



**Resource Pack
for
Children & Young
People**

Easter 2025

CONTENTS

Activities

Mental Health

Disability

Bereavement

Other Resources



ACTIVITIES

Easter

WORD SCRAMBLE

Unscramble the words below

GEG



MABL

NNYUS



NUNBY

ETSBAK



SAREET

INRPGS



WOSRELF

NERPTAT



ORADDECET

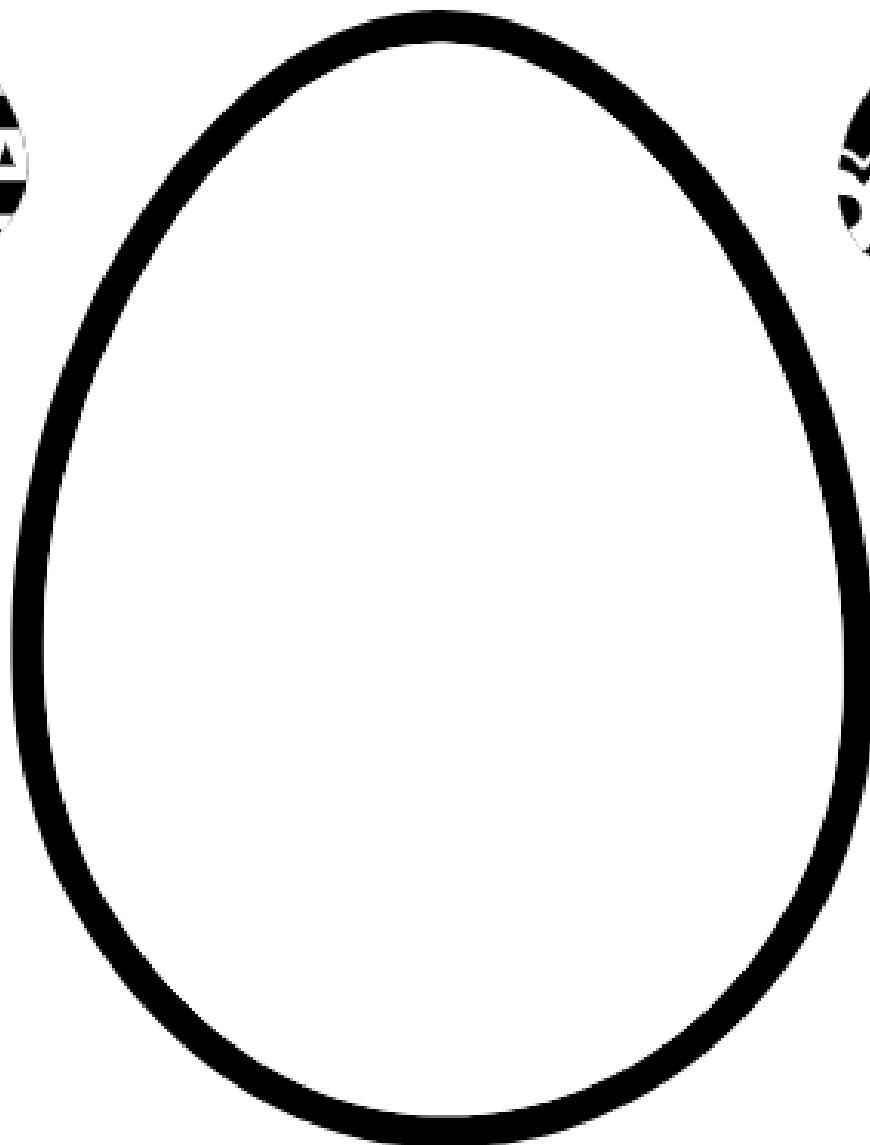
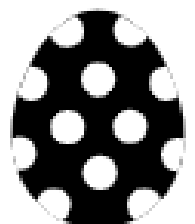
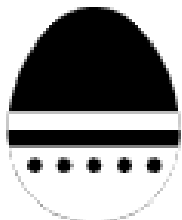
NTRAITIDO

