

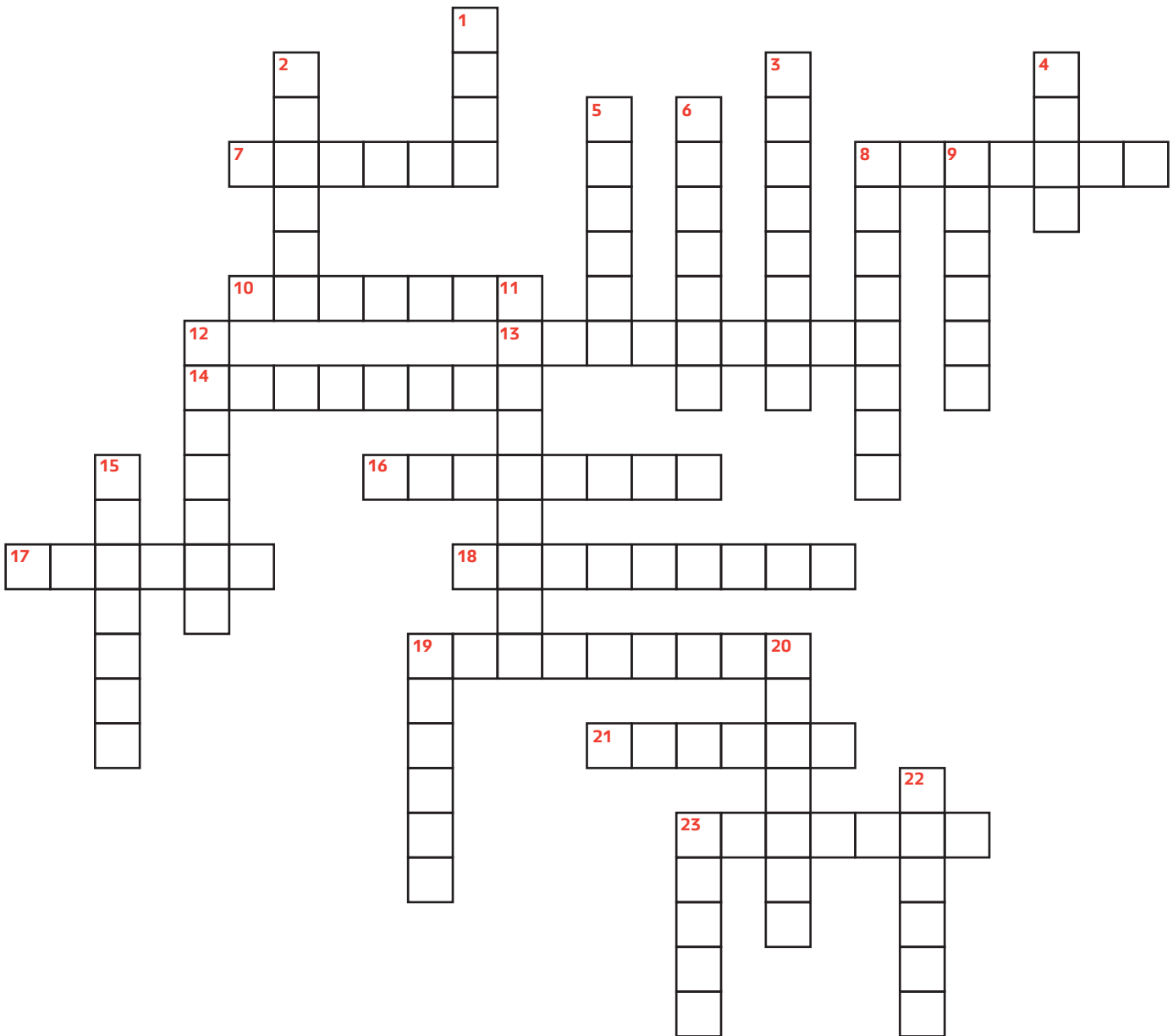
Activity Pack

SPRING EDITION



NESCAFE

CrossWord



ACROSS

- 7 Field of grass and wildflowers thriving in spring (6)
- 8 A young tree often planted in spring (7)
- 10 Describes soil rich and ready for spring planting (7)
- 13 Plant that returns every spring (9)
- 14 Spring bulb with fragrant flowers (8)
- 16 A pale yellow spring flower (8)
- 17 Early spring flower that emerges through the snow (6)
- 18 Italian word for spring, also a pasta dish (9)
- 19 Transfer of pollen necessary for plant reproduction (9)
- 21 Verb for beginning growth, as plants do in spring (6)
- 23 Rebirth or revival, associated with spring (7)

