

# RESOURCE PACK FOR CHILDREN & YOUNG PEOPLE



## EASTER EDITION



# Active April 2023

MONDAY



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

TUESDAY



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

WEDNESDAY



5 Turn a regular activity into a playful game today

THURSDAY



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

FRIDAY

SATURDAY

SUNDAY

1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

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

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

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

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

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

29 Become an activist for a cause you really believe in

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

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

17 Be active outside. Dig up weeds or plant some seeds

18 Try a new online 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

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



ACTION FOR HAPPINESS

Happier · Kinder · Together

# LESSONS from SPRING

@POSITIVELYPRESENT

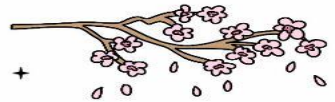


EVEN AFTER DARK TIMES, IT'S POSSIBLE TO THRIVE.

PLANT THE SEEDS YOU WANT TO SEE GROW.



CHALLENGES ARE REQUIRED FOR GROWTH.

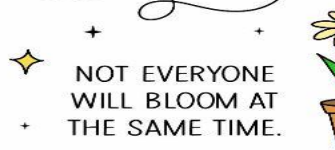


TAKE TIME TO NOTICE FLEETING BEAUTY.

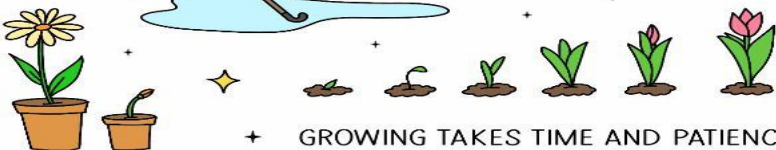
NO RAINY DAY LASTS FOREVER.



EVEN POSITIVE CHANGES CAN BE SCARY.

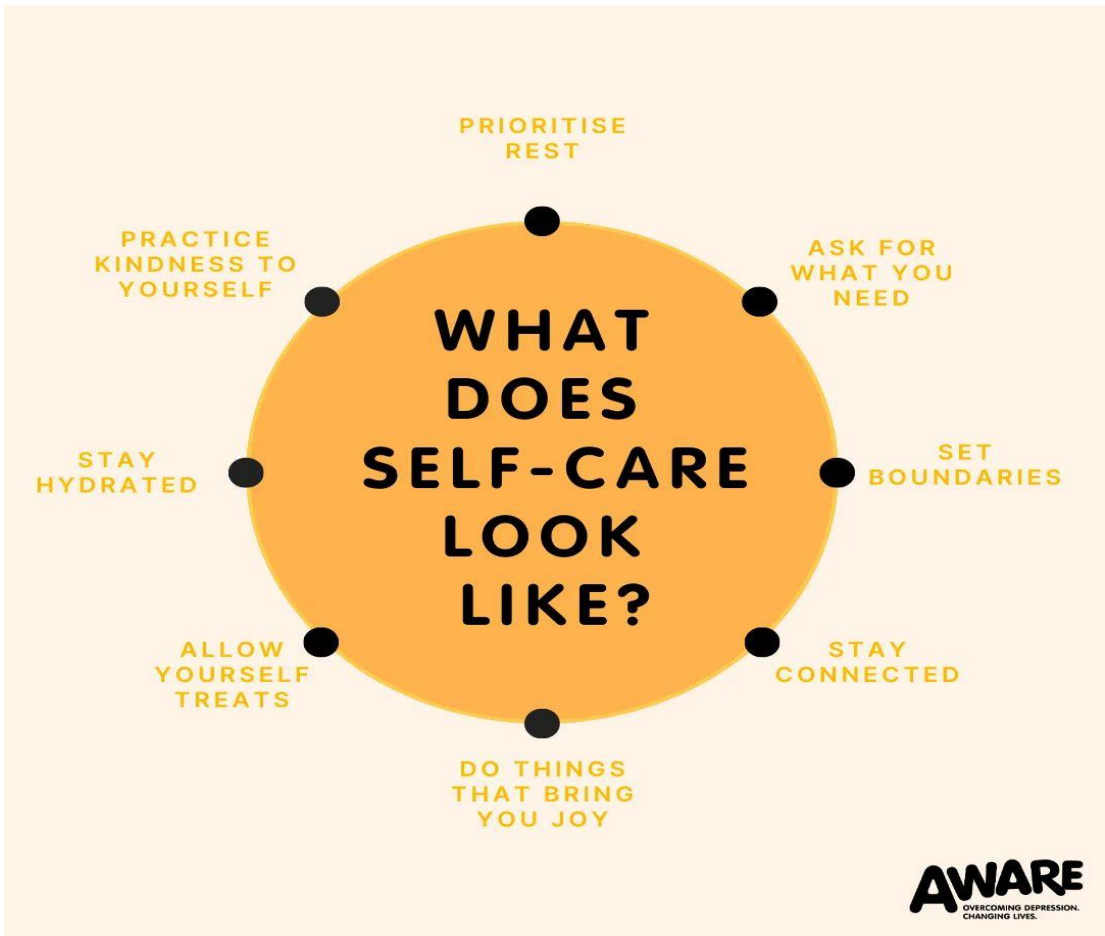


NOT EVERYONE WILL BLOOM AT THE SAME TIME.