TCHOALOCE



DRAW YOUR OWN EASTER EGG

USE COLORS, LINES, SQUIGGLES TO DRAW
YOUR OWN BEAUTIFUL EASTER EGG



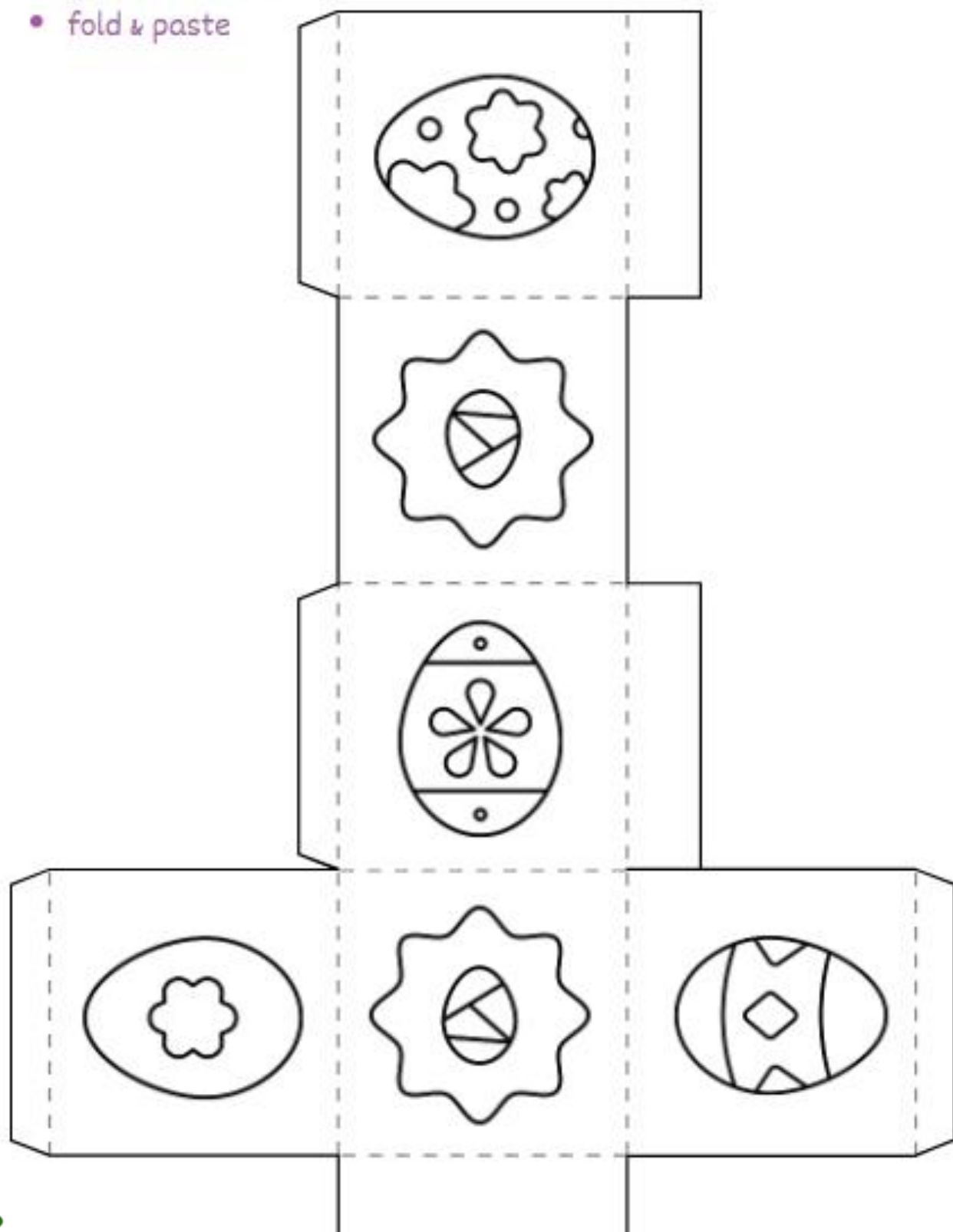
THIS IS _____

'S EASTER EGG



Easter Cube

- color the cube and the Easter eggs
- cut out the cube
- fold & paste





Easter Craft Ideas



Easter Recipe Ideas



Easter Bunny Coconut Tails

Ingredients:

- 1 can (14 oz) sweetened condensed milk
- 1 teaspoon vanilla extract
- 4 cups shredded sweetened coconut

Stir together the sweetened condensed milk and vanilla extract until combined.