DOWN

- 1 What happens to frozen ground as temperatures rise (4)
- 2 Gentle wind that stirs new leaves (6)
- 3 Climbing plant with cascading flowers in spring (8)
- 4 April's contribution to May's blossoms (4)
- 5 Springtime holiday celebrating renewal and hope (6)
- 6 Seasonal activity on farms associated with spring births (7)
- 8 Young plant just sprouted in spring (8)
- 9 Powdery substance essential for spring reproduction (6)
- 11 Describes spring wildflowers with a brief blooming period (9)
- 12 Birdsong sound often heard in spring (7)
- 15 To produce flowers, as in spring (7)
- 19 Soft colours often associated with spring palettes (6)
- 20 Time when day and night are equal in spring (7)
- 22 Slender, drooping flower cluster found on trees like willows in spring (6)
- 23 Bird often considered a harbinger of spring (5)

Cookies made with Milkybar®



Ingredients:

180g MILKYBAR® mix-in

120g unsalted butter

85g light brown sugar

65g golden caster sugar

1 medium egg

1tsp vanilla extract


180g plain flour

½ tsp bicarbonate of soda

You will also need:

Mixing bowl, wooden spoon and a baking tray.

Try making our delicious Milkybar® cookies using our white chocolate chip product to elevate the cookies. Known and loved by generations, Milkybar® is a great addition for adding an exciting touch to your cookies.

 **SERVES: 24**

 **PREP TIME: 10 MINS**
COOK TIME: 25 MINS

Step 1

Cream the butter and sugar together until light and fluffy.

Step 2

Add the egg and vanilla extract into the mixture and beat again.

Step 3

Fold through the flour, bicarbonate of soda and MILKYBAR® mix-in.

Step 4

Scoop the mixture into twenty-four 22.5g pucks and place on a baking tray.

Step 5

Bake at 180 degrees for 8- 10 minutes.