GROWING TAKES TIME AND PATIENCE.





## THINGS TO DO

If You're Feeling Anxious

- Walk in nature
- Talk to a friend
- Create something
- Play with a pet
- Write in your journal
- Move your body



@juliaspiritualcoaching



# 10 Keys to Happier Living

Everyone's path to happiness is different. Based on the latest research, Action for Happiness have identified 10 Keys that tend to make life happier and more fulfilling. Together they spell GREAT DREAM

## Explore Further

 <b>Giving</b> Do kind things for others	 <b>Relating</b> Connect with people	 <b>Exercising</b> Take care of your body	 <b>Awareness</b> Live life mindfully	 <b>Trying Out</b> Keep learning new things
 <b>Direction</b> Have goals to look forward to	 <b>Resilience</b> Find ways to bounce back	 <b>Emotions</b> Look for what's good	 <b>Acceptance</b> Be comfortable with who you are	 <b>Meaning</b> Be part of something bigger

# 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 

OPEN UP YOUR MIND  + MAKE ROOM FOR PROGRESS  + SPEAK UP FOR YOURSELF  + UPROOT BAD HABITS 

GIVE OUT LOTS OF LOVE  + COLLABORATE WITH OTHERS  + REFRESH YOUR NEST  + SEEK OUT BEAUTY 

ACCEPT WHAT'S CHANGED  + PLAY YOUR CARDS RIGHT  + WEATHER YOUR STORMS 



# Services for young people: Information for Young People



There's a new number for texting a school nurse from your mobile phone. Text-A-Nurse is an anonymous confidential messaging service, which is available Monday to Friday from 9am to 5pm during the week in both term-time and school holidays. The message is delivered to a safe and secure web application for the nursing staff to view. You are guaranteed a response within 24 hours Monday to Friday. If a faster response is needed, you will be advised of where you can get urgent help.

You can message for advice on all kinds of health issues, like sexual health, bullying, healthy eating and any general health concerns. Or you may want support for your emotional health and wellbeing, particularly as life returns to normal after lockdown.

Look out for more information around school/college.

The text numbers for this are:

Northern Trust Text-A-Nurse  
07480 635982

Belfast Trust Text-A-Nurse  
07507 328290

South Eastern Trust Text-A-Nurse  
07507 327263

Western Trust Text-A-Nurse  
07480 635984

Southern Trust Text-A-Nurse  
07507 328057

Or visit [www.chathealth.nhs.uk](http://www.chathealth.nhs.uk) to start a chat



# WELCOME TO THE YOUTH WELLNESS WEB

**CHECK IT OUT NOW!** - The Youth Wellness Web has been co-designed by young people for young people with easy access to different resources and services that can really help you.



If you are looking information and help with:

**Mental Health**

**Bereavement**

**School**

**Bullying**

**Wellbeing**

**FREE Mental Health Training**

**Plus much more ...**

Visit the Youth Wellness Web at the link below or scan the QR code for instant access.



[www.cypsp.hscni.net/youth-wellness-web](http://www.cypsp.hscni.net/youth-wellness-web)



6

# 9 MENTAL HEALTH ACTIVITIES TO DO WITH YOUR CHILDREN

 @BELIEVEPHQ

## WORRY TIME

- Set aside a time each day for your child worry. Discuss with your child how long the worry time will be for. In this time your child can write down their worries, discuss them with you or problem solve to overcome them

## THOUGHT CHALLENGING

- Help your child to write down any unhelpful thoughts they that experience. Try to challenge them with your child and come up with more realistic and helpful ones

## BEING PRESENT

- Help your child to be present and live in the moment. Go for a walk and see how many different things you can both take in with all your senses

## ACTIVITY PLANNING

- Create an activity diary with your child and help them to schedule in some pleasurable and achievement related activities

## TALKING ABOUT FEELINGS

- Why not create a time each week where your child can speak to you about their thoughts and feelings

## 3 GOOD THINGS

- Before bed spend some time with your child to identify and write down three good things they achieved from the day

## WELLBEING

- Support your child to look after their wellbeing. Cook healthy meals with them, exercise or play sport with them and make sure they are getting enough sleep

## IMAGERY

- Work with your child to imagine themselves in an imaginary future where everything has turned out in a positive way

## THOUGHT TESTING

- Try setting out some simple activities to help your child test out the validity of a thought.