Gradually add the shredded coconut and stir until the mixture holds together.

Divide the mixture into equal portions and add a few drops of gel food colouring to each portion, mixing well until the colour is evenly distributed.

Roll into small balls to make bunny tails.

Roll each ball in extra shredded coconut to fully coat and give them a fluffy bunny tail look.



Easy Easter Nests



Ingredients

200g milk chocolate , broken into pieces

85g shredded wheat , crushed

2 x 100g bags mini chocolate eggs

You'll also need

cupcake cases

Method

STEP 1

Melt the chocolate in a small bowl placed over a pan of barely simmering water. Pour the chocolate over the shredded wheat and stir well to combine.

STEP 2

Spoon the chocolate wheat into 12 cupcake cases and press the back of a teaspoon in the centre to create a nest shape. Place 3 mini chocolate eggs on top of each nest. Chill the nests in the fridge for 2 hrs until set.



Fruit bunnies



- Cut a circle shaped slice from the middle of an apple for the face
- Cut a banana in half and then in half again length ways for the ears
- Place two raisins on top of the apple slice for eyes
- Cut a blueberry in half for the nose and some thin strips of carrot for the whiskers



EGG DYING



Outside fun at Easter:

- Daffodil hunt- have fun spotting daffodils..in your local street, park, forest or countryside
- Egg Rolling - hard boil some eggs and let the children paint them once cool, find a hill and roll the eggs from the top, why not try people rolling too!!
- Animal friends - children can pretend to be some spring animals (chicks, bunnies, butterflies, lambs or ducklings), they'll soon be hopping, clucking, waddling... and making lots of noise.
- Take your lunch or snack outside with a rug or blanket or a park bench and have an Easter picnic. Have a sing song too... *5 little ducks, Sleeping bunnies, Humpty Dumpty.*

Free family days out

Northern Ireland  Embrace a Giant Spirit



SPRING!

Spring makes me feel...

Draw what you like to do in spring...

In spring I see...

What's your favorite spring activity?

Name: _____



Make a nature mandala

You will need

- Bags or baskets to collect natural materials

Natural materials:



Sticks

Grass



Leaves

Feathers



Pebbles



Pine cones



Flowers

Only pick from your own garden and leave plenty for pollinators!

- 1 Head outdoors and collect your natural materials. Try to find a few of the same thing as this will help with your shape (eg. five yellow leaves, four twigs of equal length).



- 2 Find a flat surface – maybe a table or even your lawn or yard outside. Place one of your finds down first to act as the middle of the mandala.

- 3 Use the rest of your finds to make a pattern coming out from the centre. Consider the symmetry of your pattern, making one side mirror the other. You can be as creative as you like.



- 4 Remember to take a photo of your finished mandala!

The word 'mandala' is Sanskrit for circle. The circular shape symbolises how nature doesn't begin or end, but is always connected.

www.wildlifewatch.org.uk

Spring flower spotter



Snowdrop



Daffodil



Wood-sorrel



Winter aconite



Wood anemone



Bluebell



Primrose



Wild garlic (ramsons)



Cowslip



Lesser celandine

www.wildlifewatch.org.uk

Image credits: Snowdrop and Daffodil (c) Neil Aldridge / Winter aconite (c) ukwildflowers.com / Wood-sorrel and Cowslip (c) Elliott Neep / Wood anemone, Primrose (c) David North / Wild garlic (ramsons) (c) Scott Petrek / Bluebell (c) Don Sutherland / Lesser celandine (c) Philip Precey



MENTAL HEALTH

IT'S OKAY



- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF

you know... butterflies can't see the colour of their wings, but us as humans can see how beautiful they are.

