

# SPRING ACTIVITIES

## PRIMARY

HELLO  
SPRING



01

**Brain Break  
Activity**



**Egg Hunt**

02



**Spring Planting**

03

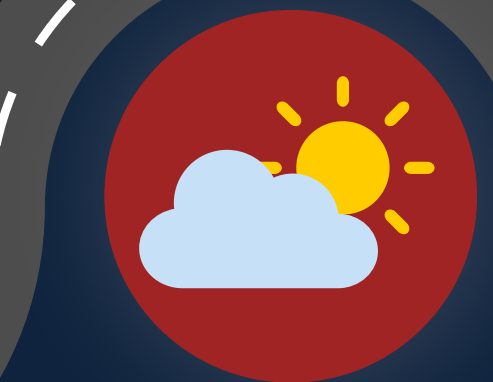


**Spring Flower Art**



04

05



**Outdoor Brain  
Breaks**

## 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>



# EGG HUNT

Hide eggs around the space you are using (e.g. sports hall, playground field) with physical challenges on them. The children 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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# BRAIN BREAK ACTIVITY



Chick, Chick, Chicken

Following the same rules as duck, duck, goose with a Easter/spring twist. Please see game instructions below:

1. Get all the players to sit in a circle, pick one player to start on, they will stand outside the circle.
2. The player who is on walks around the circle tapping each player on the head saying chick until they decide to say chicken.
3. The 'chicken' runs after the player who was on trying to tag them before they sit down in the space. If the 'chicken' does not tag them before they sit down, that player becomes the new player who is on.
4. The game can be adapted to different animals and occasions. For example; bunny, bunny, rabbit and they have to hop around the circle



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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.

Another consideration for young children is seed size, which should be big enough to easily pick up between their thumb and finger. Flower seeds which are tiny will be too tricky for little hands to plant.

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

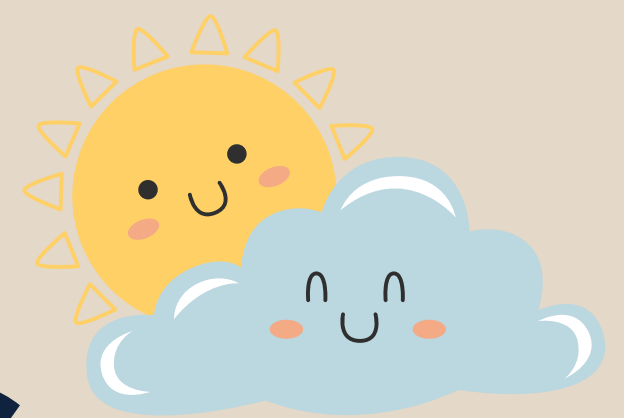


Art made out of Nature!

- 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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