

Bringing the BB adventure to you ...



#BBATHOME

## Weekly Activity Pack

11th to 17th May



**Minute to Win It**



**Geocaching**



**TikTok Dance**



**Life to the Full**



**Write to Your MP**



**Card Tricks**



# MINUTE TO WIN IT



GET ACTIVE



20 MINUTES



IN THE CUPBOARD



## GETTING INTO THE ACTIVITY

Take on these minute to win it challenges and see what's the best score you can get in 60 seconds.

**Pencil Grab:** Place a pencil on the back of your hand. In one movement lift your hand, launching the pencil into the air and then catch it in your fist. If successful, try it with 2 pencils then 3, then 4 etc. You can only add a pencil if you make a successful catch. Keep going for 60 seconds. Your score is the amount of pencils you last successfully caught.

**Pasta Pick Up:** Lay penne pasta on a table. Place a spaghetti stick or skewer in your mouth and then carefully, without using your hands, try to pick up the pasta pieces using the spaghetti stick. Your score is the total number of penne pasta pieces on the stick after 60 seconds.

Share a picture or video of your challenges with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Pencils
- Penne Pasta
- Spaghetti / Skewer
- Timer



## NOTES FOR PARENTS & CARERS

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

# GEOCACHING



GET  
ADVENTUROUS



1 HOUR +



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

Explore your local area by geocaching - a treasure hunt for the 21st century, using GPS and a smartphone.

Download the 'Geocaching' app to your smartphone. You can sign up to a free account which will give you access to all the locations in your local area.

The app will show you where to find a cache. Caches are often airtight Tupperware-style containers which could be found in trees, in a bush, under a bench or anywhere else it is possible to hide one. Once you find it, inside will be a logbook for you to record your name. For the time being it is suggested you only digitally record your find on the app, rather than touching the caches (box).

How many caches can you find in your local area as part of your daily exercise? Could you create your own and hide it for others to find?

Share a photo or video of your geocaching with your BB group or post on social media using #BBatHome.



## WHAT YOU'LL NEED

- Smartphone
- Geocaching App



## NOTES FOR PARENTS & CARERS

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

# TIKTOK DANCE



GET CREATIVE



30 MINUTES



PREPARATION  
NEEDED

## ▶▶ GETTING INTO THE ACTIVITY

Many teenagers are filling their time in lockdown by creating and watching TikTok dances to share with their friends. Create your own and try to involve your family.

TikTok is an app which can be downloaded onto a smartphone. Once downloaded you'll be able to look through some videos for inspiration.

Using the app, create your dance and video, either copying one of the popular dances that others have tried or by creating your own. Some dances work better with more people, so try to involve siblings and parents.

You don't need to share your video publicly on the app - this is just for fun and can be a private moment for you and your family to enjoy. If you don't wish to download the app, then you could edit together a video of a TikTok style dance without using the app. If you are comfortable, share your TikTok dance with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Smartphone
- TikTok App



## NOTES FOR PARENTS & CARERS

TikTok can be used by children aged 13 or over. If under 13, children should only access the app on an adult's phone and with supervision. An adult should initiate any contact with the BB group and/or share on social media.

# LIFE TO THE FULL



GET INTO  
THE BIBLE



20 MINUTES



READY  
TO GO



## GETTING INTO THE ACTIVITY

How can Jesus be compared to a sports coach and how can his example help us to live life to the full?

Think about a great sporting achievement. Maybe seeing your team win the league or seeing an athlete win a gold medal. Behind these, there will be a coach whose job it is to train, inspire and lead the sport star(s) to victory. These coaches enable the athlete to reach their full potential. How many sports coaches you can name? Write a list of teams / athletes. Can you remember who their coach is?

For Christians, Jesus could be compared to as their 'coach'. He inspires, motivates and leads his followers... but he also does much more than that. Jesus didn't just inspire us, he showed us how to live our lives and gave the ultimate sacrifice, his life, so that we might have life to the full.

Visit <https://youtu.be/OGgSp2CS6pA> and watch 'Life to the Full' by Christians in Sport. Are you ready to let Jesus be your coach? Are you ready to reach your full potential and live life to the full?



## WHAT YOU'LL NEED

- YouTube
- Pen / Paper



## NOTES FOR PARENTS & CARERS

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# WRITE TO YOUR MP



GET INVOLVED



1 HOUR



READY TO GO

## ▶▶ GETTING INTO THE ACTIVITY

Help to highlight an important issue, by writing to your MP (or MSP/MLA/MS) and encouraging them to take action on it.

Find out who your MP (or MSP/MLA/MS) is and write them a letter about an issue which you'd like to see changed. Some things to think about are:

- Choose your topic. This might be linked to the current Coronavirus situation or it might be something unrelated such as the environment or education. Research the topic so you can write a good letter raising your issue.
- Your letter should explain the issue and why it is important to you. You may have some suggestions to give your MP or you may just ask what they will do to improve the situation.

Once you have written your letter or email you can send it to your MP. You can find out who your MP is and how to contact them at <https://members.parliament.uk/members/Commons>



## WHAT YOU'LL NEED

- Pen
- Paper
- Emails



## NOTES FOR PARENTS & CARERS

Share the letter 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.

# CARD TRICKS



GET LEARNING



30 MINUTES



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

Impress your family by learning a card trick and then performing it.

Card tricks can be very impressive, especially when people don't have a clue how they were done. Learn one for yourself using tutorial videos on YouTube.

To start with check out '3 Easy Card Tricks you can Learn in 5 Minutes' (<https://youtu.be/8wFgUa2yAUo>) and then take a look at other tutorial videos on YouTube. Find a trick you like the look of and then learn it.

Once you've mastered the trick give it a try on a family member and see if you can impress them. Depending on the level of interaction in the trick, you may also be able to perform the card trick to family members over a video call.

Share a video of your card trick with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Pack of Cards
- YouTube



## NOTES FOR PARENTS & CARERS

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