Likewise ...



you might not think that ur **good enough**, but ... others can see how **special** and **amazing** you are!



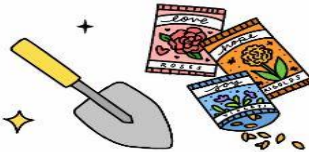
LESSONS from SPRING

@POSITIVELYPRESENT

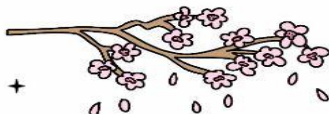


EVEN AFTER DARK TIMES, IT'S POSSIBLE TO THRIVE.

PLANT THE SEEDS YOU WANT TO SEE GROW.



CHALLENGES ARE REQUIRED FOR GROWTH.



TAKE TIME TO NOTICE FLEETING BEAUTY.

NO RAINY DAY LASTS FOREVER.



EVEN POSITIVE CHANGES CAN BE SCARY.



NOT EVERYONE WILL BLOOM AT THE SAME TIME.



GROWING TAKES TIME AND PATIENCE.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil



28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together



Mind Your Head – A Student Guide to Mental Health -

Having good mental health means feeling positive about yourself, being able to cope with everyday pressures and being able to form and maintain relationships.

This booklet is full of practical tips and information on managing stress and achieving and maintaining mental health and emotional wellbeing. It also contains a list of helpful local organisations and websites.

<https://www.publichealth.hscni.net/publications/mind-your-head-student-guide-mental-health-2>



WELCOME TO THE YOUTH WELLNESS WEB

Feeling Anxious or stressed? - visit NIs central online emotional, mental health and wellbeing hub designed by young people for young people

A much needed Resource

(Parents and Teachers too)

"a fantastic hub of videos, resources, helplines and other information"

<https://cypsp.hscni.net/youth-wellness-web/>

april SELF-CARE

@POSITIVELYPRESENT

PROTECT YOUR PEACE  +

REMAIN HOPEFUL  +

REACH FOR YOUR GOALS  +

PAY ATTENTION  +

COLOR LIKE A KID  +

HAVE A DANCE PARTY  +

CELEBRATE BEING ALIVE  +

BE KIND TO EARTH  +

UPROOT BAD HABITS  +

OPEN UP YOUR MIND  +

MAKE ROOM FOR PROGRESS  +

SPEAK UP FOR YOURSELF  +

PLANT IDEAS FOR THE FUTURE  +

SEEK OUT BEAUTY  +

GIVE OUT LOTS OF LOVE  +

COLLABORATE WITH OTHERS  +

REFRESH YOUR NEST  +

PLAY YOUR CARDS RIGHT  +

ACCEPT WHAT'S CHANGED  +

WEATHER YOUR STORMS  +



Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well. The Take 5 Steps to Wellbeing can help maintain and improve our wellbeing.

Be Active is one of those steps

<https://www.mindingyourhead.info/>



Little Reminders



It's okay if you're not feeling like your full self today



It's okay if you can't figure out the next step right now



Be extra gentle with yourself today



Do the best you can with what's in front of you. It doesn't have to be perfect.



Things will be clearer tomorrow



TAKE A healthy



CHECK IN WITH YOURSELF

AND CHECK OUT WHERE
YOU CAN GET SUPPORT
& ADVICE TO KEEP WELL.

YOUTH WELLNESS WEB



Young people helped produce this site which gives information to help keep you feeling well and supported. It includes bullying, mental health and school.

There are links, video clips and podcasts with sections for different age groups.



A confidential text messaging service to a qualified School Nurse for advice and support, aimed at 11 to 19 year olds. It includes general health as well as emotional health and wellbeing.

Mondays-Fridays,
9am-5pm.

TEXT
0750 7328 057

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111

Free telephone number for help, advice and support if you are aged under 19.

The line is open 24 hours a day 7 days a week.

CALL
0800 1111

Lifeline

Provides telephone support to people in crisis of every age, gender, race, religion, disability and sexual orientation.

Open 24 hours a day 7 days a week.

