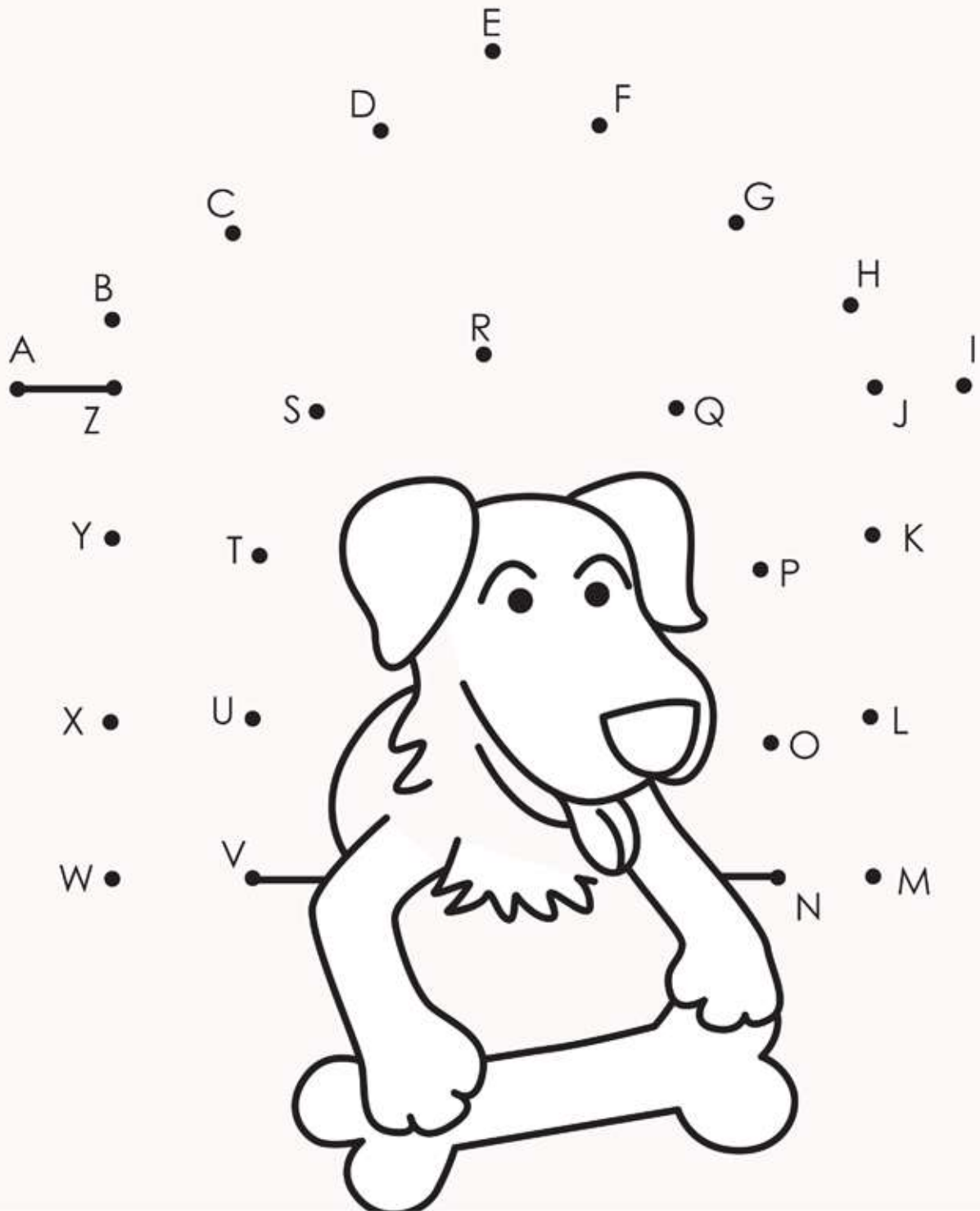




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ACTIVITY PACK





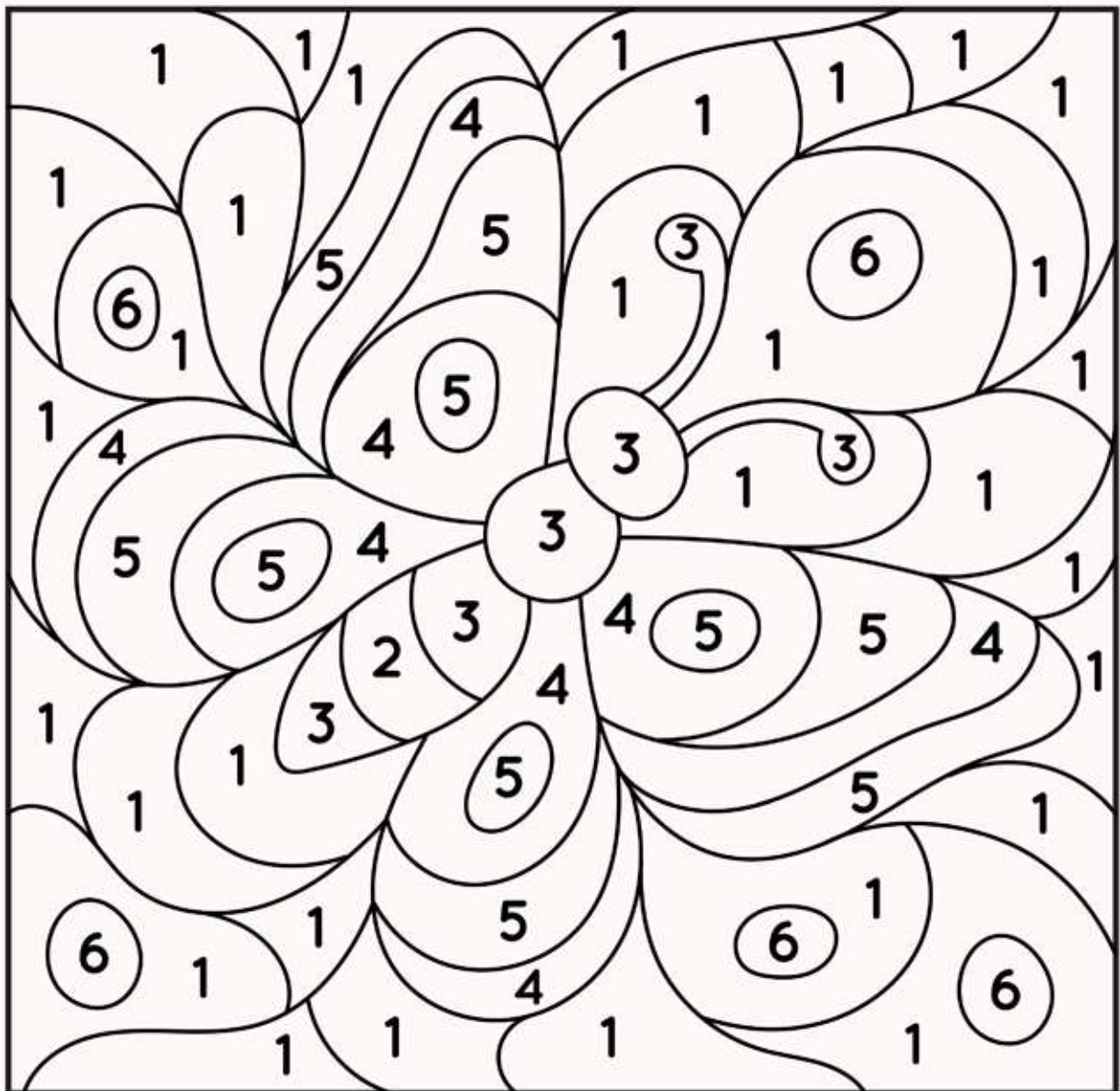
Colour by Number Butterfly

Directions: Use the colour key below to reveal the beautiful butterfly

1 = Green
4 = Blue

2 = Orange
5 = Purple

3 = Brown
6 = Yellow



Word Search

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

vegetables

easter

fruit

bun

chocolate

carrot

bread

londis

bunny

