

junior

Bringing the BB adventure to you . . .



Weekly Activity Pack

23rd to 29th March

#BBATHOME



Obstacle Course



Photo Hunt



Paper Aeroplanes



Noah's Ark



Wash-Up/Load Dishwasher



Watch It Grow



OBSTACLE COURSE



GET ACTIVE



30 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

Using furniture and household items, set up an obstacle course for you and your family. Before doing this, speak to your grown up and ask them what you can or can't use.

Furniture - Crawl through chairs, wriggle under tables, use cushions as stepping stones.

Household Items - Army crawl under a duvet, throw balls into a laundry basket, balance a book on your head for 10 steps.

Other - 5 star jumps by the kitchen door, forward roll through the lounge, jump and touch the door frame.

Challenge the rest of the family on the obstacle course and see who is the quickest.

WHAT YOU'LL NEED

- Various Household Items and Furniture
- Timer

NOTES FOR PARENTS & CARERS

Give clear rules on what can or can't be used. Make sure everything that is used is safe and has been checked for risks.

PHOTO HUNT



GET
ADVENTUROUS



45 MINUTES



READY
TO GO



GETTING INTO THE ACTIVITY

Get to know your house even better. Set up a photo treasure hunt for a family member to complete.

Head around the house with a camera phone, taking obscure or close up photos of things you find. Take at least 10 photos and then challenge a family member to go around the house and work out what they are. You could time how long it takes or give them a time limit.

Here are some examples:

- The corner of a photo frame
- One button on the TV remote
- Door handle
- Part of a soft toy
- Handle of a spoon
- Corner of the letterbox
- Close up of a tap
- The tip of a key



WHAT YOU'LL NEED

- Camera Phone



NOTES FOR PARENTS & CARERS

Give clear guidance on which rooms you can or can't use before starting.

PAPER AEROPLANES



GET CREATIVE



20 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Create a paper aeroplane, making sure it both looks good and flies well.

Make a paper aeroplane using a piece of A4 paper. If you are not sure how to create a paper aeroplane, then tutorial videos can be found on YouTube.

Once created give it your own design using colouring pens/pencils. Finally see how far it flies! You could encourage a family member to make one as well and have a competition.

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

WHAT YOU'LL NEED

- Piece of A4 Paper
- Colouring Pens/Pencils

NOTES FOR PARENTS & CARERS

When flying the paper aeroplane, make sure an appropriate space is used. A garden or hallway would work best for this. An adult should initiate any contact with the BB group and/or share on social media.

NOAH'S ARK



30 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Create your very own Noah's Ark by making an origami paper boat.

- 1) Using the instructions sheet, make the origami boat. If you wish, decorate the boat too.
- 2) Put the boat in a sink or bowl of water to see if it floats. Try placing items in the boat to see how much weight it can take.
- 3) Watch Noah's story on YouTube: youtu.be/Wbfp7fzhj4Y
- 4) Answer the following questions:
 - a) Who told Noah to build the boat and why?
 - b) How long did it rain for?
 - c) What bird did Noah send out from the ark?
 - d) How does God show his promise that he won't flood the earth again?

Find out more: The story of Noah can be found in the Bible, in Genesis (6-8).

Ask a grown up to share a photo of your boat with your BB group or post on social media using #BBatHome.



WHAT YOU'LL NEED

- A4 Paper



NOTES FOR PARENTS & CARERS

Please note this activity requires YouTube, so you may wish to supervise this usage. An adult should initiate any contact with the BB group and/or share on social media.

WASH UP / LOAD THE DISHWASHER



GET INVOLVED



15 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Help out at home by washing up or loading the dishwasher after a meal.

Dishwasher

Sort items that can be cleaned in a dishwasher and those that can't. Rinse items that can go in a dishwasher under the tap and load the dishwasher. You can now place the dishwasher tablet in the machine and start it up. Don't forget to help unload it after it has finished.

Washing Up

Put the washing up liquid into the sink and run warm water to fill it up. Using a sponge or cloth, wash up all items. Once clean place the items onto the draining board. Finally, you can dry the items with a tea towel.

☑☑ WHAT YOU'LL NEED

- Dirty Crockery & Cutlery
- Washing Up Liquid / Dishwasher Tablet
- Sponge & Water

! NOTES FOR PARENTS & CARERS

Ensure care is taken when handling sharp knives or lifting heavy items and care is taken around hot water. Ensure awareness of what can and cannot go in the dishwasher. Close adult supervision is recommended.