Step 6

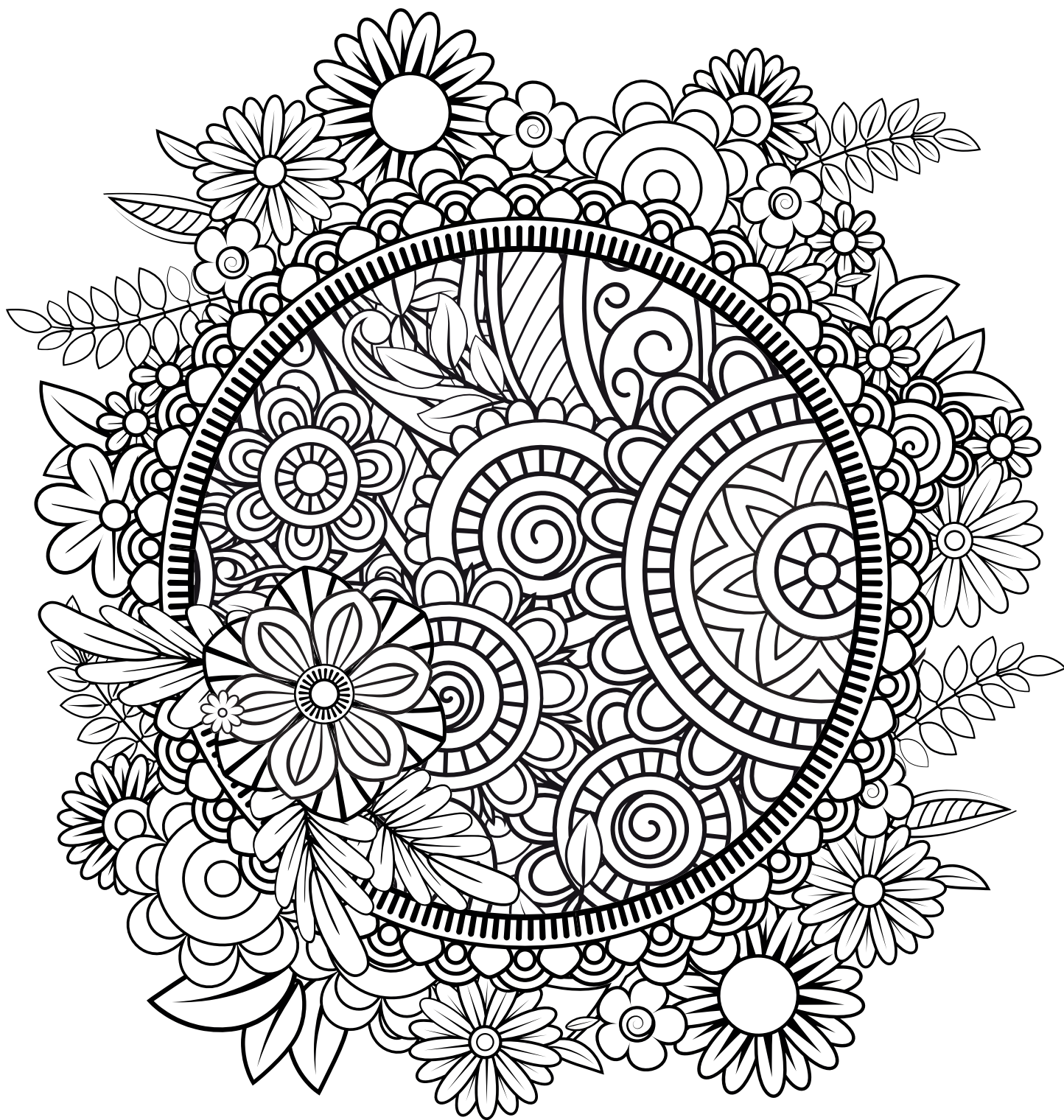
Leave to cool for 10 minutes.

Step 7

Decorate the cookies to your liking and enjoy!



Colouring



Items Needed: Assortment of coloured pens or pencils.

Make a Bird Feeder

Make your very own bird feeder to help feed all the local birds!

You will need:

A combination of dry ingredients...

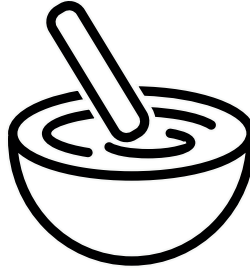
bird seed
cooked rice
breadcrumbs
chopped nuts
grated cheese
dried fruit

**Hard cooking fat
such as lard or suet**

**A pine cone, halved
coconut shell or
plastic pot**

String

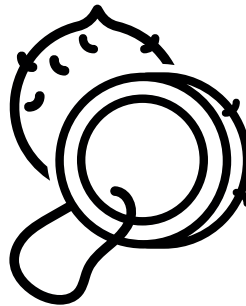
1



Mix

Give your dry ingredients a really good mix in with the fat, don't be afraid to get in there with your hands! Making sure the fat is at room temperature will make this much easier.

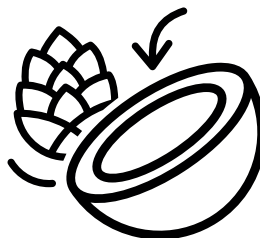
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Make

Grab your feeder of choice and attach the string, if you are using a coconut or pot you may need to put holes in them to thread your string through.

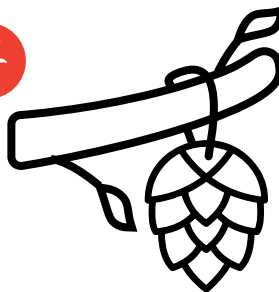
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Fill

Fill up your feeder with the mixture! If you are using a pine cone you can spread it all over the outside and in any gaps.