**Planning for Easter?**

**Mae Murray Foundation**  
*Creating Change Together*  
 Registered Charity No - NIC100842

**Portstewart & Cranfield Inclusive Beaches**

**EASTER BOOKING OPEN**

Are you planning your Easter holidays?

Inclusive Beaches equipment loan scheme at Cranfield and Portstewart Strand is OPEN for Easter bookings. To avail of this FREE resource, click on the link below and follow the 6 Step Booking Process:

Click link to book:  
<http://www.maemurrayfoundation.org/pro.../inclusive-beaches/>

## 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



# Low-cost playful ideas

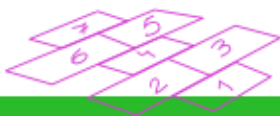


In times of economic hardship, the play needs, and natural urge to play for children, will remain. Play activity doesn't need to cost lots of money or involve expensive toys or days out. There are many 'free and found' play opportunities that can take place within homes, communities, and settings.

- Visit parks, green spaces, beaches or forests.
- Play outside - get the wellies and raincoats on and jump in puddles.
- Paint the pavement, walls, fences, gates or drainpipes with water - all you need is a bucket and brushes.
- Have a family dance party or sing-a-long.
- Create a fort in your living room out of blankets or cardboard boxes.
- Go on a hike.
- Have a sunset picnic at a park or beach.
- Upcycle old toys using stickers, foam or paint.
- Try some sewing or knitting.
- Play a game of chess, dominoes, jacks or card games.
- Make a sensory bottle using old bottles, coloured water, glitter, beads, stones or anything you fancy.
- Use chunky chalk to create an outdoor masterpiece.
- Play noughts and crosses or eye-spy.
- Have a game of hide-and-seek.



- Make slime. Pour 2 tbsp of shampoo into a bowl, add 2 tbsp of shaving foam and mix. Add 1 tsp of salt and mix everything together thoroughly. Put mixture into the freezer for approximately 15 minutes.
- Make unique creations with random ingredients from a mystery bag of goodies.
- Make a mat to play hopscotch on. You can roll it out for play - an old sheet is perfect.
- Melt ice - fill cups or containers with coloured water, freeze them, and watch the ice melt as you add salt to it.
- Make a collage with paper, glue and things to stick like pictures cut out of catalogues or magazines, scraps of paper, ribbon, fabric, dried pasta, natural materials etc.
- Street play - go out to play and encourage other children to join in. Play football, frisbee, dodgeball, piggy in the middle or stick in the mud.



PlayBoard NI is registered with the Charity Commission for NI NIC104724, company limited by guarantee no. NI30225, charity no. XR86639.



# Low & No Cost Sport across NI

## Cricket



North Down Cricket Club –  
Youth Cricket  
Comber

Cricket at Muckamore  
Antrim

## Wheelchair Sports



Ulster GAA Wheelchair  
Sports Junior Club  
Belfast

Wheelchair Basketball  
Craigavon

## Inline Hockey



Ballymena Norstar Inline  
Hockey Club  
Ballymena

Inline Hockey Club  
Bangor

## Trout Fishery & Angling



Shaws Trout Fishery &  
Angling Club  
Armagh

## Karate



Newcastle Karate Club  
Newcastle

Raptr Martial Arts  
Dundonald

## Hill Walking



Belfast Hills Walking  
Dynamos  
Belfast

Magee Hill-Walking Club  
Derry~Londonderry

## American Football



Craigavon Cowboys  
American Football Club  
Craigavon

Belfast City Lions Flag  
American Football  
Belfast

## Taekwon-Do



Cathal Fegan Taekwon-Do  
Club  
Newry

UKTCNI  
Multiple locations

## Water Polo



Junior Water Polo  
Lagan Valley,  
Andersonstown,Whiterock,  
Falls Leisure Centre

