

Bringing the BB adventure to you ...



Weekly Activity Pack 20th to 26th April

#BBATHOME



Plank Football



Emergency Shelter



Milkshakes



Bible Quote or Not?



Pop Up Restaurant



Emoji Quiz



PLANK FOOTBALL



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

▶▶ GETTING INTO THE ACTIVITY

Combine fitness and football into one fun and competitive activity.

You'll need someone to play against. Set up two goals using shoes. The goals should be roughly the width of your arm span and about 2-3 metres away from each other. Position yourself in the middle of the goal in a plank position facing your opponent.

Start with the ball and hit it towards your opponent using your hand, trying to score a goal. When hitting or defending the ball, players can use one hand, with their other arm holding them in the plank position at all times. Keep playing and see who can score the most goals.

Change it up: Instead of scoring goals see how many successful passes you can complete before someone misses the ball or they can't hold their plank position any longer.

Watch the YouTube video - **Football Workout - Core Training Workout Made Fun** by street soccer international for playing tips, or for a challenge search **Plank Football Pass** by PLAYR SmartCoach.



WHAT YOU'LL NEED

- Ball (any size)
- Shoes



NOTES FOR PARENTS & CARERS

Record a video playing plank football and share it 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.

EMERGENCY SHELTER



GET ADVENTUROUS



30 MINUTES



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

Challenge yourself to build an emergency shelter using items you can carry out the house. Do you have the survival skills?

Imagine you are in a situation where you need to build an emergency shelter. You can only use items found in your house and these must be carried to the garden in one trip - so think wisely about what you take. Sheets, blankets, rope etc might be ideal. You can also use things you find in your shelter area - i.e. your garden.

Your shelter will need to protect you from the weather, help keep you safe and warm, allow you enough space to theoretically spend the night and be comfortable.

Do you think your emergency shelter would help you survive a night? Is it stable? Does it provide protection? Test it by shaking it and tipping cups of water on the top to recreate rain and wind.

Take a photo of your emergency shelter and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Household Items



NOTES FOR PARENTS & CARERS

Please ensure the space and equipment used is safe and appropriate. An adult should initiate any contact with the BB group and/or share on social media.

MILKSHAKES



GET CREATIVE



20 MINUTES



PREPARATION
NEEDED

GETTING INTO THE ACTIVITY

Create a refreshing milkshake at home. Customise it with your favourite flavours and toppings.

- 1) Place the milk and ice cream into a blender and blend until it is smooth. Pour this into the glass.
- 2) Top with a layer of marshmallows and then finish off with some whipped cream. Drink immediately

Don't have a blender? Use a bowl and a spoon or whisk to mix the ingredients together until you are happy with the consistency.

Make it your own - Use ice creams such as chocolate or strawberry to flavour your milkshake. Alternatively add fruit such as banana, strawberry or raspberry to add flavour. You can also add your own toppings such as sprinkles, sweets, sauces etc. Get some inspiration online by searching for other milkshake recipes.

Take a photo of your milkshake and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

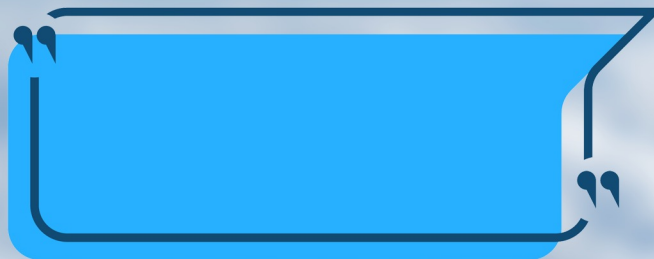
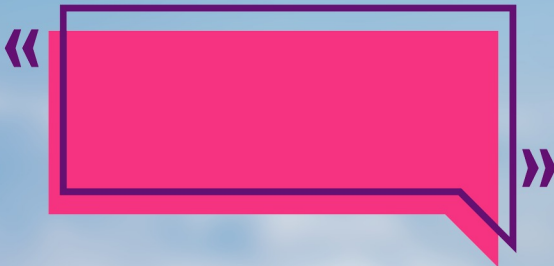
- 250ml Milk
- Large Glass
- Blender
- 2 Scoops of Ice Cream
- Marshmallows (Optional)
- Whipped Cream



NOTES FOR PARENTS & CARERS

Please ensure good food hygiene practice whilst preparing the milkshake. An adult should initiate any contact with the BB group and/or share on social media.