4

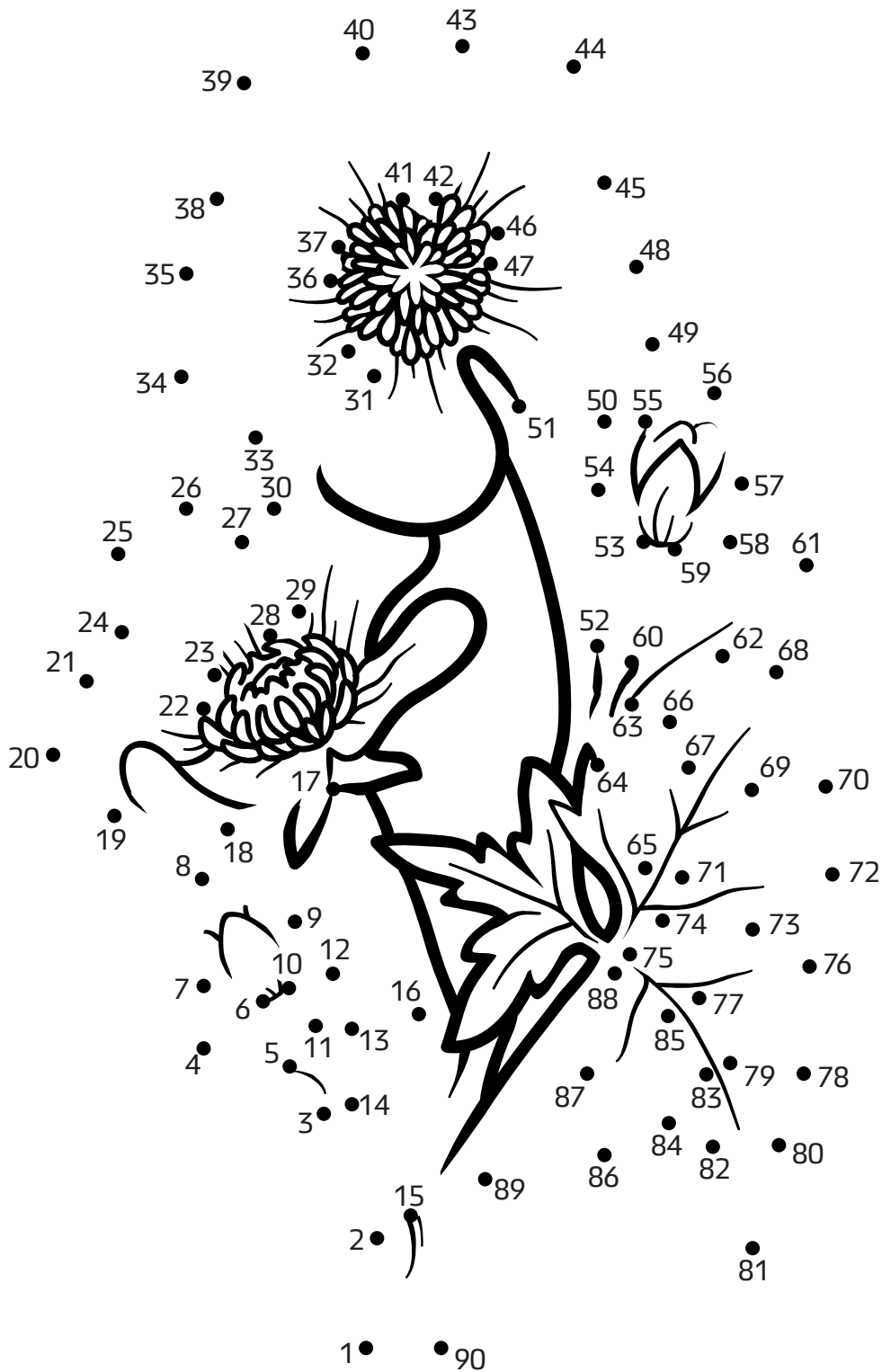


Hang

Hang your feeder on a tree or off your balcony. It's important to make sure it's in a place where the birds won't be disturbed!

