

juniors

Bringing the BB adventure to you . . .



#BBATHOME

## Weekly Activity Pack

25th to 31st May



**Curling**



**Leaf Detective**



**3D Holograms**



**Prayer Chains**



**Care Packages For Care Homes**



**Sign Language**



# CURLING



GET ACTIVE



15 MINUTES



PREPARATION  
NEEDED

## ▶▶ GETTING INTO THE ACTIVITY

Bring the game of curling inside your home, by creating a DIY ice rink and curling stones.

To create the ice rink, you'll need to fill a baking tray or similar with water and carefully put it in the freezer. The bigger the tray the better. It's best to leave this overnight to be sure the ice has frozen properly.

Now you're ready to play curling. Place a small coin at one end of the tray. This is the target. Take it in turns with a family member to slide bottle lids down the ice rink with the aim of getting closest to the coin. Remember, you can try to knock your opponents bottle lids away by hitting into them too. Award a point for the person who is closest to the coin and then play again. Keep a track of the score and see who gets the most points overall.

Ask a grown-up to take a photo or video of you playing curling and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Tray
- Water
- Bottle Lids
- Small Coin



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. An adult should initiate any contact with the BB group and/or share on social media.

# LEAF DETECTIVE



GET  
ADVENTUROUS



1 HOUR



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

We are now well into spring and therefore all the trees are full of green leaves. Become a leaf detective and try to identify the trees by their leaves, using an app developed by the Woodland Trust.

Head out on a family walk with a grown-up. You can either use the app as you walk or collect leaves on your walk and then identify them when you get home. Try to collect leaves which are on the floor, rather than picking them from trees.

Download 'British Tree Identification' app (free) to a smart phone. You'll be able to use this app to answer some simple questions about each leaf. From there the app will tell you what the tree is called and some interesting facts about each tree. How many different trees can you identify?

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



## WHAT YOU'LL NEED

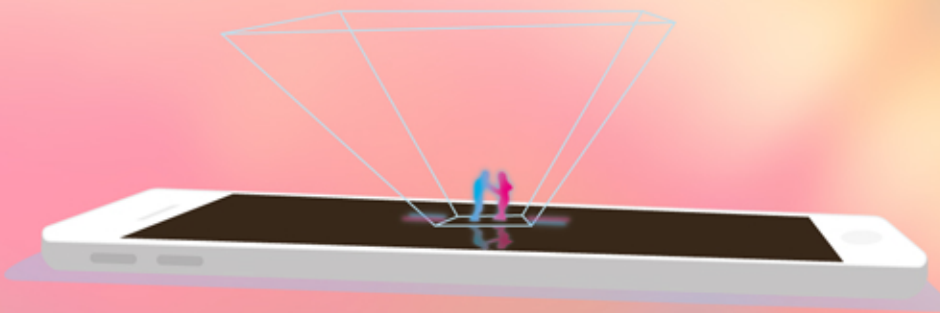
- British Tree Identification App (Woodland Trust)
- Leaves



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. An adult should initiate any contact with the BB group and/or share on social media.

# 3D HOLOGRAMS



GET CREATIVE



20 MINUTES



IN THE CUPBOARD

## GETTING INTO THE ACTIVITY

Transform a smartphone or tablet into an impressive 3D hologram projector, with just a few simple steps.

For this activity you'll need some clear smooth plastic. The type of plastic found in packs of cooked meats, cheese slices and packets of bacon. Using a ruler and pen you'll need to mark four triangles and cut them out. An example, including the correct measurements can be found in a template at the bottom of the pack. It is essential your measurements are correct.

Tape all four triangles together to form a pyramid. Find a 3D hologram video from YouTube, such as this one - <https://youtu.be/epebcEp4NiM> - to create your holograms. Place your pyramid in the centre of the screen, with the small end touching the screen. Now watch as the images become 3D on your newly-built hologram projector.

