

# Holiday Activity and Food Programme



Activities and challenges to keep you entertained during the Easter Holidays!

6th - 15th April

Book by  
**26 March**



Rutland  
County Council



Department  
for Education

# Rutland Holiday Activity and Food Programme

In Partnership with the DfE, Rutland County Council has organised a 4 day Holiday Activities and Food programme which include a variety of different activities and challenges to keep you entertained during the Easter Holidays.

The timetable for the programme has been included and a brief description of each session can be found below.

All sessions are free of charge and all resources and ingredients will be delivered to your home on either Tues 6th April or Mon 12th April.

## Online Led Sessions

### **Puppets**

Stop! Don't put that recycling in the bin, keep it to create some amazing puppets with JJ Puppets. A 2 hour workshop creating some unique and wonderful puppets.

### **Popsters**

Come along and join the fabulous Gareth Fuller as well as others and join our choir for an hour. Singing is uplifting and will put you in a great mood for the rest of the day.

### **Guitar-a-oke**

Come along and join Chris Wilkinson, he will have his guitar and we can sing along with him and boost our moods with some amazing songs

### **Creepy Crawly - Live Animal Experience!**

Come and join us on an exciting journey through the Rainforest. Meet unusual animals in the comfort of your own home. Ask questions and discover amazing facts about the different animals.

### **Cooking Fun Online**

Each online cooking session is fully interactive. You will be sent a recipe card and ingredients prior to the session. Each session we will cook a tasty, healthy recipe perfect for a lunch time meal. Please let us know if you have any food allergies when signing up to this session.

## Arts and Craft Session

Let your creativity take flight with our nature inspired art and crafts session. We will send you all you need to get crafty at home and create a masterpiece!

## Comics disassemble!

Join us as we quiz your knowledge on all matters relating to Superheroes and Villains.

This event is for ages 11-16yrs and will be held online using Zoom. Make sure you have your Comic Time activity pack handy!

## Birdwatch BookTime

Flap your feathers - Listen in as a selection of bird stories take flight to inspire your colouring and crafts!

This event is for ages 5-8yrs and will be held online using Zoom. Make sure you have your Bird activity pack handy!

## Resilient Teens Programme

*4 sessions with each session having a different focus*

- Session 1 - **Training the Mind:** Working with the capacity of attention; exploring how we can work with a wandering mind.
- Session 2 - **Working with worry:** Why humans worry, and how to support ourselves when we do.
- Session 3 - **Beditation – Sleep:** why it is important and what to do if we struggle to sleep well.
- Session 4 - **Being with others:** the opportunities and challenges of working skilfully with friendships and other relationships, both in person and online.



# Resource led sessions

CAN BE DONE IN YOUR OWN TIME

## 5-a-day Fruit challenge

Have a go at making some fruit skewers with some new and exciting fruits

## 2wk Activity Challenge

Can you complete all the challenges over the Easter holidays alongside your family?

## Nature Explorers

Get out exploring with your family and learn about your local environment

## Family Walking Route

Follow some of these local Family walking route and get out and about

## Superheroes pack (8-11yrs)

Can you finish all the activities within your pack and be a true Superhero? and other jobs around the house.

---

### What to do now?

If you are keen in being part of this programme, please contact us via the link below with the details requested so you can book a place.

Once you have booked a place, you will be eligible to attend all the sessions detailed in the timetable (see next page) and links for each session will be sent to you via email at least a day prior to each session.

### How to book

In order to book a place for your child please visit:

[www.rutland.gov.uk/bookaplace](http://www.rutland.gov.uk/bookaplace)

If you have more than one child who wishes to participate, please can you complete a separate form for each.

Please ensure you book no later than **Friday 26th March** to secure a place.



Rutland  
County Council



Department  
for Education

# Holiday Activity and Food Programme

## TIMETABLE

Book by  
**26 March**

Date	Aimed at Primary School Aged Children	Resource Led Activities	Aimed at Secondary Aged School Children
Tues 6th April	<b>Creepy Crawly</b> (9-10am) – Led session <b>Puppets</b> (10-12pm) – Led session <b>5 a day fruit challenge</b> (1hr) – Resource led	<b>Superhero Activity Pack</b> (8-11yrs)  <b>Family Walking Routes</b>	<b>Resilient Teens Session 1 – Training the Mind</b> (2-3pm) – Led session <b>5 a day fruit challenge</b> (1hr) – Resource led
Wed 7th April	<b>Cooking Fun</b> (10.30 – 11.45am) – Led session <b>Activity Challenge</b> (2hrs) – Resource led		<b>Cooking Fun</b> (12.15 – 1.30pm) - Led Session <b>Activity Challenge</b> (2hrs) – Resource led
Thurs 8th April			<b>Resilient Teens Session 2 – Working with Worry</b> (2-3pm) – Led session
Mon 12th April	<b>Arts &amp; Craft Activity</b> (9-9.45am) – Led session <b>Popsters Singing</b> (11-12pm) – Led session <b>Guitar-aoke</b> (2-3pm) – Led session		<b>Arts &amp; Craft Activity</b> (10-10.45am) – Led session <b>Popsters Singing</b> (11-12pm) – Led session <b>Comics Disassemble</b> (12.30-1.15pm) – Led session <b>Guitar-aoke</b> (2-3pm) – Led session
Tues 13th April	<b>Family Cooking</b> (10.30 – 11.45am) – Led session <b>Birdwatch Booktime</b> (12.30 – 1pm) – Led session (5-8yrs) <b>Nature Explorers Pack</b> (1hr) – Resource led		<b>Family Cooking</b> (12.15 – 1.30pm) – Led session <b>Resilient Teens Session 3 – Beditation</b> (2-3pm) – Led session <b>Nature Explorers Pack</b> (1hr) – Resource led
Thurs 15th April			<b>Resilient Teens Session 4 – Being with others</b> (1-2pm) – Led session

Please visit [www.rutland.gov.uk/bookaplace](http://www.rutland.gov.uk/bookaplace) in order to book a place for your child