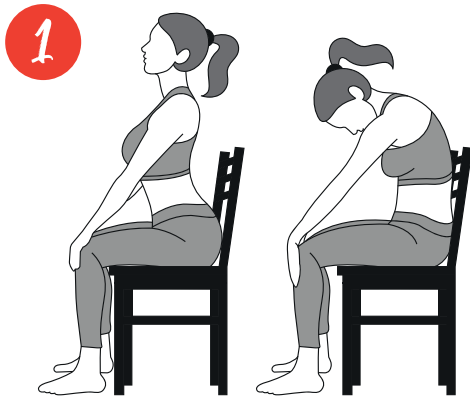
Items Needed: A pine cone, halved coconut shell or plastic pot and some string.

Dot to Dot

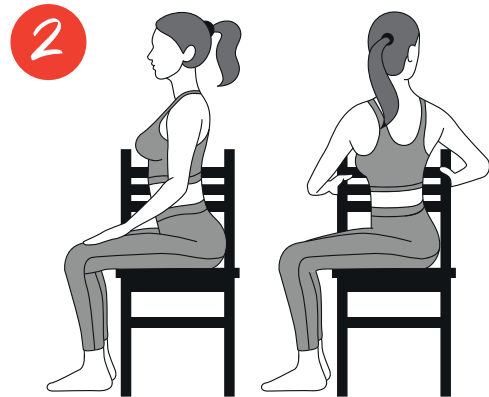


Items Needed: Pencil or pen.

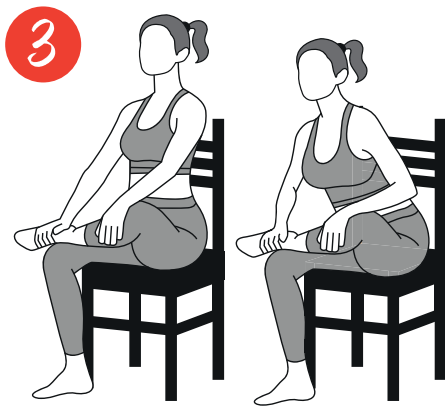
Chair Yoga



Cat-cow stretch



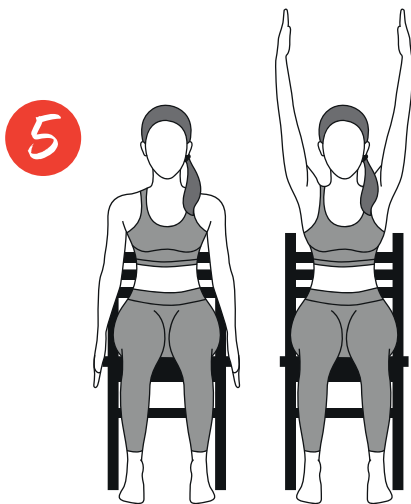
Spinal twist



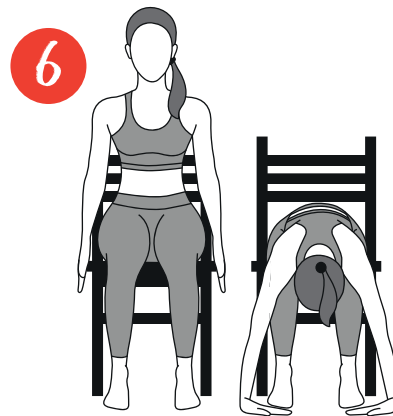
Pigeon



Extended side angle



Raised hand pose



Forward bend pose

Tips:

- Choose a sturdy, stable chair without wheels.
- Wear comfortable, non-restrictive clothing.
- Practice in a quiet, safe space with adequate lighting.
- Listen to your body and avoid overexertion.

Answers

Crossword

ACROSS

7. Meadow 8. Sapling 10. Fertile 13. Perennial 14. Hyacinth 16. Primrose
17. Crocus 18. Primavera 19. Pollinate 21. Sprout 23. Renewal

DOWN

1. Thaw 2. Breeze 3. Wisteria 4. Rain 5. Easter 6. Lambing 8. Seedling
9. Pollen 11. Ephemeral 12. Chirrup 15. Blossom 19. Pastel 20. Equinox
22. Catkin 23. Robin

