

- 
- Easter activities**  
**+ Fun to be had**  
**+ Time together**  
**+ Egg-citing crafts**  
**+ You**

**It all adds up to**

**Livability**



**Easter  
Activity  
Pack**

**Downloadable  
resource**



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# Welcome to Livability's Easter Pack

**We've put together this free pack for individuals of all ages and abilities to enjoy a creative, cost-effective, and fun-filled Easter celebration.**



These Easter ideas are perfect for keeping busy during the holiday break, whether you're a parent, caregiver, grandparent, or simply looking for some seasonal activities. From outdoor adventures to inexpensive home decorations, there's something for everyone to enjoy. What could be more fun than painting colourful Easter eggs and Easter potato stamps? And after all the excitement, indulge in a chocolatey Easter treat.

We wish you a joyful Easter, filled with plenty of laughter and memorable moments with this pack. Together, we strive for inclusivity, wellbeing, and connected lives for all individuals.



A large white paper cutout of a rabbit is centered on a yellow background with a white polka-dot pattern. To the left of the rabbit is a white daisy flower with a brown center. To the right is another white daisy. Above the rabbit's head is a blue and white striped Easter egg. Below the rabbit's head is a purple and white striped Easter egg. In the bottom left corner, there is a small purple paint pot and two paintbrushes with pink and green tips.

## Decorative Easter eggs

**Before chocolate became the primary egg of the season, Easter eggs were a traditional decoration of the early Christians of Mesopotamia.**

Even earlier than that, the practice of decorating eggs can be traced back to ancient Africa, with engraved ostrich eggs discovered that are over 60,000 years old.

On this page, we have a few ideas for how you can continue this ancient tradition...



## Preparing the egg

1. Rinse the egg under warm running water.
2. In a bowl, pour 250ml of vinegar and mix in 2 tablespoons of baking soda, and give the eggs a second wash. Dry with paper towels.
3. Over a clean bowl, use a sewing needle to poke a hole into the top of the egg. Repeat to make the hole about the size of a grain of salt.
4. Repeat step 3 on the bottom of the egg, making a hole about twice the size of the top one.
5. Use a toothpick at the bottom to scramble the yolk inside the egg.
6. Wipe any white or yolk from the egg. Blow through the smaller hole - the white and yolk should come out of the bigger hole. Use the toothpick to free any egg that gets jammed. To avoid your lips making contact with the egg, hold a straw to the smaller hole and blow through this instead.
7. You should be able to tell that the egg is empty by its weight, or when no more comes out when blowing. It will now be quite fragile, so take care when handling. Wash again in the vinegar, then leave to dry in an egg carton or eggcup lined with a paper towel.
8. Do not throw away the egg yolk and white - make an omelette!
9. When the shell is completely dry, it is ready to be decorated.



### You will need:

- 2 bowls
- 250ml white vinegar
- 2 tbsp baking soda
- Sewing needle
- Toothpick
- Egg carton or cup
- Art materials
- Optional: drinking straw

## Here are some ideas...

**Paint** – directly paint onto the eggshell using poster paint, acrylic paint, or even nail varnish. Design a pattern, or create a picture, allowing one colour to dry before moving onto the next. You can also use marker pens instead of or as well as paints.

**Dyeing** – in a small bowl of water, add a teaspoon of white vinegar and a few drops of food colouring. Dip the egg in with a spoon to completely submerge it, then remove once it is the shade you want. Dry with a paper towel.

This can be done in a 2-tone effect by repeating with a darker colour, then dipping only half of the egg into the water.

# Easter printing:

## Toilet roll bunny stamps

Easter comes during spring, when new life is growing all around us, from flowers, to trees and from new birds hatching to lambs being born. One thing you will see more of is rabbits during this season, they are also a known symbol of Easter because of the Easter Bunny. With this activity you will be able to make plenty of rabbits for this Easter holiday.