Ask a grown-up to take a photo of you using your hologram projector and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

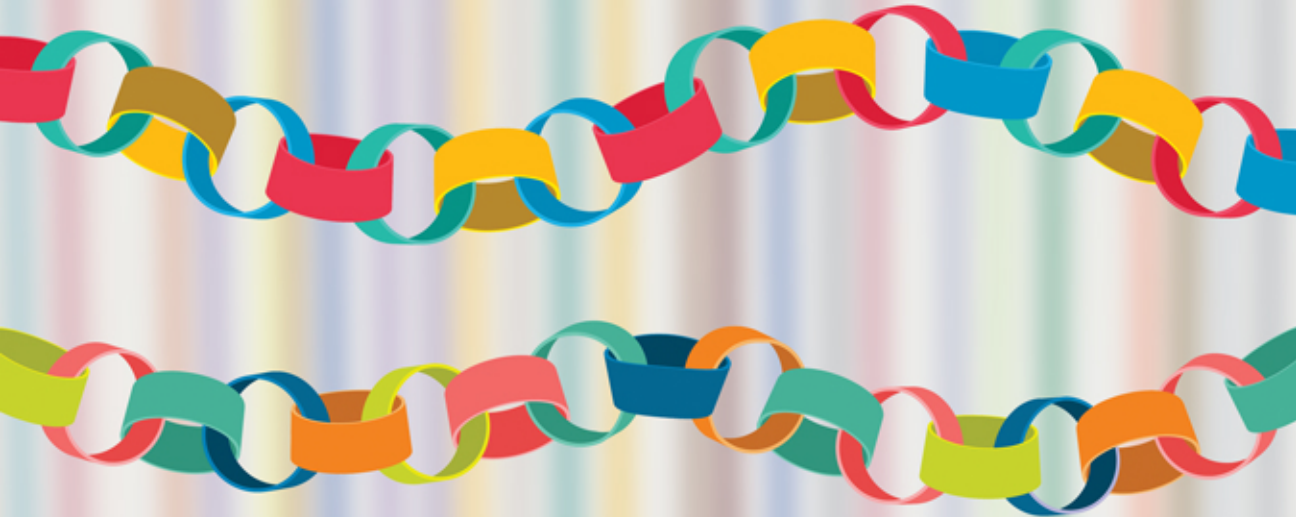
- Plastic Packaging
- Sellotape
- Smart Phone
- Ruler
- Pen
- Scissors
- Triangle Template Sheet



## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult, especially the use of scissors. An adult should initiate any contact with the BB group and/or share on social media.

# PRAYER CHAINS



GET INTO THE BIBLE



20 MINUTES



IN THE CUPBOARD



## GETTING INTO THE ACTIVITY

Knowing what to pray for can sometimes be difficult. Create a colourful prayer chain which will use colours to help you to think of different things to pray for.

Cut some strips of paper or card. If you have coloured paper, then this would work even better. On each piece of paper write something you'd like to pray for. Use the following topics and colours to help you. Use a red pen for your red prayer, a blue pen for your blue prayer and so on. Use a different strip of paper for each coloured prayer.

- |                           |                                   |
|---------------------------|-----------------------------------|
| <b>Red</b> - Sorry.       | <b>Blue</b> - Someone to forgive. |
| <b>Green</b> - Thank you. | <b>Purple</b> - The world.        |
| <b>Orange</b> - Please.   | <b>Yellow</b> - Other people.     |

Once you have written your prayer, create a paper chain with them by creating loops and sticking them together, connecting each loop as you go along. Finish by praying to God for all the different prayers you have written.



## WHAT YOU'LL NEED

- Paper
- Colouring Pens
- Pens
- Sellotape / Glue / Stapler



## NOTES FOR PARENTS & CARERS

Share a picture of your prayer chain with your BB group or post on social media using #BBatHOME. All activity should be supervised by an adult and an adult should initiate any contact with the BB group and/or share on social media.