CALL
0808 808 8000
TEXT
18001 0808 808 8000

ALL FULLY CONFIDENTIAL

CYPSP
Children & Young People's Strategic Partnership

Children
in Northern
Ireland





Belfast Health and Social Care Trust

caring supporting improving together

Here to help: Mental Health Self Help Guides



Belfast Health and Social Care Trust have written a series of self help guides covering a wide range of topics such as depression, anxiety and stress which offer users the opportunity to find out more about the causes of mental health issues and provide tools to work through feelings and emotions.

<https://selfhelp.cntw.nhs.uk/organisation/belfast-health-and-social-care-trust>



A short film to support young teens who feel unsure about when to ask for help, how to ask for it, and what help is available. Check it out:

<https://www.bbc.co.uk/bitesize/articles/z8n7qfr>

Self-Care Tip

While social media can be completely awesome, it's also important to unplug every now and then.



BlessingManifesting



A Hug a day chases
the stress away.



@5katchab on StVlnash

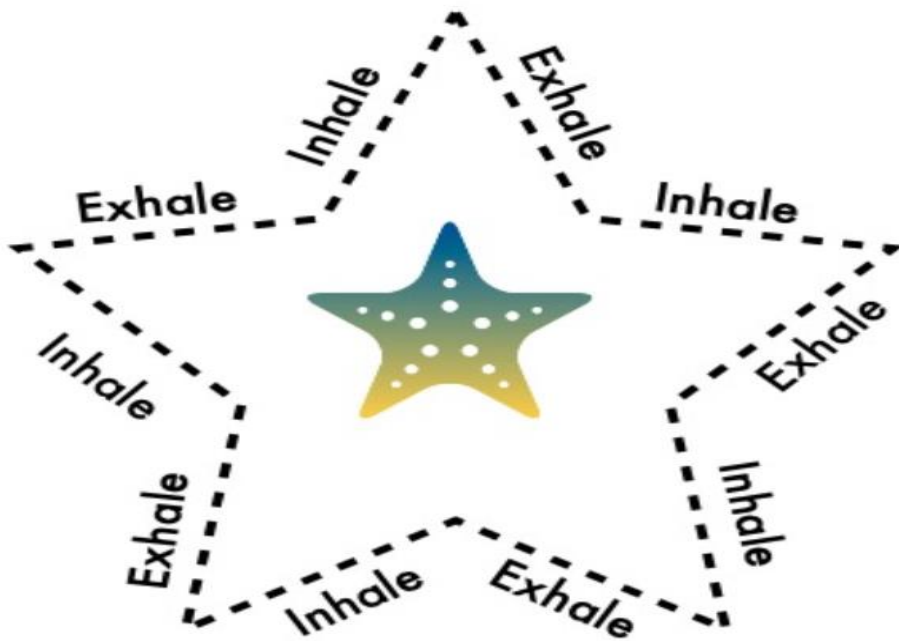
Sending out a warm
big HUG to whoever
may need one today ♡

There is **Joy**
to be found every day
in **EVERY** tiny and
HUGE kind of way.
SOMETIMES WE'RE SO BUSY
our brains feel dizzy.
But the **MAGIC**
is there... **EVERYWHERE.**

- emily coxhead

Starfish Breathing!

Start by placing your finger on an "inhale", follow along the starfish with your finger, hold your breath at each point on the starfish, then exhale. Go around the star 2-3 times.



DISABILITY

Behaviour that challenges

Leaflets for young siblings



Sibs

Download at [sibs.org.uk/behaviour](https://www.sibs.org.uk/behaviour)

Why to they do that? Coping with behaviour that is difficult

Booklets from Sibs to help siblings understand behaviour that challenges and what they can do to keep themselves safe

Booklets available to download at:
<https://www.sibs.org.uk/supporting-young-siblings/parents/when-to-be-concerned-about-your-sibling-child>





This booklet was co-produced with young people from Barnardo's NI PosAbilitygroup. It is ideal for sharing information about your child for after school clubs, playgroup, residential and with family.

