## FAMILY FIRST FOSTERING WISHES YOU A HAPPY EASTER

## What is Easter?

Easter is a Christian holiday that celebrates the resurrection of Jesus Christ. Easter takes place three days after Jesus's death on Good Friday. This holiday concludes the "Passion of Christ" series of holidays that began with Ash Wednesday.

## What is Lent?

Beginning on Ash Wednesday, Lent is a season of reflection and preparation before the celebrations of Easter. By observing the 40 days of Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the desert for 40 days. Lent is marked by fasting, both from food and festivities.

## How to celebrate Easter ?

Easter is about spending time with loved ones and there are various ways to make your young person feel supported during this time such as taking them to church services, enjoying festive meals, and participating in fun activities like Easter egg hunts, baking, and creating and putting up Easter decorations.



I challenge you to a Easter Egg battle! 1) Get your own egg or create one 2) Design your egg using paint, pens...add a basket if you like! 3) Take a picture and send it to Leche@familyfostering.co.uk By 27.03.2024

There is only one winner!

There are also plenty of ideas that make the most of the spring weather, including planting flowers, playing sports, and having a picnic. After devouring your favourite Easter recipes for dinner, unwind by watching some family-friendly Easter movies and munching on bunny-shaped Easter desserts.