## Para Athletics



Atheletics Northern Ireland  
Mary Peters Track,  
Belfast

## Running



Park Run  
Multiple  
locations

## Badminton



Ulster  
Badminton  
Multiple  
locations

## Table Tennis



Table Tennis  
Ulster  
Multiple  
locations

## Cycling



Community  
bike rides  
Multiple  
locations

## Tug of War

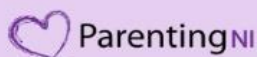


Northern Ireland  
Tug Of War  
Association  
Multiple  
locations

## Kayaking



Belfast Kayak  
Club  
Belfast



Keeping active is essential for our emotional, mental, physical well-being. Parenting NI have teamed up with Sport NI to share their list of free and low-cost sport opportunities from across Northern Ireland. There are lots of activities available, and now that brighter nights and better weather is here there is no better time to get active! Find out details about all the activities listed and more at <https://bit.ly/LowCostNoCostSport>



# 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.



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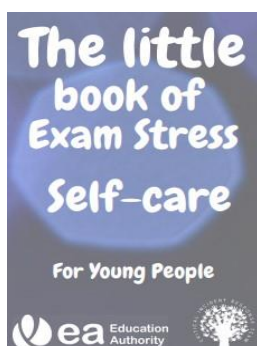
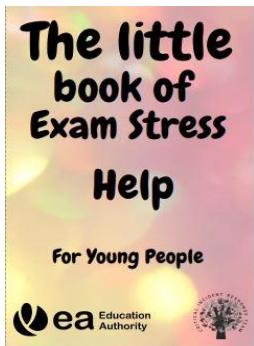
# #30DaysOfSelfCare

Day 1 Try a new activity	Day 2 Spend time with friends	Day 3 Go out for a walk in nature	Day 4 Have a pamper evening	Day 5 Enjoy your favourite foods	Day 6 Switch off from technology for the night
Day 7 Finally pick up that book you've wanted to read	Day 8 Visit your family	Day 9 Treat yourself	Day 10 Try your hand at baking or cooking	Day 11 Make a positivity playlist for your self-care time	Day 12 Workout for 30 minutes
Day 13 Leave yourself notes of motivation	Day 14 Say your daily affirmations	Day 15 Start the day with mindful meditation	Day 16 Plant something new	Day 17 Cuddle with your pets	Day 18 Tidy up your safe space
Day 19 Do something therapeutic	Day 20 Change your bedding	Day 21 Get yourself dressed up and feeling good	Day 22 Have a lie in	Day 23 Perform a random act of kindness	Day 24 Call a loved one out of the blue
Day 25 Buy yourself a bunch of flowers	Day 26 Stay hydrated and be kind to your body	Day 27 Put on a feel-good album and dance	Day 28 List everything you are grateful for this month	Day 29 Watch your favourite film	Day 30 Take yourself on a date



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.

[Mind Your Head - A Student Guide to Mental Health](#)



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](#)

Preparing for exams




[nidirect.gov.uk](http://nidirect.gov.uk)


[Revision Tips from NI Direct](#)

**childline**  
ONLINE, ON THE PHONE, ANYTIME

[Homework, studying and revision tips from Childline](#)



**PREPARING FOR EXAMS**  
A 'how to' guide for students



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](#)



[Summer 2023 Assessment Arrangements - Information for Students](#)





## Easter An Cháisc Ann Hask

Chick

Sicín Beag

Shic-eeen Bugg

Celebration

Ceiliúradh

Kellar-oo

Decorations

Maisiúcháin

Mash-oo-hine

Hot Cross Bun

Cros Bhorróra na Cásca

Cross wore-og-a na Kaska

Happy Easter

Cáisc Shona

Kask Hun-a

Happy Easter

Beannachtaí na Cásca Ort

Bannaktee na Kaska Ort

It is Easter

An Cháisc atá ann

An Hask a-taa un



## 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.





# Go To Easter Fun



**Parent Line NI**  
FREE LOCAL HELPLINE  
0808 8020 400

## Home-Made Together

\*\*\*Mix rice crispies into melted chocolate.

Fill paper bun cases to make 'nests' and add mini-eggs

\*\*\*Have a 'cup-cake challenge'.

Prizes for the most original toppings

\*\*\* Pour melted chocolate onto a lined baking tray. Add sweets and treats. Have fun smashing the set slab into pieces.



### Try...

Exploring an open farm



Explore your local museum

Explore a new forest, beach or park

Game time... transfer eggs from one bowl to another using a spoon. Held in your mouth!



### For more ideas....

Easter Events NI  
[dayoutwiththekids.co.uk/ni](http://dayoutwiththekids.co.uk/ni)  
[walkni.com](http://walkni.com)  
[nationaltrust.org.ni](http://nationaltrust.org.ni)  
[discovernorthernireland.com](http://discovernorthernireland.com)  
[goodhousekeeping.com/holidays/easter-ideas](http://goodhousekeeping.com/holidays/easter-ideas)



Plant sun flower seeds and race to the sky!