<https://tinyurl.com/ysjx9fby>

All About ME



The Quest for the Cockle Implant: Activity Pack

Join Coral and Angel as they go on an adventure to find Angel's missing cockle implant. Download for FREE from National Deaf Children's Society website - <https://www.ndcs.org.uk/media/6926/the-quest-for-the-cockle-implant-activity-pack-colour.pdf>



BEREAVEMENT



BEREAVEMENT & LOSS SUPPORT FOR YOUNG PEOPLE

WEBSITES



www.hopeagain.org.uk

www.barnardos.org.uk

www.cruse.org.uk

www.mariecurie.org.uk

www.pipscharity.com

Persevering: Grief As Told By
Young People

The Grief Gang

Grief is my Superpower

Grief in common

PODCASTS



Smiles and Tears

Apart of me

Headspace

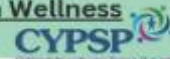
Help2makesense

Untangle Grief

APPS



For more tips and advice on wellbeing visit the **Youth Wellness Web** by clicking the logo or scanning the QR code





12 Things I Wish I had Known About Grief

Grief doesn't come in five neat stages. It's messy, it's disordered, it can jump from one emotion to another and back.

And that's all ok. It's really normal. Grief doesn't nicely fit into a box. Here's the truth behind some common myths about grief <https://www.winstonswish.org/12-things-i-wish-id-known-about-grief/>

What to put in a memory box

Cruise
Bereavement
Support



Photographs



Items of clothes and Jewellery



Letters or cards from them



Awards or certificates they received

Memory Box

Creating a memory box can be a lovely way to remember a loved one who has died.

By having a safe space filled with their items can be a helpful way to feel connected to them and keep their memory alive.



Have you ever been in class and something triggers a surge of grief?

Check out these tips on how to get through the situation from Angharad, one of Winston's Wish Youth Ambassadors

Consider your next step- you could ask your tutor for a moment outside, sit and listen to the class or even just carry on normally.

Make someone aware that there has been a trigger; if you feel comfortable, that person is ideally a teacher who can help support you in that moment and in the future.

Know that you may have these intense feelings for the rest of the day, the week or even a long time after, which is perfectly normal.

Give yourself time to recover from the day, do something that you enjoy or that helps you feel close to the person you have lost.

There is always support available- consider talking to your friends and family or reach out to Winston's Wish, who can help you to work through your emotions.

ANGHARAD, YOUTH AMBASSADOR 

"I'm having trouble sleeping when grieving"

Is this normal?

Yes, you might:



Be frightened to go to sleep because of bad nightmares.



Find it difficult to get to sleep because your mind is racing.



Dream that the person who died is still alive and find waking up very painful.

What can help?



Slowly get back into a night-time routine.



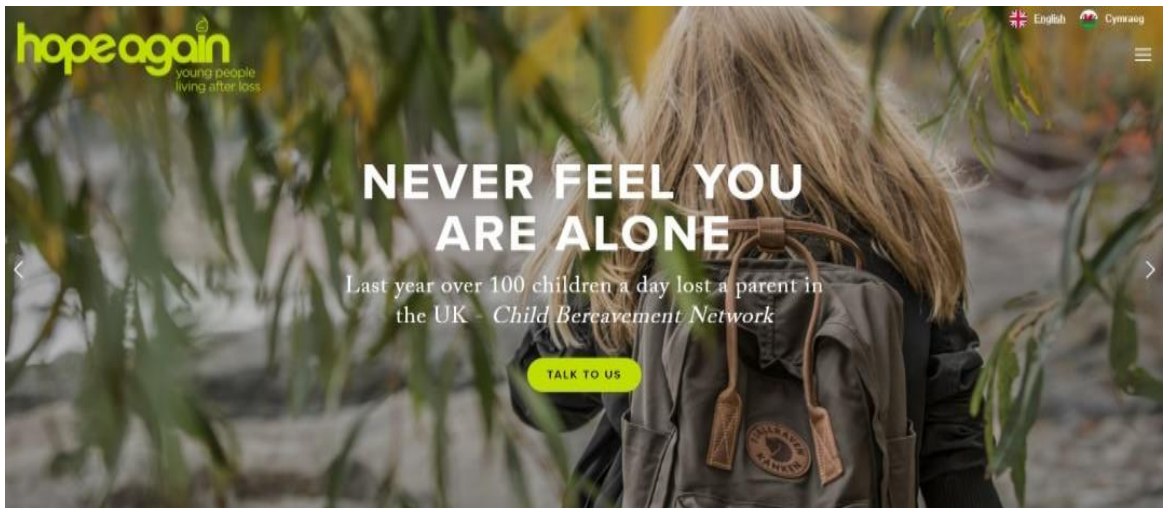
Exercise can be helpful to tire your body out.



