

RESOURCE PACK EASTER CELEBRATIONS

Easter is celebrated in many different ways across Australia and around the world. For Christians, it marks a season of forgiveness, hope and renewal. For others, it is a cultural celebration centred on family, generosity and community. This activity pack embraces both perspectives, offering opportunities for Girl Guides to explore diverse traditions while strengthening their connection to the Australian Guide Program.

In Australia, Easter falls beneath autumn skies rather than spring blossoms, providing a unique backdrop to explore themes of change, renewal, reflection and growth.

Using this resource pack Units can investigate how Easter and seasonal celebrations are recognised globally, helping Guides develop cultural awareness and an understanding of the diversity within World Guiding. Practical challenges such as preparing donation packs, making seed bombs, learning traditional recipes or planning small service projects promote teamwork, leadership and real-world life skills while strengthening friendships within the Patrol System. Guides can build practical skills while deepening friendships and understanding.

Activities include both faith-based and secular options so all members can participate comfortably. There's also plenty of chocolate-fuelled activities, keeping things light, playful, and of course, delicious. Reflection and mindfulness opportunities are also provided to support wellbeing and personal development.

The activities link to the four Elements of the Australian Guide Program – Physical, People, Practical, and Self – to keep the experience balanced, hands-on, and meaningful. This approach helps Guides explore, celebrate, and learn in a way that's fun, respectful, and connected to the wider world.



EASTER CELEBRATIONS RESOURCE

How to Use this Resource: *This resource pack is designed to help girls. Guides take the lead while working in partnership with their Leaders. Use the activities as a starting point for conversations with your Guides—invite them to choose what they want to explore, suggest their own ideas, or adapt activities to suit their interests. Leaders can support by offering guidance, ensuring safety, and helping turn the girls' decisions into action. Talk about the skills the Guides will explore as they undertake these challenges.*



FUN EASTER FACTS

Why does Easter change dates each year?

Easter shifts each year because it is a moveable feast based on the lunar calendar. It falls on the first Sunday after the first full moon following the March equinox, so the date changes annually.

Why is Easter celebrated with a Bunny? What about the Bilby?

The Easter Bunny comes from 17th century German folklore, where a hare (Oschter Haws) delivered coloured eggs to well behaved children as symbols of fertility, new life, and spring.

In Australia, the Easter Bilby is promoted instead to support awareness and conservation of this endangered native marsupial, offering a local alternative to the rabbit.

Why is Easter Celebrated with chocolate?

Easter is celebrated with chocolate largely as a way to indulge and mark the end of the 40-day fasting period of Lent. Chocolate eggs and bunnies symbolize new life, resurrection, and the arrival of spring. It became part of Easter tradition in the 19th century when chocolate-making techniques improved

Origins of hot cross buns.

Different regions and religious communities adapted the bun over time, so there isn't a single definitive starting point.



CHOCOLATE QUIZ

- 1. What percentage of cocoa solids should chocolate contain to be classed as chocolate?** 30%
- 2. Who invented the first Chocolate bar?** Fry's
- 3. How much chocolate is consumed in Australia each year?** 6 kg per person per year
- 4. Who used Cocoa beans as currency?** Aztecs
- 5. Where in Australia is the Cadbury Factory located?** Claremont, Tasmania, processing roughly 80,000 litres of fresh milk every day to support high-volume manufacturing
- 6. What should you not do with chocolate?** Put it in the fridge, it gives it a bloom
- 7. What's the name of the tree Cocoa beans grow on and what does it mean?** Theobroma Tree – Food of God
- 8. What day is National Chocolate Day in Australia?** 7th February
- 9. What is the melting point of chocolate?** 34 degrees Celsius, just below body temperature.
- 10. Was chocolate rationed in World War 2?** Yes

PEOPLE

Culture, Community & Connection

- **Easter Around Two Traditions:** Discover the similarities and differences between the Orthodox Christian Easter and the Non-Orthodox Easter. Guides learn about the Western (Gregorian) calendar and Orthodox (Julian) calendar and place stickers to mark the dates of Easter for both. Create a Venn diagram showing differences and shared celebrations (consider dates, food, symbols, themes). *Skills Learned: Comparing traditions using simple research and organising information visually.*
- **What Does Easter Mean?** Explore both the religious (hope, forgiveness, renewal, compassion) and secular (family, sharing, celebration) meanings of Easter. Can you link these ideas to the Girl Guide Promise and Law? *Skills learned: Reflecting on values and connecting them to your own Guiding journey.*
- **World Guiding at Easter:** Explore how Guides in another country celebrate Easter or spring festivals and compare traditions. (Wet Monday in Poland, Clay Pot Toss in Corfu, Kite flying in Bermuda or Colourful Carpets in Guatemala). *Skills learned: Understanding global Guiding cultures and comparing traditions respectfully.*
- **Symbols of Easter Conversation:** Discuss common Easter symbols (eggs, rabbits, candles, the cross, flowers). What do they represent in different cultures? Create a display of what you have discovered. *Skills learned: Interpreting symbols and sharing ideas through group discussion.*
- **A Focus on Renewal:** Are there any other cultures and/or religions that celebrate the theme of renewal/rebirth? (ie Holi, Nowruz, Matariki, Ramadan, Passover. In the Northern Hemisphere Easter is celebrated in Spring however in the Southern Hemisphere it is celebrated in Autumn. Draw or write what 'renewal' looks like in autumn rather than spring. *Skills learned: Understanding cultural diversity and expressing ideas through creative reflection.*