WATCH IT GROW



GET LEARNING



20 MINUTES



PREPARATION NEEDED

▶▶ GETTING INTO THE ACTIVITY

Plant a sunflower, or other seed, and spend the next few weeks helping and watching the plant grow.

- 1) Fill a pot with soil so it's 1cm below the rim.
- 2) Push a sunflower seed into the soil.
- 3) Cover the sunflower seed with approximately 1.5cm of soil.
- 4) Water the soil so it is moist. Don't over-water.
- 5) Put your pot in a warm location, outside if possible (if you can't put it outside, put it in a window which gets lots of sun).
- 6) Water as required and watch the sunflower grow!

Ask a grown up to help you send updates of your sunflower growing to your BB group or post on social media using #BBatHome. Who can grow the tallest sunflower?



WHAT YOU'LL NEED

- Small Flower Pot
- Soil
- Sunflower Seed (or other seed)
- Water

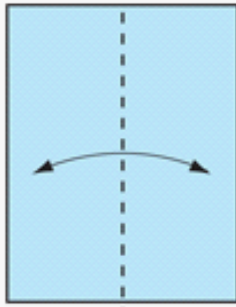


NOTES FOR PARENTS & CARERS

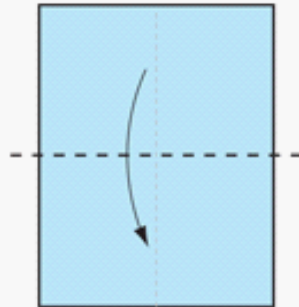
After touching the soil and seeds, please wash your hands. An adult should initiate any contact with the BB group and/or share on social media.

Noah's Ark

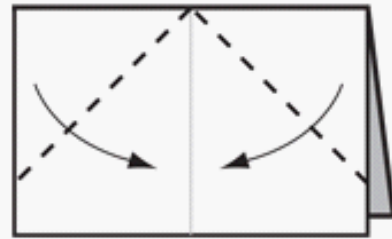
Origami Boat Instructions



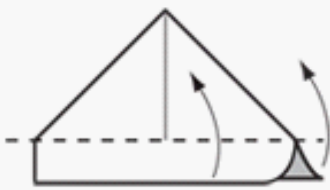
1. FOLD IN HALF



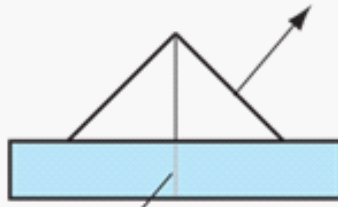
2. FOLD IN HALF AGAIN



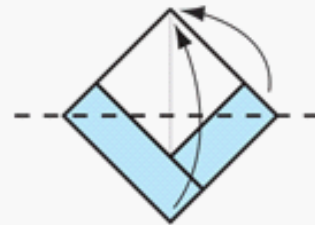
3. FOLD IN CORNERS



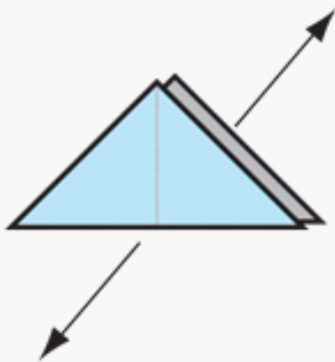
4. FOLD UP EDGES ON BOTH SIDES



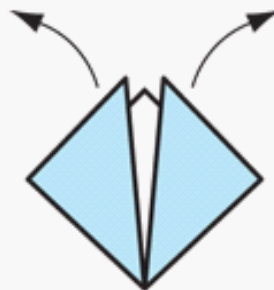
5. PULL THE SIDES OUT AND FLATTEN



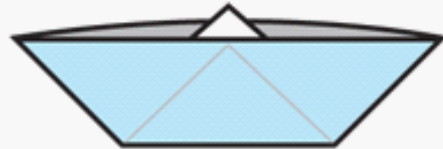
6. FOLD FRONT AND BACK LAYERS UP



7. PULL SIDES APART AND FLATTEN



8. PULL TOP FLAPS OUTWARDS



9. SQUISH THE BOTTOM AND PULL THE SIDES UP

10. TA DAAA!