Try creating giant noughts & crosses on the floor with sticky tape and paper plates.



### Hairy Eggs!

Line clean empty egg-shell halves with wet kitchen paper.

Add a sprinkling of cress seeds and watch them grow.

Then, cut the 'hair' and eat it!



We are here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm





# Go To Easter Fun



**Parent Line NI**  
FREE LOCAL HELPLINE  
0808 8020 400

## Try...



Creating an indoor or outdoor egg hunt

OR...

Create a family Easter Tree



## Picnic Together

- \*\*\*Use cookie cutters to make sandwiches more interesting
- \*\*\*Try filling wraps, rolling them up and cutting into pin-wheel slices.
- \*\*\*Have fun with healthy dips and mutli-coloured veggie sticks.
- \*\*\* Prepare individual jellies packed with fruit

Plant easy seeds such as lettuce or rocket and watch them grow.



Picnic anywhere... out and about, inside at home or in the garden.



## Home-Made Together

Gather together; empty loo-rolls, cotton-wool balls, paper cups, glue, sellotape, paints, paper, tissue paper, pipe cleaners and paper plates. Have fun with your Easter Creations: bunnies, baskets, fluffy lambs, masks and flowers

## Magic Eggs

Hard boil eggs. Roll cooled eggs to crack the shells. Boil again in water with food colouring added.

We are here at Parentline to listen, support or advise. Please contact us Monday to Thursday 9am to 9pm, Friday 9am to 5pm or Saturdays 9am to 1pm





Autism NI have created an Easter Resource Pack to help keep the family entertained over the holidays. It includes a visual schedule, countdown, and lots of fun activities to do. 🐰 🐣

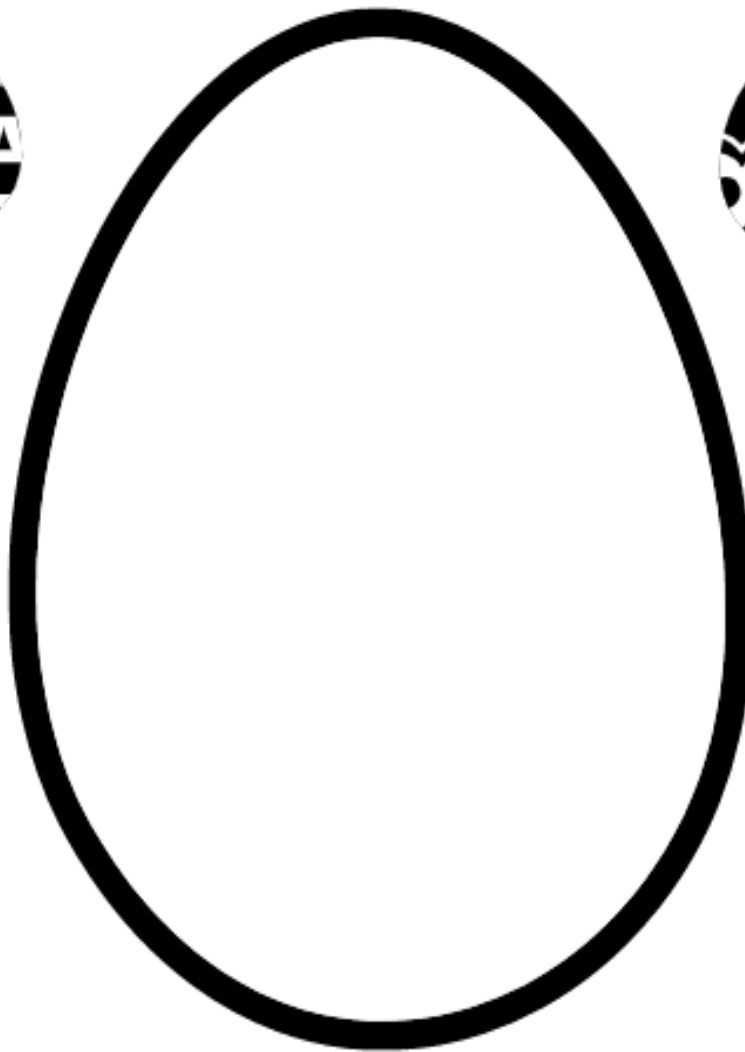
To download this free pack, visit <http://autismni.org/using-structure>

An invitation card with a light green background. At the top, there are three illustrations: a pink and orange dummy, a brown Easter bunny, and a green and blue dummy. Below these is the text 'YOU'RE INVITED TO....' in a simple, dark font. The main text, 'Give your dummy to the Easter bunny!', is written in a large, elegant, cursive font. Below this, the event details are listed: 'TUESDAY 11TH APRIL', '10AM - 12 NOON', and 'BOW STREET MALL, LISBURN'. The bottom of the card features the text 'Give your dummy to the Easter Bunny and receive a surprise gift!'. The card is decorated with several colorful, patterned Easter eggs scattered around the text. At the bottom center, there is a circular logo for 'HELP KIDS TALK' with the text 'SING LISTEN LOOK TALK' around the perimeter and a central graphic of colorful puzzle pieces.



