

Bringing the BB adventure to you ...

## Activity Pack

13th to 26th July



### #BBATHOME



### 10,000 Steps



### Wildlife Photography



### Biscuit Sculptures



### Introduction to Alpha Youth



### Prime Minister For a Day



### Family Tree



#### **IMPORTANT NOTICE FOR PARENTS/CARERS**

Activity **MUST** be supervised by a parent/carer **AT ALL** times. A parent/carer **MUST** assess risk before allowing their child to participate. Parents/carers **MUST** be aware of and follow up-to-date Government rules and guidance on social distancing.

# 10,000 STEPS



GET ACTIVE



1 HOUR +



READY TO GO

## ▶▶ GETTING INTO THE ACTIVITY

An average teenager should aim to do 10,000 steps a day, to keep fit and healthy. Keep a record of your steps and see if you're hitting your target.

Do you think you usually hit your 10,000 steps a day? Or are you guilty of not doing enough exercise? Find the step counter on a smart phone or download an app which does this. Keep the phone on you all day and this will automatically track your steps. At the start of the day, predict how many steps you will do. How does this compare with the actual result at the end of the day?

Try going for a walk to do 10,000 steps, to help visualise how far you need to walk in an average day to hit your daily target. Is it further than you thought it would be? Aim to hit 10,000 steps everyday for the rest of the week.

Share a photo of you completing your 10,000 steps with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Smart Phone



## NOTES FOR PARENTS & CARERS

Please follow current social distancing guidelines when out and about. An adult should initiate any contact with the BB group and/or share on social media.

# WILDLIFE PHOTOGRAPHY



GET  
ADVENTUROUS



1 HOUR



READY  
TO GO



## GETTING INTO THE ACTIVITY

Whether you live in the city or the country, wildlife is all around you. Head out and explore your surroundings, on a mission to take some brilliant wildlife photos.

If you've ever watched a David Attenborough show or spent time looking through books or websites on wildlife, then you will have seen some incredible photos and videos of animals and insects that live in our world.

Do you have what it takes to get close enough to wildlife to take an impressive photo? This might be a squirrel in the local park, a bird in your garden or a swan on a lake. Think about what animal you'd like to photograph and where might be best to find one. How many different animals can you capture on camera?

Once home, see if you can use a photo editing app to enhance your photos and make subtle changes to them, to make the image even clearer and bolder. Share your wildlife photos with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Camera Phone / Digital Camera



## NOTES FOR PARENTS & CARERS

Please respect and take care around any wildlife. Follow current social distancing guidelines when out and about. An adult should initiate any contact with the BB group and/or share on social media.

# BISCUIT SCULPTURES



GET CREATIVE



30 MINUTES



IN THE CUPBOARD



## GETTING INTO THE ACTIVITY

Put your creativity and engineering skills to the test (as well as your ability to resist eating biscuits) by building a famous structure using a packet of biscuits.

For this activity you'll need a packet of biscuits. The type of biscuits are up to you and you could use a mixture of biscuits. Your aim is to re-create a famous building or sculpture. This might be Big Ben, the Eiffel Tower, Stonehenge, the Shard, the Leaning Tower of Pisa or so on. Think about which building you'd like to create and then get to work.

You can use icing to help stick the biscuits together and give your structure some stability. It will also make the structure taste even better when it comes to eating it!

Once the structure is complete, take a photo and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Biscuits
- Icing



## NOTES FOR PARENTS & CARERS

Please follow good food hygiene at all times. An adult should initiate any contact with the BB group and/or share on social media.



# INTRODUCTION TO ALPHA YOUTH



GET INTO  
THE BIBLE



30 MINUTES



READY  
TO GO



## GETTING INTO THE ACTIVITY

Talking about God and faith can be hard. Take a look at what Alpha Youth has to offer, think about some of the introductory questions and consider if you'd like to explore Alpha Youth further.

Alpha Youth is a series of videos and discussions that are designed to explore some of life's biggest questions in an open and relatable way. Check out the video for episode 1 on YouTube - <https://youtu.be/x5N7H2T5Rmw>

Episode one throws up some important questions such as 'what makes you happy?' and 'If God does exist and you could ask him one question, what would it be?' Spend some time, either on your own or with family or friends, thinking about these questions. What would your answers be?

If you'd like to continue Alpha Youth and explore some of life's big questions further then speak to your BB leader and ask them if they could run a course or put you in touch with someone who can.



## WHAT YOU'LL NEED

- YouTube



## NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.

# PRIME MINISTER FOR A DAY



GET INVOLVED



20 MINUTES



READY TO GO



## GETTING INTO THE ACTIVITY

Ever wished you were Prime Minister so you could ban Mondays, lower the driving age or create more bank holidays? Well now is your chance! If you were Prime Minister for the day, what changes would you make?

Think about what changes or new laws you'd create if you were Prime Minister. Either write them down on paper or record them on camera. You could even pretend you was making an address to the nation, explaining your changes.

Whilst it might be tempting to make lots of quick changes, think about what bigger changes you'd make too. Can you think of an idea that would actually benefit other people? Can you think of a policy that might solve our climate problems or boost our economy?

If you think of something really good, then why not write to your MP / MSP / MLA / MS and share it with them. Who knows where the idea might end up!

Share your ideas with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Pen & Paper
- Camera Phone



## NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group or politicians and/or share on social media.

# FAMILY TREE



GET LEARNING



45 MINUTES



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

Family trees can be traced back hundreds of years and can often bring up fascinating facts and information about your history and ancestry. Explore your family tree and try to find out about people and stories that you weren't aware of.

At the bottom of a piece of paper write your name. Then draw a line outward with the name of your parents on. Above that write the names of your grandparents on either side. This might be as far as you can go, without asking for help. Now speak to your parents and, where possible, grandparents to find out more information about their parents and grandparents. How far back can you go?

As well as finding out names, try and find out what occupation they had, if they had any siblings and if they are still alive. You might also want to ask if there are any stories about these people that your relatives know of. You may be related to a war hero, someone born in another country or even someone who was famous.



## WHAT YOU'LL NEED

- Paper & Pen
- Telephone



## NOTES FOR PARENTS & CARERS

Share your family tree with your BB group or post on social media using #BBatHOME. An adult should initiate any contact with the BB group and/or share on social media.