Try listening to relaxing music or sleep podcasts.



Try not to get into bed until you feel really ready to sleep.



Hope Again is the youth website of Cruse Bereavement Support.

It is a safe place where you can learn from other young people, how to cope with grief, and feel less alone

<https://www.hopeagain.org.uk/>

Ways to remember and celebrate someone's life

- Sharing thoughts and memories of that special person
- Going on their favourite walk
- Inviting friends and family around
- Cooking their favourite meal
- Visiting a special place
- Sharing your story online with others.

Cruse Bereavement Support



OTHER RESOURCES

WE HAVE SOMETHING TO...



SAY Project

New website aimed at helping children and young people to learn about healthy relationships.

<https://www.sayni.org.uk/>



Easter special edition of the High Five magazine

<https://sites.google.com/c2ken.net/highfiveresourcehub/high-five-magazine>



Easter
An Cháisc
Ann Hask



Easter Egg

Ubh Chásca

Ivv Haska

Chocolate

Seacláid

Shoc-lidge

Easter Basket

Ciseán na Cásca

Kee-shan na Kaska

Easter Bunny

Coinín na Cásca

Cun-yeen na Kaska

Easter Bonnet

Boinéad na Cásca

Bon-idge na Kaska



I am eating an Easter Egg.
Tá mé ag ithe Ubh Chásca.
Taa may ag ee-ha Ivv Haska.



Sleeping bunnies

See the little bunnies sleeping til its nearly noon
Shall we wake them with a merry tune?
Oh so still, on the hill
Wake up soon...

WAKE UP BUNNIES!



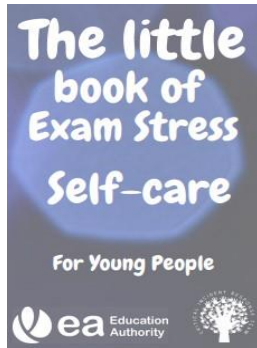
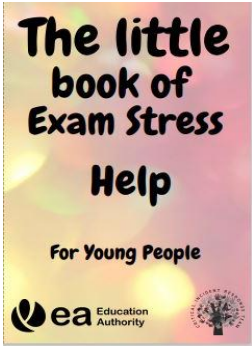
Hop little bunny, hop hop hop
Hop little bunny, hop, hop, hop
Hop little bunny, hop, hop, hop
Hop and stop!



Skip little bunnies, skip skip skip...
Dance little bunnies, dance. dance, dance...

@helpkidstalk



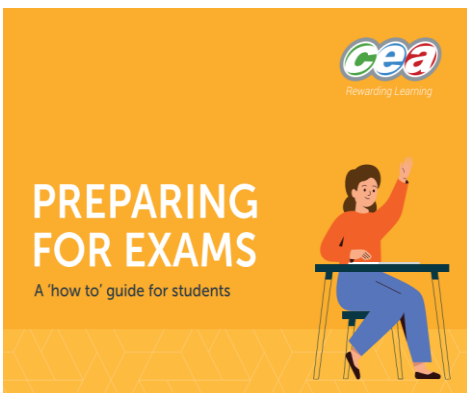


This little book from EA is aimed to help you through your exam stress with revision tips, self care tips, useful links to support and lots more – Download at <https://cypsp.hscni.net/youth-wellness-web/school-age-11-15/>



Homework, studying and revision tips from Childline

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/homework-revision/>



This guide from CEA aims to help answer your questions and provide you with advice and tips on: how to revise; looking after your mental health and wellbeing; and knowing and understanding exam guidelines.

[Download](#)

