

# ANCHORS

Bringing the BB adventure to you ...



**Weekly Activity Pack**  
13th to 19th April

**#BBATHOME**



**Post-It Targets**



**Snail Racing**



**My #BBatHOME Anchor**



**Joseph's Coat**



**Thank You NHS Bunting**



**Colour Changing Daisy**



# POST-IT TARGETS



GET ACTIVE



15 MINUTES



READY TO GO



## GETTING INTO THE ACTIVITY

Set up your own target practise wall, to put your aiming and throwing skills to the test.

On post-it notes, write the numbers 1-10 and stick these to a wall. Set up a throwing line a couple of metres away.

You'll now need something to throw or shoot at the wall. Nerf guns, small soft balls, bean bags etc. would be ideal. If you don't have any of these items, then pair some socks up and make these into balls to throw.

Throw the balls against the wall, if you hit a post-it note you score the amount of points on the note. How many points can you score with 5 throws? Try again and see if you can beat your score. Now can you hit the notes in number order?

Make it more difficult by moving the throwing line further away from the wall.



## WHAT YOU'LL NEED

- Post-It Notes
- Pen
- Soft Ball / Nerf Gun / Socks



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please ensure the wall and equipment used is safe and appropriate. Share a picture or video of you playing the game with your BB group or post on social media using #BBatHOME.

# SNAIL RACING



GET  
ADVENTUROUS



20 MINUTES



READY  
TO GO



## GETTING INTO THE ACTIVITY

Get closer to nature by searching for snails and then setting up a snail racing contest.

For this activity you'll need to find at least two snails. If you struggle to find snails then you can try and find other bugs and insects such as ants, spiders or woodlouse to race.

You'll also need a racetrack for the snails to race. We suggest using a paving slab, dinner plate, or drawing a circle on the floor. Place your snails or insects in the middle of the racetrack. The snail that gets off the racetrack first is the winner. Reward the snails afterwards with a lettuce leaf.

**Top Tips:** Please be careful with the snails at all times and set up your racetrack in the shade. Spraying a little water onto the racetrack will help the snails to slither along. Return the snails where you found them afterwards.



## WHAT YOU'LL NEED

- Snails (or other insects)
- DIY Racetrack



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please ensure the snails are treated well throughout the activity and hands are washed afterwards. Share a picture or video of your snail race with your BB group or post on social media using #BBatHOME.

# ANCHORS



#BBatHOME

# MY #BBatHOME ANCHOR



GET CREATIVE



20 MINUTES



IN THE CUPBOARD



## GETTING INTO THE ACTIVITY

Create an Anchor, the logo of The Boys' Brigade, at home using things found around the house.

**Recycled Anchor:** Using items from your recycling bin, create an anchor model which you can keep. You could use cardboard, bottles, bottle tops, yoghurt pots etc. If you have paint, then you could decorate your anchor too. Once complete, find somewhere nice to display the anchor.

**Household items:** Use items from around the house to create a giant BB anchor on the floor. This might be from toys, books, games, pots and pans, shoes, clothes etc. - whatever you can get your hands on. Can you get all the details right? Can you find items of the correct colour?

Get a grown-up to take a photo with your BB Anchor and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Recycling Objects or Household Items
- Glue, Scissors, Tape etc.



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please ensure only appropriate equipment is used for this activity. Share a picture of the completed anchor with your BB group or post on social media using #BBatHOME.

# JOSEPH'S COAT



GET INTO  
THE BIBLE



20 MINUTES



PREPARATION  
NEEDED

## ▶▶ GETTING INTO THE ACTIVITY

Learn about one of the characters from the Bible, Joseph, and take some time to recreate his coat of many colours.

The story of Joseph can be found in the book of Genesis. It's a story about good coming from bad, God always having a plan and forgiveness. Recap the story through a song by watching the YouTube video 'Joseph Song' by Saddleback Kids. More videos can be found on YouTube should you wish to watch the story in more detail.

Joseph is best known for his coat of many colours. Spend some time recreating the coat to help remind you of the Bible story. To do this, use the coat template below or draw your own. Then you'll need to decorate the coat with as many colours as you can find. You could use colouring pens, paints, glitter, tissue paper etc.

How many different colours can you use to decorate your coat?



## WHAT YOU'LL NEED

- Joseph's Coat Template
- Colouring Pens / Paint



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your completed 'Joseph Coat' with your BB group or post on social media using #BBatHOME.



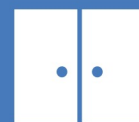
# THANK YOU NHS BUNTING



GET INVOLVED



30 MINUTES



IN THE  
CUPBOARD



## GETTING INTO THE ACTIVITY

The NHS are working hard to help treat people and look after our country. Show your thanks by creating bunting to place in your window or around your house.

Cut large triangles from sheets of A4 paper. You'll need 5 or 6 large triangles. On each one draw a picture or write some words linked with the NHS. You might want to include the NHS logo, a picture of a doctor or nurse, a drawing of a hospital, a love heart or the words 'Thank You'. Make the bunting as colourful as you can.

Once complete ask a grown-up to create holes in the top corners of each triangle. Feed a length of string or wool through the holes on each triangle until you form a line of bunting. Make sure you leave some extra string at each end to help hang the bunting up.

Hang the bunting in a window or somewhere around the house, to help show your thanks for all that the NHS is doing.



## WHAT YOU'LL NEED

- Colouring Pens
- Paper
- String
- Holepunch
- Scissors



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your NHS bunting with your BB group or post on social media using #BBatHOME.

# COLOUR CHANGING DAISY



GET LEARNING



1 HOUR



PREPARATION NEEDED



## GETTING INTO THE ACTIVITY

Learn how water travels through a plant with a simple science experiment which changes the colour of daisies.

You'll need to find some white flowers for this. You can use daisies you find in your garden or on your daily walk. Alternatively buy some larger white flowers when shopping at the supermarket.

In a glass or a jar pour some water. Add to it a generous amount of food colouring. If you can, set up two or three glasses with different colours. Blue and red work best. Finally add your daisy or white flower to each glass, ensuring the bottom of the stem is in the water. If your daisies are quite small, then you may wish to carefully tape them to the glass to stay in place.

Over time, the flowers should start to change colour. This may take a day or two, so be patient. This shows how plants and flowers drink water and how water works its way through the stem and into the petals of the flower.



## WHAT YOU'LL NEED

- White Flowers (Daisies)
- Glasses / Jars etc.
- Water
- Food Colouring



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of the daisy experiment with your BB group or post on social media using #BBatHOME.

# Joseph's Coat

