



#BBATHOME

Bringing the BB adventure to you ...

Weekly Activity Pack

8th to 14th June



Circuit Training



On Your Bike



Flick Book



Never Give Up



Upcycling



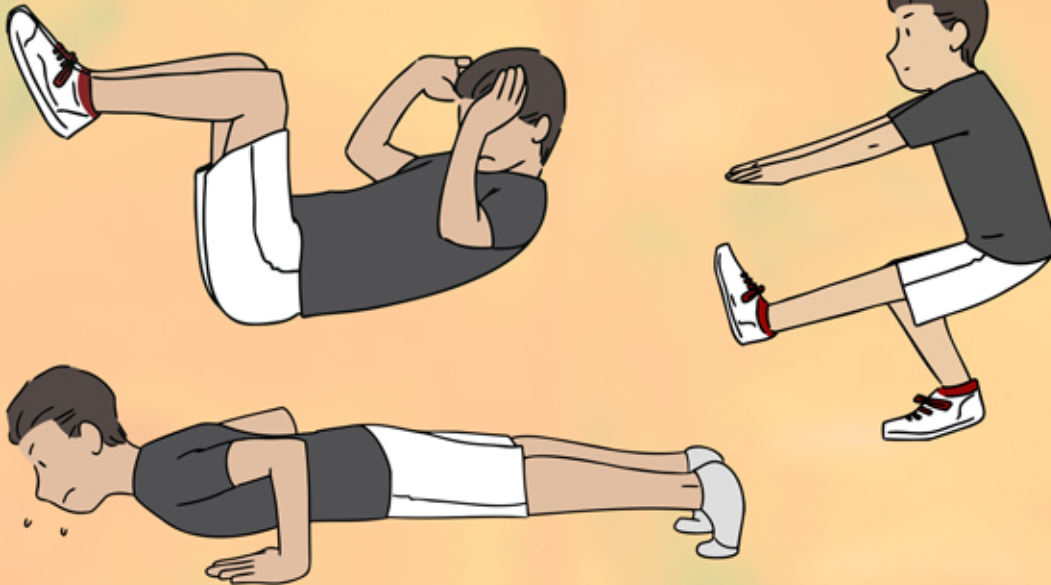
The World Through Blurry Eyes



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.

CIRCUIT TRAINING



GET ACTIVE



30 MINUTES



PREPARATION NEEDED

▶▶ GETTING INTO THE ACTIVITY

Improve your fitness by setting up and taking part in some circuit training.

Circuit training is a workout technique involving a series of exercises performed in rotation with minimal rest. Set up 5 or 6 different challenges to take part in.

Some examples of exercises are: Press-ups, sit ups, ball wall bounce, skipping, planks, squats, shuttle runs, high knees, side jumps and so on. You could use household objects as part of your exercise. Tinned food could create weights, a pile of books for your side jumps or string as a skipping rope.

Complete the circuit training. Aim to do each activity for 1 minute, with a 30 - 60 second rest between each exercise. If you feel up to it, try and do a second round. Try to do your circuit training a few days a week and see if you can slowly increase the number of reps you achieve on each exercise.

Share a photo or video of you circuit training with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Household Objects



NOTES FOR PARENTS & CARERS

Please ensure the space and equipment used for this activity is appropriate. Rest should be taken if needed and participants shouldn't overexert themselves. An adult should initiate any contact with the BB group and/or share on social media.

ON YOUR BIKE



GET
ADVENTUROUS



1 HOUR



READY
TO GO



GETTING INTO THE ACTIVITY

Explore a new part of your local area, by jumping on your bike and finding a new cycle route or country park.

Before heading out on your bike, take a look online for cycle routes or recommended cycle paths in your local area. Chat with an adult at home and between you decide which is the most appropriate route for you to try. Ideally it should be somewhere you haven't cycled before, so you can explore somewhere new.

Just before cycling, please check your tyre pressure and ensure you take a drink with you. Put on your helmet and head out on your bike. What new area will you explore? Use a mobile to track your route and activity to keep an eye on how many miles you have cycled.

If you don't have access to a bike, then head out on a walk instead. The important thing is you try to explore somewhere new.

Share a photo of your bike ride with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Bike
- Helmet
- Mobile Phone



NOTES FOR PARENTS & CARERS

An adult should provide guidance on the route taken and check the bike is safe beforehand. Please follow current social distancing guidelines whilst out. An adult should initiate any contact with the BB group and/or share on social media.

FLICK BOOK



GET CREATIVE



45 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Bring a drawing to life by creating a flick book - where gradually, from one page to the next, your drawing becomes animated and starts to move.

Use a notebook, or staple together lots of slips of paper to make your own notebook.

Draw a simple picture, such as a stickman, in the bottom corner of your notebook. On the next page, draw the same picture in the same place, but this time make a small change - such as moving the arms or legs a fraction. Continue this process, with each new page having a slight movement from the page before it. Once you have filled in all the pages, you should be able to flick through the notebook and see your drawing come to life.

