The Meaning of Easter: A Time of Hope and New Beginnings

Join Nova the Owl and Leo the Lion as we explore the history and traditions of the Easter season!

- **For Christians, Easter celebrates the Resurrection of Jesus, symbolising the victory of life over death.**
- **The period of forty days leading up to Easter is called Lent, a time for reflection, prayer, and self-discipline.**
- **Many people associate Easter with spring because the season represents new life, growth, and the arrival of warmer weather.**
- **Eggs have become a common symbol of Easter because they represent new life breaking forth from a shell.**
- **Hot cross buns are traditional spiced sweet buns marked with a cross on top, often eaten during the Easter period.**

Did you know? Did you know? The date of Easter changes every year! It is determined by the lunar calendar, which is why it always falls on a Sunday between the 22nd of March and the 25th of April.

Key vocabulary: Resurrection · Lent · Crucifixion · Symbolism · Celebration · Spring