# DRAW YOUR OWN EASTER EGG

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

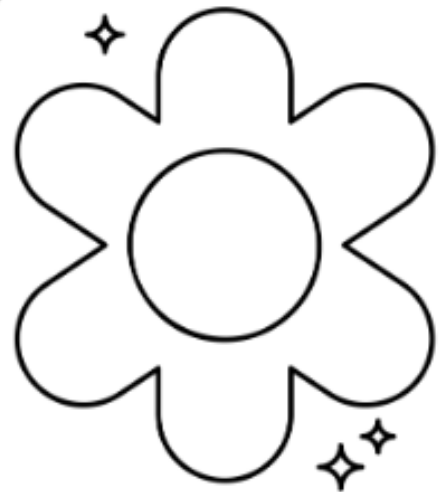
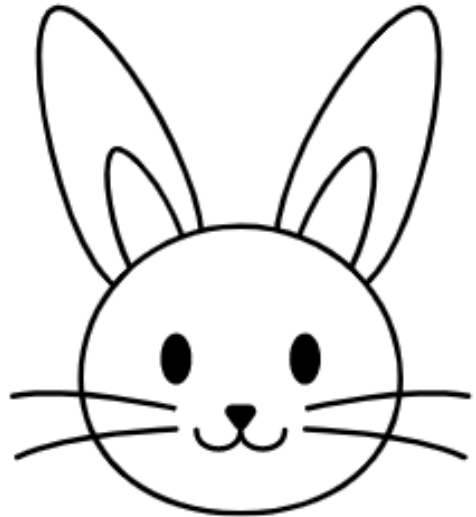


THIS IS

\_\_\_\_\_

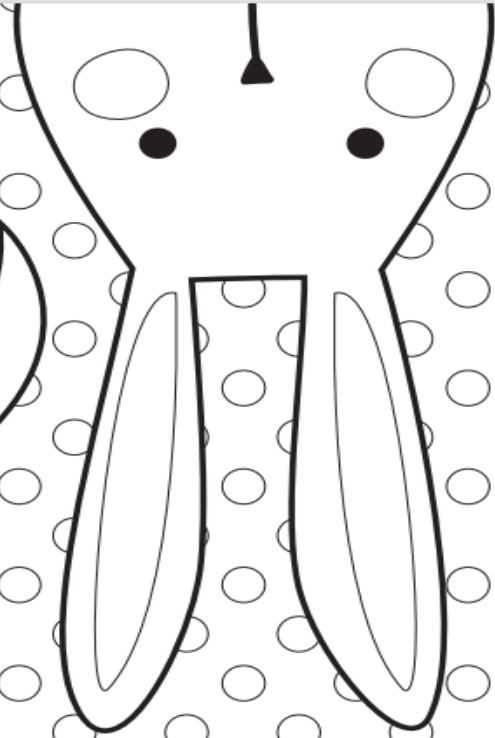
'S EASTER EGG

HAPPY  
EASTER



@ColouringHeroes

**HAPPY  
EASTER**



THIS CARD WAS COLOURED BY

.....

