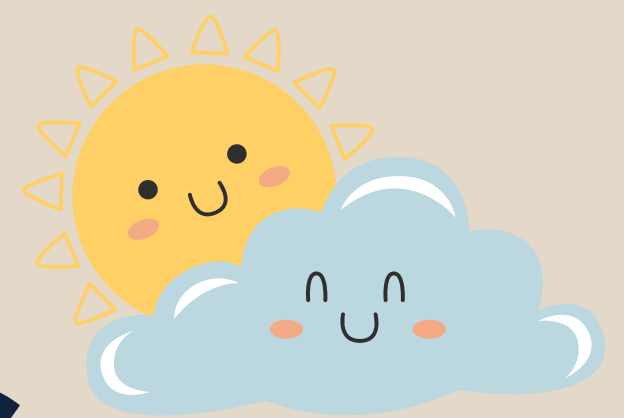


Art made out of Nature!

- Start with a scavenger hunt looking for leaves, twigs and flowers on the floor (do not pick). This could be in the playground, at a nearby park or in a nature garden/forest school.
- The children bring what they have found into the classroom and place it on the table in front of them.
- It may help for the children to plan and draw their art before they start sticking.
- Use glue to create their own art out of what they have found.
- This can be done with any age group.

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## OUTDOOR BRAIN BREAKS



Now the weather is warming up, get the children outdoors in the fresh air for brain breaks. Take them on a walks, and talk to them about the importance of having breaks, getting outside for some fresh air and moving your body.

- Improves our mental health
- Ensures our body is getting enough oxygen
- Maintains high level brain functioning and learning ability
- Mental rest
- Reduce stress
- Enhance productivity



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