- ❑ **Easter Kindness Challenge:** Each Guide receives a plastic egg containing a kindness challenge for the meeting or week (e.g., help clean up without being asked, include someone in a game, thank a leader, help a younger Guide). *Skills learned: Practising empathy and taking positive action in your community.*



- ❑ **Community Connection:** Make Easter cards or small gifts for an aged-care home, hospital, or community group. *Skills learned: Giving back to others and strengthening community connections.*
- ❑ **Easter Symbols Discovery Hunt:** For younger Guides, hide picture cards or small objects around the hall or outdoor space which represents a symbol of Easter. Have girls find them and then discuss what they think the symbols represent. *Skills learned: Observing carefully and linking objects to cultural meanings.*

- ❑ **From Cacao to your mouth:** With a world map at hand, Guides can trace the journey of chocolate from cacao farms → processing → factories → shops → Easter eggs. Add picture cards at each step. *Skills learned: Understanding global supply chains and how everyday items are produced.*



- ❑ **Ethical Chocolate:** In Patrols, investigate different ethical certifications (e.g., Fairtrade, Rainforest Alliance). Find out what they guarantee and which chocolate companies use them, then design your own “Cocoa Ethics” certificate based on what you think matters most. *Skills learned: Researching real-world standards and deciding what ethical responsibility should look like. Learning advocacy skills.*



- ❑ **Ethical Chocolate Brand Pitch:** Choose a chocolate brand and research how it supports communities—either locally or where cocoa is grown. Present your findings to the unit and vote on which brand shows the strongest commitment to ethicalness, sustainability, and giving back. *Skills learned: Evaluating companies using evidence and communicating your ideas clearly.*



PRACTICAL

Hands-On Creativity,
problem solving,
initiative

- **Decorating Traditions around the World:** Explore how other countries decorate eggs and give it a try. Explore designs such as Pysanky (Ukraine): wax-resistant patterns, Pisanki (Poland): dyed and scratched designs, Red Eggs (Greece) or Kraslice (Czech Republic & Slovakia): intricate etched designs. Discuss eggs as symbols of new life and renewal. *Skills learned: Appreciating global traditions and experimenting with new artistic techniques.*
- **Natural Egg Dyeing:** Use natural materials (turmeric, beetroot, onion skins, red cabbage) to dye eggs. *Skills learned: Using natural resources to create colour and observing how different materials react.*
- **Seedling Planting:** Find out what seeds can be planted in Autumn. Plant these seeds or seedlings to represent growth and renewal. *Skill learned: caring for living things and understanding basic plant needs.*
- **Seed Paper:** Make handmade paper embedded with seeds that can be planted to grow flowers or herbs *Skills learned: recycling materials and creating eco-friendly craft resources.*
- **Hot Cross Bun Cooking:** Bake hot cross buns or damper versions on an open fire. Discuss the history and/or symbolism of the hot cross bun. *Skills learned: safe cooking practices and following a recipe with cultural meaning.*
- **Chocolate Melting Lab:** Melting chocolate correctly is a skill. Explain melting points, tempering and why chocolate snaps when tempered correctly. Compare how milk, dark and white chocolate melt. Observe which melts fastest and discuss why. *Skills learned: observing scientific change and experimenting with heat control.*



- ❑ **Chocolate Taste Test:** Explore a range of chocolates by ranking flavour notes or sweetness levels, and compare packaging to understand marketing and cost. *Skill learned: using sensory evaluation and thinking critically about advertising.*



- ❑ **Origami Bunnies:** Fold an origami rabbit and create a garland to hang in your hall. *Skill learned: following step-by-step instructions and building fine motor skills.*