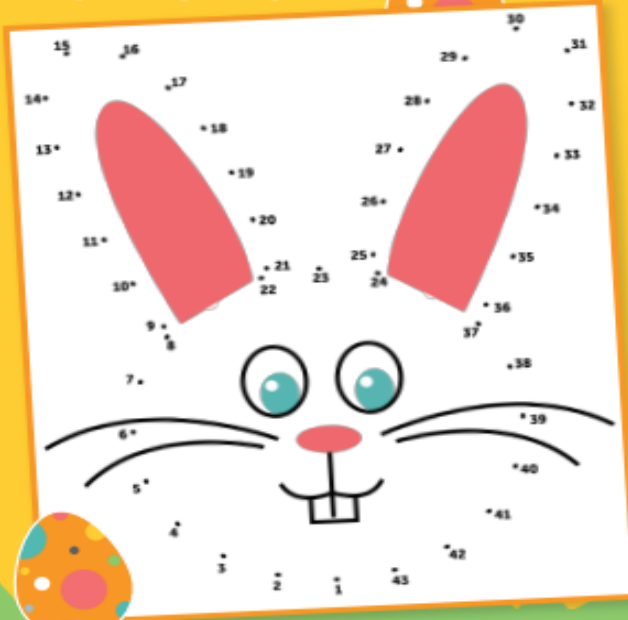
   @ColouringHeroes



# EASTER ACTIVITY SHEET



## DOT-TO-DOT



## WORDSEARCH

Q	J	T	C	S	S	R	J	U	B
Y	R	O	H	U	Z	I	G	K	A
H	Q	S	O	N	B	L	E	O	S
K	W	P	C	D	U	A	A	C	K
H	A	R	O	A	N	M	S	H	E
H	P	I	L	Y	N	B	T	I	T
U	X	N	A	Q	Y	T	E	C	M
N	Q	G	T	Y	E	F	R	K	C
T	O	C	E	O	H	H	U	N	V
E	E	G	G	S	I	O	Z	X	V

BUNNY  
EGGS  
BASKET  
SPRING

EASTER  
CHOCOLATE  
CHICK  
LAMB

SUNDAY  
HUNT

## COLOUR IN



## EASTER EGG HUNT

How many eggs can you find on this page?



We're supporting

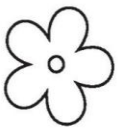
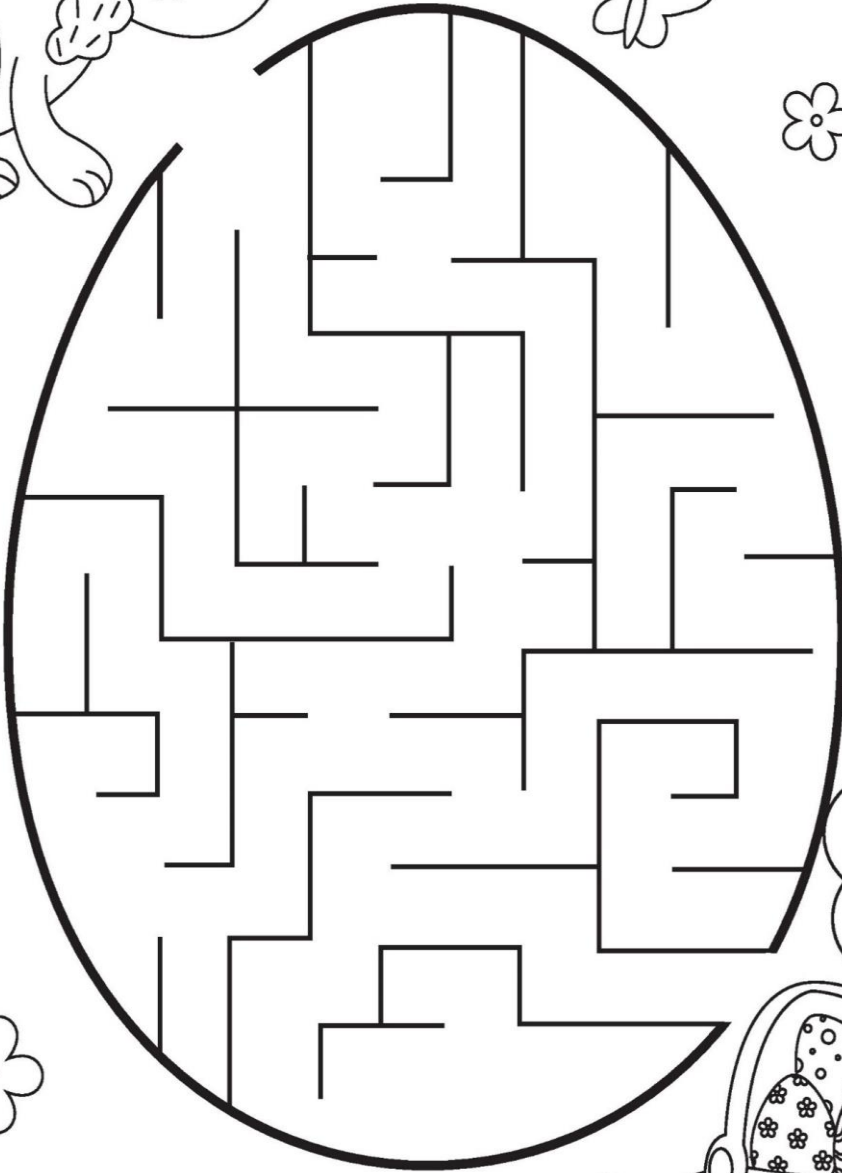


Children in Need

MARSTON'S

© BBC 2007 Reg. charity England & Wales no. 802052 and Scotland no. SC039557.  
BBC Children in Need, Pudsey Bear and Bluey are trademarks of the BBC and are used under licence.