### You will need:

- 3 toilet rolls
- Sticky tape or hot glue
- Paints
- Paper plate or palette
- Paper
- Black and pink pens

### Instructions:

1. Press two of the empty toilet rolls in the middle to create oval shapes at each end.
2. Using tape or hot glue, attach the two squashed rolls to the third toilet roll. It should look like a head and ears at this point – this is the stencil.
3. Pour the paint onto a paper plate or palette, and dip one end of the stencil into the paint.
4. Stamp the paint-covered end of the toilet roll onto paper. Allow to dry.
5. Use a black pen to draw whiskers, eyes and a mouth; then a pink pen to draw a nose.





# Potato easter egg stamps

During Easter celebrations, Chocolate eggs are usually exchanged, Easter egg hunts are everywhere, and decorations are often egg based. However, have you ever thought about using a potato to make eggs? An odd concept perhaps, but this activity will show that potatoes can be used to create alternative eggs.

## You will need:

- Paints
- Paper plate or palette
- Oval-shaped potatoes
- Knife and cutting board
- Paper towels
- Paintbrushes
- Paper

## Instructions:

1. Pour different coloured paints onto the paper plate or palette.
2. Cut the potato in half to make 2 oval-shaped stencils.
3. Press the open end of the potato onto the paper towel to absorb moisture.
4. Taking great care, using the knife, cut patterns into the open end of the potato, such as stripes, dots, shapes, etc.
5. Press paper towel into the newly cut areas to remove more excess moisture.
6. Use the brushes to paint onto the potato patterns.
7. Stamp the painted side of the potato onto paper. It should leave a brilliant pattern.
8. Repeat step 6 if the paint begins to fade.





# Easter bonnets

Making an Easter bonnet can be a fun and creative activity suitable for all ages. Here are some general instructions to make a simple Easter bonnet:

## Instructions:

**Choose your hat base:** Decide what type of hat you want to use as the base for your Easter bonnet. It could be a plain straw hat, a sun hat, or even a paper plate for a simpler DIY option.

**Prepare your decorations:** Gather a variety of decorative materials such as ribbons, flowers, feathers, buttons, fabric scraps, Easter-themed ornaments, and anything else you'd like to use to embellish your bonnet.

**Decorate the hat base:** If you're using a plain hat base that you want to customise, you can paint it, cover it with fabric or paper, or decorate it in any other way you like. Let it dry completely before moving on to the next step.

**Attach decorations:** Use glue (craft glue or a hot glue gun) to attach your decorations to the hat base. Be creative and experiment with different arrangements until you're happy with how your bonnet looks.

**Let it dry:** Allow the glue to dry completely before wearing or displaying your Easter bonnet.

## You will need:

1. Hat base (such as a plain straw hat, sun hat, or even a paper plate for a DIY option)
2. Decorative materials (ribbons, flowers, feathers, buttons, fabric scraps, Easter-themed ornaments, etc.)
3. Glue (craft glue or a hot glue gun)
4. Scissors
5. Optional: Paints, markers, or crayons for decorating the hat base

**Optional:** Why not add a finishing touch? Once the glue is dry, you can add any finishing touches such as additional embellishments or trimmings to complete your bonnet.

**Wear and enjoy:** Once your Easter bonnet is finished, you can wear it proudly for Easter festivities or display it as a decorative piece.

Remember to supervise children when using sharp objects like scissors or hot glue guns, and have fun getting creative with your Easter bonnet!



# Easter egg hunts

Many of you will likely remember hunting for eggs when you were younger. For some of the people you support, this may be something you still enjoy, but for others, it may be something that needs a different twist. That said, if people still want to do that, just grab some chocolate eggs, hide them around the home or garden, and let them find them!



# Easter egg rescue

Easter egg hunts often happen during the day, while the sun is shining, but what if it's night time? Could you hold an Easter egg hunt in the dark? Well with this activity you can – all you need is some electric tea lights/bendy glow sticks...