- ❑ **Easter Basket Construction:** Build baskets from recycled materials to hold eggs or messages. *Skill learned: designing and constructing simple objects from everyday materials.*
- ❑ **Easter Garden Diorama:** Create a small Easter garden using natural materials like stones, moss, sticks, and flowers. *Skill learned: arranging natural elements to tell a story through visual design.*
- ❑ **Promise & Law Paper Eggs:** Write parts of the Promise or Law onto decorated eggs and assemble them into a poster display. *Skill learned: reflecting on values and presenting ideas creatively.*
- ❑ **Easter Story Stones:** Paint stones with words of kindness and place them around the hall. *Skill learned: expressing positive messages and contributing to a shared environment.*



PHYSICAL

Movement, Adventure
& Outdoors

☐ **Cooperative Easter Egg Hunt:** Patrols follow clues together or navigate with compasses to find hidden plastic eggs challenges or questions to answer. If outside perhaps use glow in the dark plastic eggs with a LED tealight inside. *Skills learned: Working as a team and using navigation or problem-solving skills.*

☐ **Messy Egg Toss:** Be prepared to get messy. Go outside and work with a partner to toss and catch an egg without dropping it. Each successful catch means taking a step further eggs. *Skills learned: Building coordination and practising trust with a partner.*



☐ **Chicken Chase Tag:** One Guide is the “fox” and the others are the “chicks”. Chicks must run to safe zones (nests) without getting tagged or adapt the game of “Duck, Duck, Goose” to “Chick, Chick, Fox”. *Skills learned: Moving quickly, making decisions, and playing cooperatively.*

☐ **Bunny Relay Races:** Include hopping races, egg-and-spoon relays, or teamwork obstacle courses. Transfer small easter eggs from plate to plate using chopsticks. *Skills learned: Developing balance, coordination, and teamwork under pressure.*



☐ **Bunny Tail Tag:** Each Guide has a “tail” (a scarf tucked into their waistband) and the aim is to collect as many tails as possible while protecting your own. *Skills learned: Agility, awareness, and strategic thinking.*

☐ **Nature Scavenger Hunt:** Find signs of autumn (Australia) or seasonal change outdoors. *Skills learned: Observing the natural environment and noticing seasonal patterns.*



☐ **Egg Protection STEM Challenge:** Build a structure to protect an egg from a drop. *Skills learned: Designing, testing, problem solving and improving ideas using critical thinking*

- ❑ **Easter Egg Bowling:** . Turn paper-towel rolls into a squad of goofy, long-eared bunny “pins,” line them up like a ten-pin alley, and roll your egg to see how many hoppity-hops you can knock down. *Skills learned: Aiming accurately and creating simple games from everyday materials.*

- ❑ **Community Events:** Find out if there are any local celebrations in your community that you can attend. (e.g. visit a local Christian church on Good Friday or Easter Sunday. Discuss how these two services might be different). *Skills learned: Learning about community traditions and understanding cultural differences.*



SELF

Identity, Growth &
Reflection

- ❑ **New Beginnings Nature Walk:** Take a quiet wander outdoors and collect a natural object that represents renewal or a fresh start. *Skills learned: Noticing symbolism in nature and practising calm reflection*
- ❑ **Exploring Lent & Letting Go:** Learn how Lent in Christianity is a time of reflection, preparation, and going without. Then compare it with other traditions that include fasting or abstinence, such as Ramadan. *Skills learned: Understanding how different cultures use reflection and self-discipline*
- ❑ **Give It Up or Take It On Challenge:** After exploring what Lent means, choose one thing to give up for a week (like complaining or extra screen time) or one positive habit to take on (like helping at home or reading to a sibling). *Skills learned: Setting personal goals and building self-discipline.*
- ❑ **Easter Gratitude Hunt:** Instead of finding chocolate, Guides search for hidden cards with gratitude prompts (e.g., “Name someone who helped you this week,” “What made you smile today?”). They share one answer at the end. *Skills learned: Practising gratitude and expressing positive thoughts. Building wellbeing.*



- ❑ **Hope Candle Reflection:** Light an LED candle and chat about hope, resilience, and how we can support others when things feel tough. *Skills learned: Reflecting on emotions and discussing wellbeing in a safe space.*
- ❑ **Growth Tree:** Add paper leaves to a “growth tree,” each one showing a skill or quality Guides want to develop this year. *Skills learned: Identifying personal strengths and areas for growth.*
- ❑ **Guiding Identity Chat:** Talk about the traditions that shape Guiding—service, friendship, community—and how they help us grow as people. *Skills learned: Understanding values and how they shape your identity.*
- ❑ **Gratitude Eggs:** Write things you’re thankful for on paper egg shapes and create a colourful display of appreciation. *Skills learned: Expressing appreciation and contributing to a shared project.*
- ❑ **Quiet Moments of Renewal:** Guides find a quiet place and reflect on prompts such as: “What renewal means to them” or “What is one thing about themselves they want to grow over the next year?” *Skills learned: Practising mindfulness and self-reflection.*

