



MINDFULLY *celebrating* EASTER

Mindfully Celebrating Easter

Basket Stuffers You *and* Your Children will Love

Whether celebrated for its religious significance, as a family tradition, or as a way of welcoming spring, we can all agree that Easter is about new life; blades of grass poking through freshly thawed soil, tender shoots emerging from a deep slumber, just as we breathe in the fresh spring air after a long, dark winter.

Traditionally, children toting baskets and a sense of adventure would hunt for eggs - real, whole eggs - hidden in the grass. The eggs were, and still are for some, a symbol of new life. Somewhere along the way, whole eggs led to chocolate eggs, which led to chocolate bunnies, chocolate hens, jelly beans, marshmallow peeps, and well, you get the picture. The celebration of new life and a new season are easily lost in the mountain of candy.



EASTER BASKET
stuffers.

TOSS THE
sugar;
BRING ON THE
sweet.

As a child, I adored Easter. I am certain I loved the chocolate and candy, but most of my connection to our family celebrations lies in the excitement of the treasure collecting and the feeling of transformation - of going to bed at night eager in anticipation of the newness and lightness that Easter would bring.

As a parent, I want to bring that anticipation to our home, but I don't want to bring the sugar. Over the past few years, I've come up with a few things that get a check of approval from our whole crew - kids and parents alike.



Natural Easter Baskets



BASKETS

We love a fabric bag or wicker style basket. Opt for wheatgrass, fabric, or shredded paper in place of traditional plastic nesting material. You can also use another container or skip this step altogether!

TOYS & CRAFT SUPPLIES

- Wooden Animals
- Plush Animals
- Animal Finger Puppets
- Tops
- Natural Play Dough
- Pencil Crayons & Crayons
- Felt Eggs, Felt, or Roving
- Beeswax
- Modeling Clay
- Watercolour Paints
- Paint Brushes
- Baby Animal Stickers

NATURE-BASED

- Gardening Tools
- Gardening Gloves
- Flower Bulbs or Plant
- Seed Starting Kit
- Nature Journal
- Bug/Critter Net
- Bug Viewer
- Magnifying Glass
- Binoculars
- Plant Identification Cards
- Insect Identification Cards
- Animal Identification Cards

OTHER

- Lip Balm
- Lotion
- Beeswax Candles
- Bath Salts
- Egg Cup
- Easter Mug
- Tea
- Animal Cookie Cutters
- Book and/or Bookmark

NOTE: This is clearly still a consumeristic approach, which may or may not work for your family. Our goal is to take the focus off sugar, and find gentle, warm, and inspiring items for our baskets that hopefully embody some of the natural sweetness of new life.