

EASTER ACTIVITIES

These activities are intended to fill the days of Easter week. Some activities are single day and some are week-long. Look ahead and begin planning the week before. Some days have two or three activities on the same day so you must be prepared. You might know someone with an Easter bunny costume. Call upon them and see if they are willing to come sometime during the week to stroll the halls and be available for photos with residents.

Day 1;

Provide the opportunity for residents to choose Easter cards, perhaps jot a "Happy Easter" note and then prepare them for mailing to friends or family members. If there have been no donated Easter cards, Family Dollar carries very inexpensive cards.

Begin the week-long Easter egg hunt for residents. Using brightly colored plastic eggs, hide them around the facility. (The eggs do not contain treats and can be small decorative only eggs from the dollar store.) Post directions for this activity in various places for residents/staff to read. A sample is provided below. When a resident finds an egg, they return it to

an activity staff person to receive a small reward. The eggs are then re-hidden. Some good hiding places include in the branches of indoor trees, in potted plants, on a mantle or structural ledge, tucked into the corner of a hand rail, or hidden in a table center piece. Some eggs could be wrapped in plastic wrap and hung from door posts, picture frames, or window sills. Be creative and make the hunt fun.

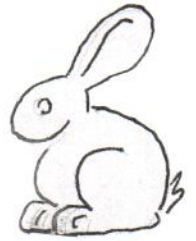
Egg Trivia Game

Gather a collection of plastic eggs and place a trivia question in each one. Questions are provided below. Place all the eggs in a large basket and set it on the table. Assemble your participants around the table and tell them that, taking turns, each will draw an egg from the basket, read the question inside the egg, and attempt to answer. Encourage discussion as chatter makes this game more fun.

Day 2;

Play the Easter Egg Dice Game. Fill several plastic eggs with small treats. (A different treat in each egg adds to the fun.) Gather your participants and place one egg in the center of the table for each participant. Give each player a copy of the exchange rules and then provide one dice. To begin, each

Easter Egg



Exchange Dice Game

Instructions: Clockwise, one player from the circle rolls the dice. Players roll the dice until everyone has had a turn.



Swap eggs with person on your right.



Swap eggs with person on your left.



Steal any egg.



Everyone pass to right.



Keep your egg.



Everyone pass to the left.



Swap eggs with person on your right.



Swap eggs with person on your left.



Steal any egg.



Everyone pass to right.



Keep your egg.



Everyone pass to the left.



Swap eggs with person on your right.



Swap eggs with person on your left.



Steal any egg.



Everyone pass to right.



Keep your egg.



Everyone pass to the left.



Swap eggs with person on your right.



Swap eggs with person on your left.



Steal any egg.



Everyone pass to right.



Keep your egg.



Everyone pass to the left.

player chooses an egg from the table but does not open it. Then, the first player rolls the dice. Looking at the list of exchange rules, that player then performs the act indicated. Example; the dice roll is "3". Looking at the exchange rules, that player can take anyone else's egg. The second player rolls the dice and rolls a five. There is no action. Continue play around the table until everyone has had two turns. (establish the number of turns before beginning; could be one-two-three...)

When everyone has taken their turns, open the eggs and enjoy the treat.

Make Easter baskets. Scrapbook papers provide very colorful materials for the baskets. Once assembled, fill with shredded paper (could be cut from tissue paper or purchased) and place small treats inside. These could be given to members the office staff, the therapy department or maintenance people. They could also be given to the participant's greatgrandchildren or used as decorations on dining room tables. Various patterns for baskets are available on line but an easy version is also provided below.

During coffee time, a staff member can walk among the participants making balloon bunnies and giving them to the

residents as gifts. (balloons with directions are available at Walmart) Remember to check for latex allergies first.

Day 3;

Hold an Easter baking day. Make enough so there will be baked goods available for the Easter cake walk. Recipe suggestions follow.

Chocolate Nests;

1 ½ cups coconut flakes

¾ cup chocolate chips

Jelly beans

Place coconut in a small bowl. Melt chocolate chips and pour over the coconut flakes. Stir well. Spoon the chocolate/coconut into cupcake liners. Make a “nest” by pressing in to the chocolate with the back of a teaspoon. Lay several jellybean eggs in each nest. Chill 2 hours.

Easter Popcorn

7 cups popped popcorn, unsalted

1 cup mini chocolate candy-coated eggs

1 cup sweet coconut flakes

½ cup chopped almonds

1 8oz. package white chocolate chips

1 Tablespoon unsalted butter

1/8 teaspoon almond extract

Line a baking sheet with parchment. Place popcorn, chocolate eggs, coconut, and almonds in a bowl and toss to mix. Place white chocolate chips in a microwave safe bowl and melt, stirring every 30 seconds. After about 2 minutes, add butter and almond extract. Stir well. Pour mixture over the popcorn and sprinkle lightly with salt. Stir to mix then pour onto the baking sheet to cool.