eggs

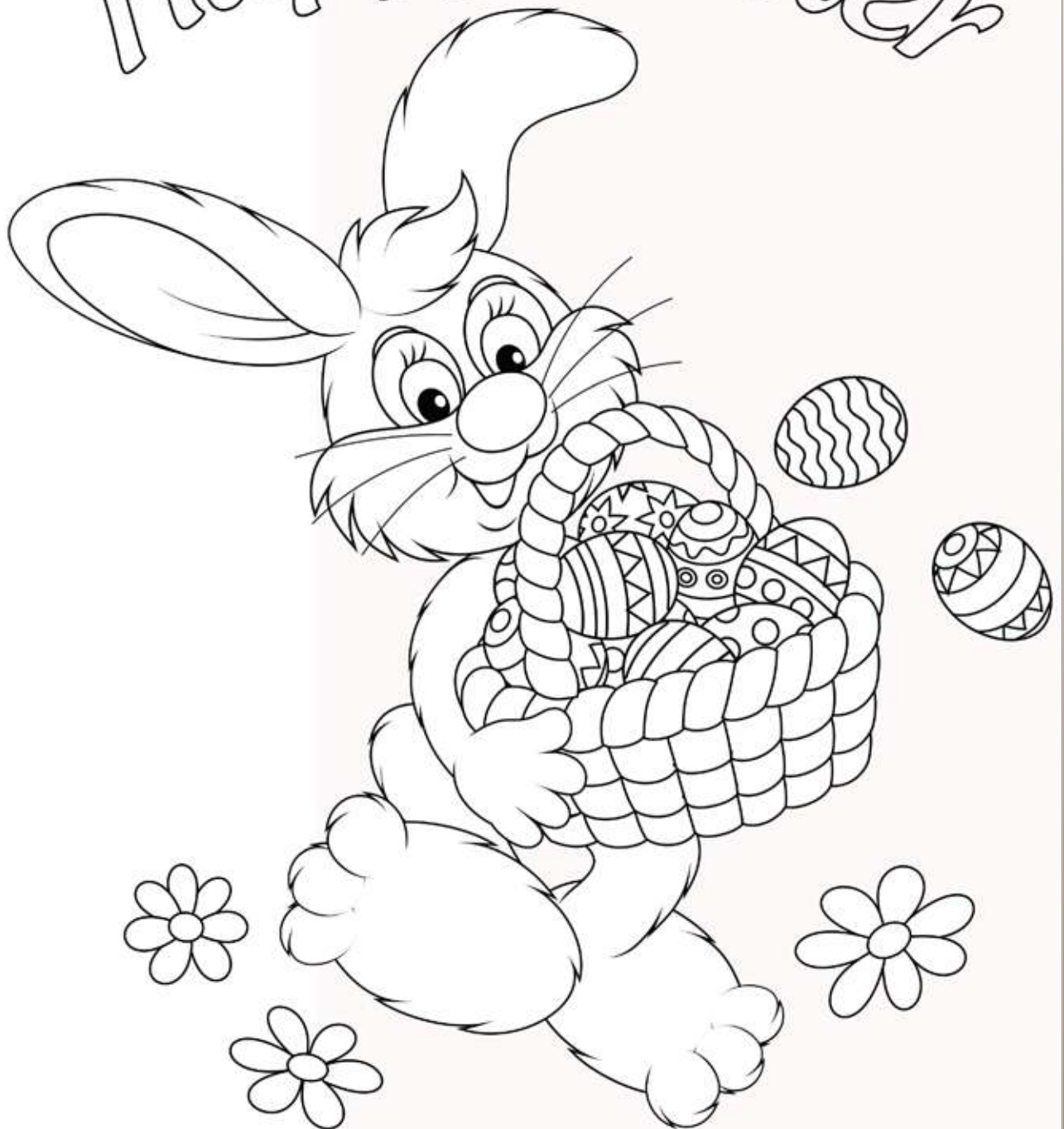
basket

cream

milk

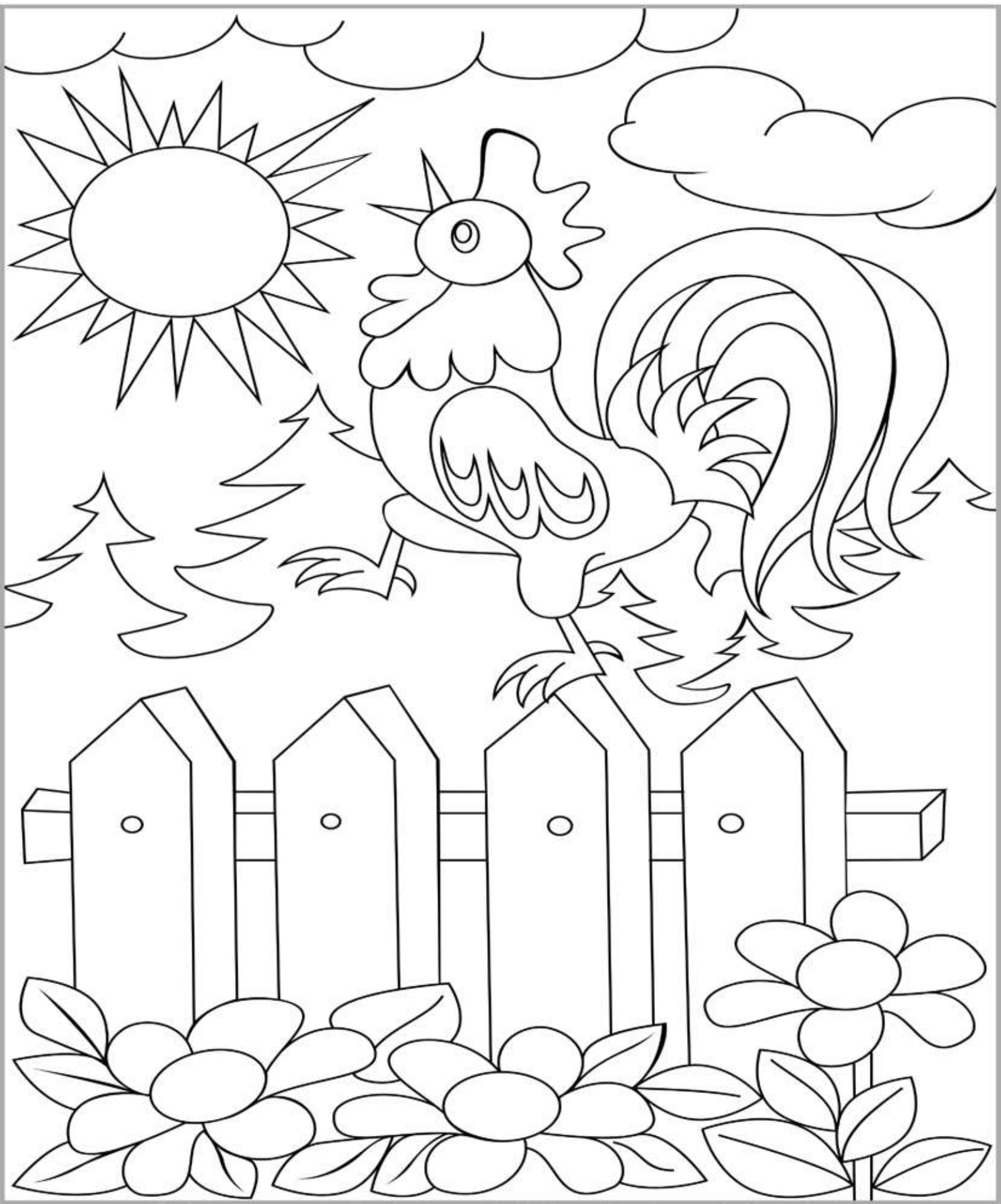
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Happy Easter



Be in with a chance of winning a Smyth's voucher!

Colour in the picture below and share on the competition post on Londis Ireland Facebook page



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Local like you



Spell your name!

Spell your full name and complete the exercises beside

- | | | | |
|----------|----------------------|----------|------------------------|
| A | 10 Jumping Jacks | N | 10 second jump rope |
| B | 5 Push Ups | O | 10 russian twists |
| C | 1 burpee | P | 5 squats |
| D | 20 high knees | Q | 10 arm circles |
| E | 5 crunches | R | 10 skaters |
| F | 10 mountain climbers | S | 10 second jog in place |
| G | 5 squats | T | 10 butt kickers |
| H | 10 front lunges | U | 5 inchworms |
| I | 10 side lunges | V | 5 tricep dips |
| J | 10 second wall sit | W | 3 star jumps |
| K | 5 calf raises | X | 5 second plank |
| L | 5 second plank | Y | 10 leg raises |
| M | 3 squat jumps | Z | 5 squat jacks |

Weekly Chart



Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend

If I earn _____ points for the week I can _____

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*WE WOULD LOVE TO SEE ALL YOUR
WORK,
MAKE SURE TO TAG @LONDISIRELAND
ON FACEBOOK AND INSTAGRAM*

