



# Easter

Easter is a time for renewal, joy and family connection. Whether your child is toddling around or a teen, there are so many fun ways to celebrate the season while engaging in creative activities. From egg hunts to crafts and meaningful traditions every age group can celebrate.

## Easter Sensory Bins - Ages 0-2 years

Create a sensory bin filled with Easter-themed items such as plastic eggs, bunny figurines, fake grass, and pastel-coloured rice or shredded paper. Your little one can explore textures, colours, and shapes while developing fine motor skills.



## Egg Hunt Fun - Ages 2-5 years

An easter classic for little ones you can have an indoor or outdoor egg hunt. Make it easier for them by placing eggs in plain sight and gradually making it more challenging as they grow.

## Easter Basket - Ages 5-10 years

Help your child create their own easter basket by decorating a simple basket with paint, ribbon or stickers. Afterward, use it for your egg hunt or as a gift basket filled with easter treats and small surprises.



### Easter Scavenger Hunt - Ages 10-13 years

For older kids, create a more challenging scavenger hunt. Write clues that lead them to different locations around your home or garden, with Easter-themed riddles and puzzles to solve along the way. At the end of the hunt, they can find a special prize or treat.

### Springtime Photography Challenge - Ages 13-18 years

Encourage your teen to celebrate the season by participating in a photography challenge. Set up a list of Easter and spring-themed photo ideas (such as "a blooming flower," "an Easter egg," or "a bunny sighting") and let them go out and capture the beauty of the season.



### Easter Morning Breakfast Together - All ages

Make Easter morning special by preparing a family breakfast with Easter-themed treats. You can make bunny-shaped pancakes, pastel-colored smoothies, or a fruit salad with egg-shaped melons.

### Reflection Journal or Easter Gratitude List - All Ages

Help your family reflect on the meaning of Easter by encouraging them to write a journal entry or create a gratitude list. Ask them to reflect on the things they're thankful for, the people they love, and their hopes for the season ahead. This can help foster mindfulness and positive thinking.