Flick books can be made more complicated by drawing more complex pictures, using colours and trying to tell a story. Give it a try and see what you can create.

Share the video of your flick book with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Notebook
- Pen



NOTES FOR PARENTS & CARERS

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

NEVER GIVE UP



GET INTO THE BIBLE



10 MINUTES



READY TO GO

▶▶ GETTING INTO THE ACTIVITY

Keeping going, even when times are tough, can be hard. How often do you feel like you want to give up and give in? With God on our side, anything is possible!

Hold a plank position. How long can you do it for? Create some more endurance exercises and see how long you can do each one for. How do you rate your endurance and perseverance?

There are lots of things in life, just like the plank, that after a while we give up because of the pressure or we lose interest. When have you felt like giving up? School, Sport, God?

Jesus faced many obstacles in his life, but he never gave up because he believed strongly in what he was doing. He found his strength from God. Our lives are no different. When we struggle, we can ask God to give us strength and be with us. God is with us always. Matthew 28 v 20

Think about one thing you might be struggling with at the moment and pray to God for help and support.



WHAT YOU'LL NEED

- Bible



NOTES FOR PARENTS & CARERS

During exercise, rest should be taken if needed and participants shouldn't overexert themselves. An adult should initiate any contact with the BB group and/or share on social media.

UPCYCLING



GET INVOLVED



1 HOUR +



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Take something old or that's ready to be thrown away and give it new life by upcycling it.

Upcycling helps to reduce the amount of waste we produce, by using something old or redundant and turning it into something you can use again. Great examples of this include taking old furniture (chairs, wardrobes cabinets) and doing them up so they look new again or using household recycling object to build something new.

Spend some time looking on the internet for upcycling inspiration and then take a look around your house for something you can upcycle. Once you have an idea, share it with an adult for their agreement and guidance before taking on your upcycling project.

Have some old furniture you could upcycle? An old bicycle wheel you could make into a clock? Could you paint tin cans into candle holders, pen pots or cutlery holders? The possibilities are endless.

Once finished, send a picture of your upcycling to your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Old Furniture
- Recycling Materials
- DIY Tools
- Craft Supplies



NOTES FOR PARENTS & CARERS

An adult should approve the upcycling plan and give guidance / supervise the project. An adult should initiate any contact with the BB group and/or share on social media.

THE WORLD THROUGH BLURRY EYES



GET LEARNING



15 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Take a tour of the world with blurry eyes as you try to solve which famous landmarks have been blurred in each photo.

There are many famous landmarks around the world which are instantly recognisable by most people in just a split second. Take on the challenge of seeing these world landmarks with blurred vision. Can you still work out what they are? For each question you should provide the name of the landmark and the country it's found in. How many points can you achieve? Once you've had a go, challenge a family member to give the activity a try and see if they can score higher than you.

Take it further: Create your own blurry vision quiz by taking pictures of famous places, people movies etc and editing them so they are blurry or pixelated. Send the quiz to a family member or your BB group and see how they get on.

Share your score and your own blurry vision quiz with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- The World Through Blurry Eyes Worksheet



NOTES FOR PARENTS & CARERS

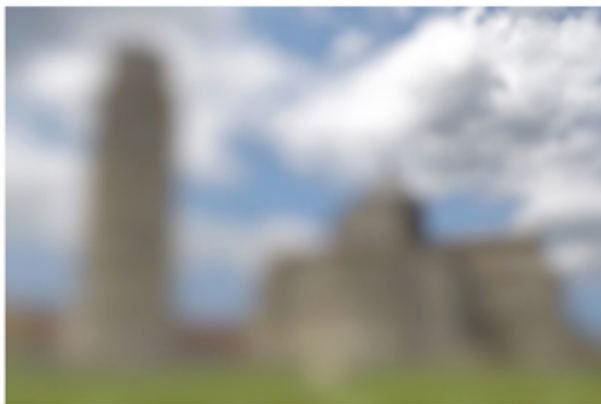
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The World Through Blurry Eyes - Page 1

Can you correctly identify the 14 world landmarks from the blurry photos below? Write down the landmark name and the country it can be found in for each picture on a piece of paper. Once you are finished compare your guesses to the answers sheet further down the pack.

Award yourself a point for the correct landmark name and a point for the correct country it can be found in.

How many points can you achieve?



The World Through Blurry Eyes - Page 2



The World Through Blurry Eyes - Answers

- 1) Stonehenge - England
- 2) Christ the Redeemer - Brazil
- 3) Leaning Tower of Pisa - Italy
- 4) Giants Causeway - Northern Ireland
- 5) Old Trafford - England
- 6) Eiffel Tower - France
- 7) Mount Rushmore - USA
- 8) Easter Island
- 9) The Colosseum - Italy
- 10) Great Wall of China - China
- 11) Hollywood Sign - USA
- 12) White House - USA
- 13) Disney World - USA or France
- 14) Edinburgh Castle - Scotland

