

Coventry Holiday Activities

Home Activity and Healthy Breakfast Pack

Easter Holidays 2021

Delivered with partners by Coventry City Council, funded by Department of Education



How to use this pack

This pack has been prepared as part of the Coventry Holiday Activities programme, funded by the Department of Education and distributed by the Coventry Food network with a Healthy Breakfast pack.

In your Healthy Breakfast pack, you should have the following:

- Ready Steady Grow Kit, prepared by Team Springboard
- Passport of Kindness, prepared and funded by Coventry City of Culture Trust
- A frisbee or a beachball and a tennis ball to help with the activities

We hope that in this pack you will find fun activities and ideas for you and your children to enjoy in the Easter Holidays. It has been designed to be used over four days exploring the following themes:

Day 1 – Our City – people and places important to Coventry

Day 2 – Collaborative City – Our City's Community

Day 3 – Dynamic City – Our City's Legacy (Transport)

Day 4 – Caring City – Our City's Wellbeing

Each day we suggest activities that develop understanding of nutrition, healthy cooking and suggest ideas for physical activities. Ideally, all children should be active for at least an hour a day and we hope you find new ideas in this pack to help your family keep active this Easter.

We have prepared three strands of activities for each day. Feel free to choose what you think your child will most enjoy.

Stream – prepared with Reception to Year 2 children in mind (KS1, 4-7yrs)

River – prepared with Year 3 to Year 6 children in mind (KS2, 7-11yrs)

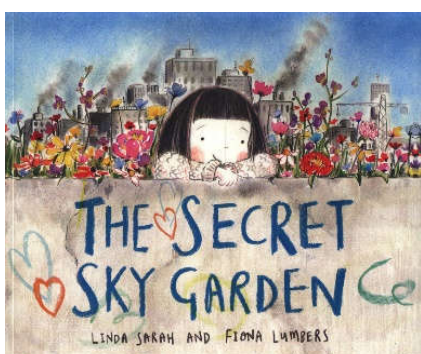
Ocean – prepared with teenagers in mind (KS3 & 4, 11+)

Once you have finished the activities, please e-mail photographs of anything you/ yourchild would like to share to hafprogramme@coventry.gov.uk.

DAY 4 – Caring city

Stream

1. **Storytime:** Visit the website and listen to The Secret Sky Garden by Linda Sarah & Fiona Lumbers



coventry.gov.uk/easterbreakstories

Published by Simon & Schuster

In Coventry, we all try to look after the places where we live and one another. This gentle story is about a little girl who grows a very special garden in a very strange place.

2. **Caring for others:** Start your Passport of Kindness!

The Passport of Kindness is a fun way for you to celebrate the little things you might do to bring a smile to a friend, neighbour or family member.

Log your acts of kindness and decorate your passport, watch this video for ideas: <https://youtu.be/2z9LjZAxyw>

The Passports of Kindness project is delivered by the Coventry City of Culture Trust. Funded by the National Lottery Community Fund.

3. **Caring for the environment:**

- Find out about Coventry's amazing trees at the link below: ctwn.org.uk/trees
 - Read these tree stories: ctwn.org.uk/tree-stories
 - Take a picture and write a story about your favourite tree.
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4. **Caring for myself:** Keep a 'gratitude journal', write down or draw a picture of 5 things you are thankful for each day
5. **Be musical:** Watch Video 4 at the website below, get active to music, go on a mindful walk, compose a piece of music using things you recycle around the house!

coventrymusichub.co.uk/HAFHolidayVideos

6. **Be active:** Travel to Tokyo for the Olympics 2021 with Team GB!

Try these home activities together as a family:

getset.co.uk/resources/travel-to-tokyo/indoor-activity

Log your activities:

getset.co.uk/travel-tokyo/log-activity

7. **Enjoy food:** Use your ready, steady grow kit to grow something tasty you can eat at home!

River

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 - Take a picture and write a story about your favourite tree
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3. Caring for myself: Keep a 'gratitude journal', write down 10 things you are thankful for each day

4. Be musical: Watch Video 4 at the website below, get active to music, go on a mindful walk, compose a piece of music using things you recycle around the house!

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Ocean

1. **Caring for others:** Choose a random act of kindness to do for someone you know ask them to 'pass it on'. Could you do one every day this week?

randomactsofkindness.org/kindness-ideas

2. **Caring for the environment:** Read about Coventry's amazing trees. Are there any near you? Could you and your family go for a walk to see one?

ctwn.org.uk/trees

3. **Caring for myself:** Keep a 'gratitude journal', write down 100 things you are thankful for over the course of the week (20 things a day)

4. **Be musical:** Watch Video 8 at the website below, unwind as you listen to music and learn how to compose tracks to relax to!

coventrymusichub.co.uk/HAFHolidayVideos

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