Hey everybody!

Although we can’t be together this year for the Bravehearts Easter Camp, I’m still here to keep you busy with the Trinity Sport Easter pack! Our pack is filled with videos, playful learning activities and ways for you and your family to stay physically and mentally healthy.

The Trinity Sport Bravehearts leaders and I are staying home too - each day during the Easter break we’ll be playing bingo, decorating our easter eggs, getting in some bunny hop exercises, colouring and reading the Lunn the Lion adventures book! So why don’t you join us in all the fun!

I can’t wait to see you all soon to continue our adventures!

From, Lunn the Lion  x x x
Easter Eggs-ercises

What you will need:
Paper
Pen
Mini eggs
OR
Plastic eggs

The hunt
Here is 5 child friendly exercises:

Bunny hops
Jumping Jacks
Ninja Kicks
Frog Hops
Boxing punches

Write each exercise on small pieces of paper (repeat them to make the hunt as long as you like!)

Hide each one with an egg in different places around the house.

Once they find an egg, they will have to do each exercise to keep the egg :)

bunny hop
Frog Hops
Ninja Kicks
jumping jacks
bunny hop
Decorate me

Send in your decorations to sport@tcd.ie
How to play: Print and cut out each item on the calling cards. Place the calling cards faced down.
Easter Bingo

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# Easter Bingo

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<th>Lunn the Lion</th>
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<th>Red Egg</th>
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<tbody>
<tr>
<td>Purple Egg</td>
<td>Daffodil</td>
<td>Peeking Lamb</td>
</tr>
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<td>Peeking Bunny</td>
<td>Chick</td>
<td>Pink Egg</td>
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**How to play:** Pick someone to be the “Caller”. The Caller will pick a card and call out what it is. Each player must cross it out as it is called. To win someone must get “BINGO!” by filling in a row, a column or a full card.
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Easter Bunny Pancakes

The Pancakes
Here's what you need:

100g plain flour
2 large eggs
300ml milk
Mini frying pan
Bananas
Strawberries
Blueberries
Strips of carrots
Salt

Step 1
Put 100g plain flour, 2 large eggs, 300ml milk and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

Step 2
Heat a mini frying pan on medium heat. When hot, turn down to lowest heat and pour in the mixture to begin.

Step 3
Cook your pancakes for 1 min on each side or until golden.

The Decoration

1. EARS: Cut a banana in half (and then cut down the centre vertically) and place on top to position the ears.

2. EYES and CHEEKS: Create 2 eyes and 2 cheeks from cutting another banana.

3. TEETH: Cut two small chunks off the banana to create teeth like shapes.

4. EYES: Place 2 blueberries as seen in photo below.

5. NOSE: Cut the bottom of a strawberry and place it as seen below.

6. WHISKERS: Position the carrot stripes to create whiskers, as seen below.

Send in your creations to sport@tcd.ie
Check us out on YouTube

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