

Easter Holiday Activities

The teachers have put together some activities your sons might want to try if they find themselves at a loose end over the Easter holiday. The activities have been organised by age but boys can choose to do any of them. You might even want to do some yourself.

All ages

- Using anything you have in your home build a famous London landmark. Send a photo of it to Miss Challis: academic@themallschool.org.uk
- Draw or paint a picture of your garden or what you can see from your window. Send a photo of your picture to Mr Lang: LangS@themallschool.org.uk
- Make a list of the birds that come into your garden or those you can see in trees outside your house. Use the [RSPB website](#) to help you identify the birds. At the end of the Easter holiday send your list to Mr Price: headpa@themallschool.org.uk
- Keep filling in your daily journal.
- Keep up your exercise routines at home and in the garden (see Mr Box's exercises in this sheet).
- Make some Easter biscuits (see the end of this sheet for the recipe).

Reception to Year 3 (older boys might like some of these activities)

- Design a poster about a place. Send a photo of your poster to Miss Emmanuel: EmmanuelN@themallschool.org.uk
- Make Easter cards – boys can decorate the fronts, write a message inside and give them to family or even post to a friend from school.
- Make rabbit and chick finger puppets – boys can draw on paper or make with craft items that you have at home and then boys can create their own shows.
- Easter hunt with clues – in preparation for hunting for Easter eggs, boys to get 5 toys and look for the best places to hide them. Then with an adult help write clues for how to find the hidden toys. Give the clues to another member of the household to see if they can find the toys.
- Design a giant Easter egg – boys draw a giant Easter egg and decorate it. Talk about what sweets and chocolate it would be made of and what it would be filled with. Boys can even write labels to tell people about their egg.
- Potato print Easter egg paintings. Paint patterns and shapes onto potatoes that have been cut in half, so they are the shape of eggs, and then print with them.
- Make salt dough Easter egg decorations (recipe at the end of this sheet).
- Painting by numbers – you can buy these online and they vary in challenge and detail.
- Keep a scrap book.
- Make your own fun puzzle book to swap with a sibling. These could contain word searches, crosswords, spot the difference, riddles, dot-to-dot etc.
- Buy a pack of blank postcards – make your own postcards to send to family and friends.
- Turn your favourite book into a cartoon strip.
- Write your own cartoon strip story.
- Learn to:
 - Tie your own tie
 - Tie your shoelaces
 - Bake a cake (see the Victoria Sponge recipe in the next section)
- See how many insects you can find in your garden.
- Write a letter to people you cannot see at the moment.

- Write down a list of things that you are grateful for.
- Make a board game to play with your family.
- Write a short story book with illustrations.
- Write a list of what you love about each member of your family.
- Find out a new fact each day, record them in a fact book.
- Build a house out of a box - think about using cardboard to create internal walls and floors. You could use food packaging and empty boxes to create the furniture. You could create wall paper using wrapping paper or coloured card and curtains using small pieces of fabric.
- Make a sock puppet out of an old sock.
- Think of a community hero - someone who helps you in some way - and write a letter to them to say thank you.
- Create a household treasure hunt - plant clues or draw a map. The whole family can get involved.
- Create a school general knowledge quiz that can test your parents on what you have been learning.
- Make a spaceship out of old cereal boxes and food packaging.
- Build a tower using junk modelling materials. How can tall can you make it? Can it support a bouncy ball?
- Write a book review on a book that you have read. What did you like about it? What didn't you like? Could there have been a different ending?
- Grow some seeds in an old yoghurt pot. Maybe you could make a 'cress head'. Design the pot.
- Create your own secret code - create messages for other people to crack.
- Build a reading den - create somewhere cosy to read your favourite book.
- 'How many words?' challenge- how many words can you make from the sentence 'learning from home is fun'.
- Can you invent something new? Perhaps a gadget or something to help people. Draw a picture or write a description.
- Write a play script - can you act it out for other people?
- Create a dance to your favourite song.

Year 4 to 8 (younger boys might like some of these activities)

- Make a paper boat [Click here](#)
- Read four books.
- Make the Bulldog Dart paper aeroplane [Click here](#)
- Run two different three kilometre runs non-stop.
- Complete three drawings from the instructions [Click here](#)
- Make a model of animal of your choice
- Learn to tie a reef knot ([Click here](#)) and a figure of eight knot ([Click here](#)). Practice until you do not need instructions.
- Complete three different coding activities [Click here](#)
- Complete 10 keepie uppies with a football. You must use both feet at least once.
- Bake a Victoria Sponge (adult supervision required) [Click here](#)
- Complete two 30 minute bike rides.

