

Here are some activities for you to try at home over the Easter holidays. We'd love to hear what you've been up to. Tag us on social media to share your creations.

let's all have some EASTER **FAMILY FUN!**



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WORD SEARCH

How many of these words can you find?

Hint: the words in this puzzle can run up, down, forwards, backwards and diagonally.

BUNNY

5. FAMILY

9. NEST

2. CHICK

6. FOOD

10. SPRING

3. EASTER

7. FUN

11. SUNDAY

4. EGG

8. HUNT

NSSUR XCEDSVUFOI LEAJORBTNDXVZ SSP CNESTTBB TOTE CAWUGJMMIESOHW RXJGELUT SZDGYNWQBPVE XRTPGKPFGI QTYADNUSXZF

Here are some Easter jokes to get the family laughing! Why don't you try to create some of your own?

- Q. How do you know that carrots are good for your eyes? A. Have you ever seen a rabbit wear glasses?
 - Q. What happens when you tell an egg a joke? **A.** It cracks up!
 - Q. How does the Easter bunny keep fit? A. He eggs-ercises

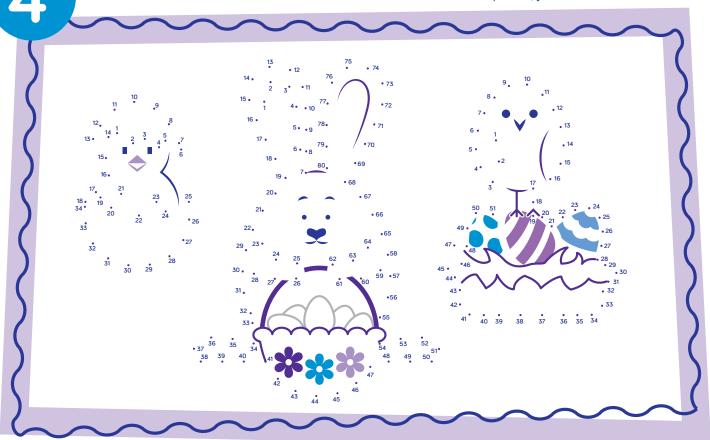


Want to make your own Easter Tree?

On your daily walk, why don't you collect some twigs to create an Easter Tree. When you are home, put them in a plant pot with some soil and decorate by hanging anything you like on the branches. Colourful paper eggs, drawings and photographs work well.



DOT FUN! Can you complete the dot to dot? Once completed, you could colour it in too.



ASURE HIJNT



Can you create an Easter treasure map of your house or garden?

Hide "treasure" for your parent or siblings to find – like a toy or treat (it doesn't need to be an egg) - and then write (or print out) clues to help them find the next piece of treasure. You could draw a map like this example · · · · · to mark when each piece is found.

Example clues:

- 1. I have four legs, but I don't have feet. I come in handy when it's time to eat.
- 2. My job is to put an end to sleep, which I do with music, a buzz, or a beep.
- 3. I make it possible to have fresh food. Everyone agrees I'm one cool dude.

Answers: 1. Table 2. Alarm clock 3. Fridge



For more fun activities, join the Anamix 6 club, for children aged 1-10 years who have a metabolic condition and on a low protein diet.

www.anamix6.com/join-the-club