

FESTIVALS & CELEBRATIONS · GRADES 1–4

Easter Traditions Explained

Why eggs and bunnies?

Easter symbols have meanings

At Easter, you see eggs, bunnies, chicks, and crosses everywhere. But why these particular things? Each symbol has a meaning connected to new life, hope, and the Easter story.

Easter symbols and their meanings

<p>■ Eggs</p> <p>Eggs represent new life. Just like a chick hatches from an egg, Christians believe Easter is about new life and fresh starts.</p>	<p>■ Easter bunny</p> <p>Rabbits have lots of babies in spring, so they represent fertility and new life. The Easter bunny tradition comes from Germany.</p>
<p>■ Chicks and lambs</p> <p>Baby animals are born in spring. They represent innocence, new beginnings, and the start of life.</p>	<p>†■ Cross</p> <p>The cross is the most important Christian symbol. It represents the Easter story and the heart of the Christian faith.</p>

Easter foods and why we eat them

Food	Tradition	Why
Hot cross buns	Eaten on Good Friday	The cross on top represents the Christian cross
Chocolate eggs	Given as gifts	Eggs symbolize new life; chocolate makes them a treat
Simnel cake	Eaten on Easter Sunday	11 marzipan balls represent Jesus's disciples



Food	Tradition	Why
Easter bread	Varies by country	Often braided or shaped to represent the crown of thorns

Discussion

1. Spring is when plants start growing again after winter. How does this connect to the idea of 'new life'?
2. Many Easter traditions are about hope and fresh starts. Can you think of times when you've had a fresh start?
3. Different families celebrate Easter in different ways. How does your family (or friends' families) celebrate Easter?