Chiswick Young People's Poetry Competition

Entry is free and open to children aged between 8-12 years. Boys are invited to write a poem about whatever appeals to them. It could be something inspired by spring time or a reflection of how they are seeing the world at the moment, the only stipulations are that each poem should be the child's own work (with no parental help) and is limited to a maximum of 25 lines. Poems can be hand written or typed and emailed to Miss Challis (academic@themallschool.org.uk)

Tired of Joe Wicks? Try Mr Box's exercises instead:

Mountain Climbers

Get into a push-up position and then alternate bringing your knee to your elbow. You can do same side connections or crisscross. The idea is to move fast and work up a sweat.

Bear Crawls

Palms and feet flat on the floor, arch your back so that you look like a bear. Race across the room. Add some fun by having a competition! Who can roar the loudest? (Sorry parents)

Star Jumps

Stand tall and then jump into the air, expanding your legs and your arms so that you look like a large "X" in the air.

Sit Ups

Another classic. Feel free to tuck your toes under the sofa or coffee table if you need a bit of support, or, ask your parents or siblings to hold your feet and vice versa.

Burpees

Who is up for the challenge? Start with a jump up, then drop to a plank, add a push-up, and then jump back up. It should be one fluid motion and try to not pause between repetitions. Make it a bit easier by opting out of the push up if you need to.

Squats

See who can get the deepest squat or the most squats in 60 seconds. To do this one, stand with your feet a shoulder's width apart, and do deep knee bends. Make sure you keep your knees behind your toes and your arms out straight.

Leg Raises

Lie on your side or on your back and with lift your legs without bending at the knee. Try to hold at the top. This works your lower abdominals, but be careful to not let your lower back arch.

Lunges

Step forward and bend your front knee to a 90-degree angle. The goal is to have your back knee touch the ground without letting your front knee extend past your toes.

Planks

Elbows on the floor and balanced on your tiptoes, go eye-to-eye and see who can last the longest. 30 seconds is considered the gold standard. For fun, ask your smallest child to sit on your back and see how long you last.

Butterfly Kicks

Lay flat on your back, and extend your legs straight out. Imagine a swimmer, and begin to flutter kick your legs without bending at the knee. Start with your feet high off of the floor, as the move gets more difficult the closer the action is to the floor.

Salt Dough Recipe (not for eating)

Ingredients

- 4 cups flour
- 1 cup salt
- 1.5 cups warm water

Instructions

1. Preheat your oven to 250 degrees Fahrenheit.
2. Combine all of your ingredients and knead for 10 minutes. If your dough is too dry add a little bit more water in and continue to knead.
3. Roll out the dough to a thickness that you'd like your salt dough ornament to be.
4. Using an egg-shaped cookie cutter (or free hand), cut out egg shapes for your salt dough ornament.
5. Using a straw, make a hole in the top for where you want to hang your salt dough ornament.
6. Bake for 1-2 hours. If your ornaments are still doughy, put back in for another hour. (It will depend on your thickness how long you need to bake for. The thinner ornaments will take less time but thicker may take more).
7. Once the decorations are cool and firm, you can paint them.

Easter Biscuit Recipe (for eating)

Ingredients

- 200g butter, at room temperature
- 200g caster sugar
- 1 egg
- 400g plain flour

To decorate

- 250g royal icing sugar
- assorted food colourings

Instructions

1. Wash your hands.
2. Place the butter in a large mixing bowl with the caster sugar. Using a wooden spoon beat until light and fluffy. Gradually beat in the egg until well mixed, then gradually add the flour. Use your hands to bring the mixture together to a stiff dough. Gather into a ball and chill for 30 minutes.
3. Heat the oven to Gas 4, 180°C, fan 160°C. Roll out the dough on a work surface lightly dusted with flour until it's the thickness of a £1 coin. Using an oval cutter (or a cardboard egg-shaped template), cut out egg-shaped biscuits, using rolled out trimmings to make more. Place on baking trays and bake in the oven for 6-10 minutes, depending on size, until just golden brown.
4. Allow to cool for 5 minutes before removing from the baking tray to cool completely.
5. To decorate, make up the icing as directed on the packet. Divide between 3-4 bowls adding a little food colouring to each bowl. Place the mixture into piping bags and decorate biscuits as liked – kids may like to use sprinkles or sweets too.

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