BIBLE QUOTE OR NOT?



GET INTO THE BIBLE



15 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Can you tell which quotes are from the Bible and which are from well-known people? What links them all and how can we all use our words to reflect God's love?

Look through the 10 quotes on the sheet at the bottom of this pack. Which are from the Bible and which are from well-known people? How many can you get correct? Do you know which people said the non-Bible quotes? The answers are at the bottom of the sheet.

What links the well-known individuals? They are all Christians! Whilst their words may not have come directly from the Bible, they would have been influenced by their faith. These individuals have used their platforms to reflect God's love and to share Christian values.

God calls us all to use our words and our actions to help spread Christian values, share our faith and reflect God's love to all. Come up with your own inspirational quote, rooted in Christian values. Share your inspirational quote with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Bible Quotes Sheet



NOTES FOR PARENTS & CARERS

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

POP UP RESTAURANT



GET INVOLVED



1 HOUR +



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

Give your family a night to remember and open a pop-up restaurant at home, treating them to a five-star meal and table service.

Cooking the Meal: Prep and cook a meal for the family dinner. Make sure it is a meal everyone likes. Look in recipe books or online for some ideas. Could you serve a starter and dessert too?

Laying the Table: We're aiming for 5-star service, so you need to lay a 5-star table too. Use a tablecloth, set the table and decorate it with a candle or a bunch of flowers to impress.

Serving Dinner: All restaurants need polite waiters. Welcome your family to your restaurant, serve them their drinks and food and make sure they are happy customers. Remember that in 5-star restaurants, waiters are dressed to impress, so make sure you're wearing the smartest clothes you can find!

Share some pictures of your pop-up restaurant with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Food & Drink
- Cutlery & Crockery
- Tablecloth, Candles etc
- Smart Clothes



NOTES FOR PARENTS & CARERS

Please ensure good food hygiene practice whilst cooking. Some guidance on food preparation may be needed. An adult should initiate any contact with the BB group and/or share on social media.

EMOJI QUIZ



GET LEARNING



15 MINUTES



READY TO GO

▶▶ GETTING INTO THE ACTIVITY

We now use emojis to communicate with each other all the time. Can you work out the film titles in our quiz, from just emojis alone?

Spend some time looking at the emoji quiz at the bottom of this pack. Each line relates to a famous film. How many can you guess correctly? Once completed, challenge a family member to do the quiz and see if they can beat you.

Now create your own emoji quiz. You could do yours on film titles too, or you could choose to take on a different topic such as places, countries, football teams, books etc. Once created, show the quiz to a family member to see how many they can get. Alternatively share it with your BB group and see how they get on.

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



WHAT YOU'LL NEED

- Emoji Quiz Sheet
- Pen & Paper



NOTES FOR PARENTS & CARERS

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

Bible Quote or Not?
























1. "This is God's plan, they can never stop this"
2. "In everything always give thanks"
3. "We must use time wisely and forever realise that the time is always ripe to do right"
4. "God has not called me to be successful. He called me to be faithful"
5. "Let all that you do be done in love"
6. "A man's pride can be his downfall, and he need to learn when to turn to others for support and guidance"
7. "Be careful how you think. Your life is shaped by your thoughts"
8. "We were filled with laughter and we sang for joy"
9. "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that"
10. "There may be a pain in the night, but joy comes in the morning"

Bible Quote or Not?

ANSWERS

1. Stormzy ! Blinded by Your Grace
2. Bible - 1 Thessalonians 5 v 18
3. Nelson Mandela
4. Mother Teresa
5. Bible ! 1 Corinthians 16 v 14
6. Bear Grylls
7. Bible ! Proverbs 4 v 23
8. Bible ! Psalm 126 v 2
9. Martin Luther King
10. Bible ! Psalm 30 v 5

Emoji Quiz

- 1)  
- 2)     
- 3) 
- 4)  +  + 
- 5)  
- 6)    
- 7)   
- 8)   + 

Emoji Quiz

ANSWERS

1. Lion King
2. Avengers
3. Up
4. Harry Potter
5. Finding Dory
6. Charlie and the Chocolate Factory
7. Toy Story
8. Ant-Man & The Wasp