Help Hoppy Floppy find his easter egg basket!



# Easter fun – Chick and Bunny Treat Holders!

## You'll need:

- Paper cups
- Stick on googly eyes
- Pipe cleaners
- Coloured paper or card
- Glue
- Crayons/colouring pencils or felt tips
- Mini pom poms, feathers or shredded paper for additional decoration.

## Method

- 1 Take your paper cup and colour it in depending on the animal you are creating. If you have coloured cups skip this step.
- 2 Stick on a pair of googly eyes.
- 3 For a bunny, use a pink pom pom for the nose, or you can cut out a circle from some coloured card. Cut a white pipe cleaner (an adult may have to do this part) into four small sections. Glue these onto the cup to form whiskers and cover the glue with the nose. If you wish, create some ears from some paper or card and glue to the back of the cup.
- 4 For a chick, cut out a triangle nose and stick below the eyes. Create some feet from some orange pipe cleaners and glue to the front.



Image source: [www.mojosavings.com](http://www.mojosavings.com)

**WARNING!** Cadbury mini eggs pose a choking risk to children. They are very similar in shape and size to grapes. They are not suitable for children under 4 y.o.





## Lemony Easter Chicks



### Ingredients

2 medium egg whites

100g golden caster sugar

½ tsp cornflour

grated zest 1/2 lemon , plus 1 tsp juice

yellow food colouring paste

orange, black and yellow icing pen , to decorate

### Method

#### STEP 1

Heat oven to 140C/120C fan/gas 1. Line a baking sheet with baking parchment and put a medium-sized plain nozzle on a piping bag.

#### STEP 2

In a clean bowl, whisk the egg whites until they are very stiff. Add half the sugar and continue to whisk until the mixture is becoming firm and shiny.

#### STEP 3

Stir the cornflour into the remaining sugar and add to the meringue, along with the lemon zest and juice, and a smidge of yellow food colouring paste. Whisk again until you have a very thick, firm and glossy pale yellow meringue.

#### STEP 4

Carefully spoon the meringue into the piping bag. Push any air out of the top and tightly twist the opening to seal. Pipe about 25 thumb-sized dollops onto your baking sheet – if possible, try to make them wider at the base than the top, resembling a chick's body and head. Leave a gap between each chick to allow for expanding when cooking.

#### STEP 5

Cook in the oven for 30 mins until they are crisp, firm and come off the baking parchment easily. Leave to cool on a wire rack.

#### STEP 6

To decorate, use the orange icing pen to make a V-shaped beak, and a black icing pen for eyes and feet. The yellow icing pen can be used to decorate fluffy hair on the chick's head and/or wings. Will keep for up to 1 week in an airtight container.

## 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.

## Crackin' Cress Heads



### Ingredients

2 eggs

### You'll also need

2 tsp cress seeds, 2 cotton wool balls,  
felt-tip pens or acrylic paints

### Method

#### STEP 1

Carefully remove the tops from the eggs, leaving the bottom two-thirds of the shells intact. Empty the shells (save the eggs for another time), then carefully wash them out. Decorate the shells with pens or paint, then leave them to dry.

#### STEP 2

Dip the cotton wool balls in a little water, squeezing off any excess. Place 1 ball inside each shell, then sprinkle 1 tsp cress seeds onto each one. Sit the filled shells in eggcups and leave in a dry, well-lit place for a week – a windowsill is perfect. Your cress will start to grow within a few days, perfect for making egg & cress sarnies!



## Easter Flapjacks



200g porridge oats

100g small  
Easter egg  
chocolate

100g butter

100g golden syrup



### Step 1

Heat the oven to 180°C | 160' Fan | Gas Mark 4. Line a 20cm square baking tray with parchment paper.

Put the butter and golden syrup into a saucepan and place pan on medium heat until melted.



### Step 2

Turn off the heat, add the oats and mix. Put the oat mixture into the tin and bake for 20-25 minutes, or until golden brown.



### Step 3

Whilst cooking, break the chocolate into a large heat-proof bowl. In another saucepan add boiling water and place pan on low heat. Place the bowl over the saucepan and gently stir until melted.



### Step 4

Once the flapjacks are cooked, add the melted chocolate and spread evenly. Allow the flapjacks to cool then cut into small squares.

For more resources and activities on disability, mental health, bereavement, education plus more, check out the previous edition of the Children and Young People's Resource Pack



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