Mini Citrus Cakes

Oven at 350' Yields about 6 dozen

1 package yellow cake mix

1 ¼ cups water

3 large eggs, room temperature

1/3 cup oil

3 ½ cups powdered sugar

½ cup orange juice

¼ cup lemon juice

toasted chopped almonds

In a large bowl combine cake mix, water, eggs, and oil. Beat for 2 min. Grease the mini muffin tins and fill each cup 2/3 full. Bake at 350' for 10-12 minutes. Meanwhile, combine powdered sugar and juices until smooth. Bring cakes out of the oven and cool 2 minutes before removing them from the pan. Immediately dip each cake into the glaze and place on wire rack, top side down, to cool.

Purchase rolls of sugar cookie dough. Residents slice the cookies and place them on baking sheets. As the cookies bake, participants mix various colors frosting. Beginning with white frosting in 4 separate bowls, add just enough food coloring to make pastel colors of pink, light blue, light green, and yellow. Once the cookies are frosted, they are placed on small paper plates, 3-4 to a plate, and covered with plastic wrap. They will be used for the cake walk tomorrow.

INDIVIDUAL ACTIVITY

Set out a jar filled with counted jelly beans. Make small pieces of paper and a pen available along with a small basket.

Participants guess the number of beans in the jar, write the number on a slip, add their name, and place the slip in the basket. The individual with the closest guess wins the jar of jellybeans. You can make this a facility-wide activity, staff and residents, or limit it to just residents.

Day 4;

Hold an Easter Cake Walk. Set up a large oval shape using masking tape to mark off the path. Mark off several spaces and number them 1-6. Make the spaces large enough that a wheelchair will easily fit. Begin the music and encourage participants to move around the oval; volunteers will be needed to push wheelchair participants. Stop the music. Roll a die to determine the winning number. The participant who stopped on that number can then choose a prize from goods that were baked the day before or, from purchased items. Once

everyone has had a win or the goodies are gone, serve coffee/tea and enjoy some of the baked items.

Show an Easter movie. Suggestions include;

“The Greatest Story Ever Told”, “It’s the Easter Beagle, Charlie Brown”, “The Dog Who Saved Easter”, “Mary Magdalene”, “Easter Parade” (musical), “Son of God”, “Risen”.

Day 5;

Host an Easter egg hunt for the small children of staff members and relatives of the residents. It is also fun to invite a small day care group. The residents, with staff assist, can hide treat filled plastic eggs in one large room. Establish a start time and do not let children begin hunting until the allotted hour. Once all the eggs have been found, provide simple sit-down treats for all the participants; punch and an Easter cookie, coffee for adults, for fun you might serve rabbit food, carrots and apple slices with peanut butter. This activity has been most successful when held around 2:30 or 3:00 PM.

Easter egg dying. This activity is held on the last day of the week as the dyed eggs are served to residents on Sunday morning as part of their Easter breakfast. It is good to have volunteers present to help with the process. Be sure to coordinate with the kitchen staff as they will procure the eggs for you and they will do the serving of the decorated eggs. This activity has been most successful when held in the morning around 10:00 AM. Be sure to have plenty of newspapers to cover the tables. Also provide gloves and painting shirts or clothing covers. Make plenty of cups available for the dye and extra spoons for lifting.

Questions for Egg Trivia

1. What is the best egg for baking ?

Chicken Duck Turkey (contains more fat)

2. If you spin an egg and it wobbles, is it raw or hard boiled ?

3. How many eggs does one hen lay in a year ?

80-120 310-340 250-270

4. How long does it take for a hen to produce one egg?

10 hrs. 12 hours 24 hours

5. What happens to the egg as a hen gets older ?

It gets bigger

6. Are eggs best kept at room temperature or refrigerated ?

Eggs age more in one day at room temp. than one wk. in the fridge

7. Why are brown eggs more expensive ?

The hens are larger so they eat more

8. What bird lays the smallest egg ?

Wren sparrow hummingbird

9. In Japan, this bird's eggs are considered a delicacy.

Turkey Ostrich Robin Quail

10. What is the most popular egg order in American restaurants ?

scrambled hard boiled over easy sunny side up

11. Who introduced chickens to America ?

Incas Lewis & Clark God Columbus

12. In Britain, eggs produced to a high standard are stamped with what design ?

a lion the queen a bear a shield

13. Between white and brown, which egg is most nutritious?

White brown neither/ they are the same

14. How many grams of sugar are in one egg ?

.5 grams 8 grams 0 grams

15. What bird lays the largest egg ?

Ostrich Vulture Penguin Eagle

16. Eggs contain no fats. True or false ? (3.7 grams)

17. What state leads the nation in egg production ?

Texas Nebraska Alabama Iowa (14.8 billion/yr.)

18. What do hens do to keep the yolk from sticking to the

side of the egg shell while forming ?

Drink lots of water before laying

Turn the egg up to 50x a day

Wait 4 hours after eating to lay the egg

Just for fun;

An Ostrich egg is approximately 24 x larger than a chicken egg. Its shell is so thick that a grown man can stand on the egg without breaking it. It takes 1 hour to soft boil an Ostrich egg; 1 ½ hours to hard boil. To crack an ostrich egg you must first score the shell with a hack saw. Then insert the blade of a screwdriver and tap it with a mallet until you form a crack. One Ostrich egg has about 2000 calories and will feed a large scramble to 18 people. One egg will cost you \$35.00 and up. One Ostrich hen will lay about 100 eggs a year. In the wild, an egg has only a 10% chance of hatching.