1. To set up, turn on an electric tea light and place it in the plastic egg, securely closing them. The light should be visible through the plastic.
2. Hide the eggs in dark areas, or outside in the evening, then begin the hunt! If you can't fit treats inside the eggs as well as the tea light, have some on hand to give out as prizes in exchange for eggs.

## You will need:

- Hollow translucent plastic eggs (coloured, but still see-through)
- Electric tea lights (or bendy glow sticks)
- Treats for the eggs



# Chocolate nests

Easter treats really don't get much simpler than this. The beauty of this recipe for 15, though, is that they can be decorated in different ways.

Hundreds and thousands, edible glitter or, for the time of year, mini chocolate eggs - you can add whatever you like on top.

## Ingredients:

- 6-8 shredded wheat biscuits
- 200g milk chocolate
- 200g dark chocolate
- 100g unsalted butter
- 100g golden syrup
- Toppings

## Equipment:

- 2 mixing bowls
- Knife and chopping board
- Microwave
- Tablespoon
- Cupcake tray
- Cupcake cases (paper, metal or reusable silicone)

## Method:

1. Into a large bowl, crush the shredded wheat into smaller shreds.
2. Chop the chocolate up as small and as fine as possible.
3. In another large bowl, add the butter and syrup, and melt in the microwave. Heat in short bursts and stir in between until the ingredients have turned into liquid.
4. Add the chocolate and stir together until the chocolate has melted into the butter and syrup. If you need to heat it again in the microwave, do so in short bursts and stir in between.
5. Pour the wheat into the chocolate mix and stir to combine.
6. Line the tray with cases and spoon the mixture into the cases.
7. Add the toppings of choice, then put the tray in the fridge until it has completely set.

## Enjoy!



# Becki's story



**Graduate Becki's life changed course abruptly when she underwent a massive brain bleed. She tells us about how she tackles life, with Livability's support.**

Becki, a 28-year-old graduate, experienced a life-altering brain bleed, changing her health drastically. Despite her previously healthy state, she found herself unable to recall the incident and requiring a wheelchair. After an 11-month hospital stay, she transitioned to Livability Treetops in Colchester, where she received crucial support. Initially daunting, her progress at Treetops

has been significant, particularly in speech and language, leading to the removal of her tracheostomy.

Becki remains optimistic about her future, focusing on small improvements like returning to playing the recorder and making friends. She encourages others facing acquired disabilities to dream big and persevere, as each achievement propels them forward.

"Becki has gone from a shy unconfident non verbal lady, hiding behind her hair, to a confident caring, funny, determined woman. Its been wonderful seeing her confidence grow and becoming more and more chatty. Since having her tracheostomy removed recently, she is now able to drink water and her goal is to have a bit of Christmas dinner this year."

"As Becki moved in at Treetops during the Covid pandemic, we were together one on one for the first six weeks to settle her in, where we slowly built a bond. I have worked very closely with Becki and our physio team to help support Becki achieve her goals. We regularly attend the gym together, assisting her to build up her strength on a spin bike."

"Seeing Becki's progress successfully like this over the years gives me a great sense of achievement and I feel very proud to be part of her recovery. She never gives up which makes me more determined to continue to help her where I can."

**'I focus on who I am now'**



Becki's key worker, Chrissy, shares her experience on how she has supported Becki since joining Livability.



# About Livability

Livability is the disability charity that's committed to enabling children, young people and adults to live a life that adds up for them.

What makes life livable is never down to just one thing – it's the sum of many things. From friendship to fun; from companionship to community; from a great chat to a challenge overcome – it all adds up to Livability.

Through a wide range of disability care, special education, and rehabilitation services, we promote inclusion and wellbeing for all. Together, we work to see people take part, contribute and be valued. We put the elements in place that all add up to connected lives.

# How you can help

If you would like to find out more about our work and how you can support us, please visit [livability.org.uk/easter](https://livability.org.uk/easter)

  LivabilityUK



**It all adds up to**

# Livability

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