# CARE PACKAGES FOR CARE HOMES

LINKED TO THE #CAREFORCAREHOMES CAMPAIGN IN PARTNERSHIP WITH OTHER YOUTH ORGANISATIONS



GET INVOLVED



45 MINUTES



PREPARATION NEEDED



## GETTING INTO THE ACTIVITY

Residents of Care Homes were some of the first people to go into lockdown and will likely be some of the last people to come out of it. Send your local care home a care package to help put a smile on the residents' faces and show how much you care about them.

Create a small care package with items such as biscuits, cakes, tea bags, box of chocolates etc. The package doesn't need to have lots in it, it's the thought that counts. If you can't donate physical items, then think about writing a letter or sending a video message instead.

Once complete, drop off your care package to your local care home. Alternatively, you could deliver it to an elderly person in your street. A grown-up should contact the care home beforehand and see what the best and safest way of receiving items is.

This activity is in partnership with other youth organisations across the UK who are looking to complete over 10,000 acts of kindness for care homes #PowerOfYouth #CareForCareHome.



## WHAT YOU'LL NEED

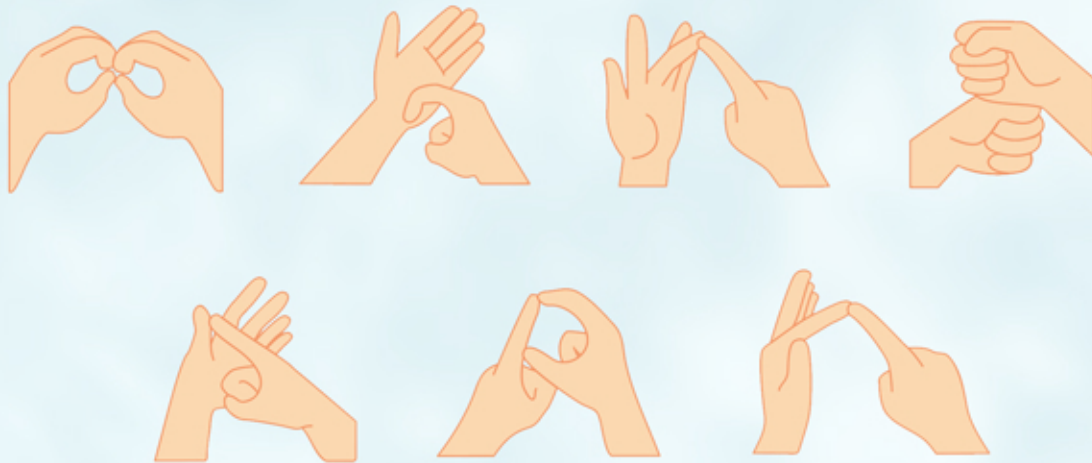
- Box
- A few treats
- Pen & Paper



## NOTES FOR PARENTS & CARERS

Share a picture of your care package with your BB group or post on social media using #BBatHOME. All activity should be supervised by an adult. An adult should initiate contact with the care home and the BB group on social media.

# SIGN LANGUAGE



GET LEARNING



30 MINUTES



READY TO GO

## GETTING INTO THE ACTIVITY

Sign Language is a visual language used by those who are deaf or have hearing impairments. Roughly 145,000 people in the UK use it as their preferred language.

Finger Spelling sign language is used to help communicate words which don't have a sign, such as names and places. It can also be used by people to spell out words, where the person might not know the sign.

Use the worksheet at the bottom of this pack to learn some of the different letters.

Can you spell out your name, the word hello, the village, town or city you live in? What other words can you sign using the finger spelling worksheet. Give the sheet to a family member and sign a word to them. Can they work out what you are signing? For more information about sign language head to [www.british-sign.co.uk](http://www.british-sign.co.uk).

Ask a grown-up to take a video of you signing your name and share it with your BB group or post on social media using #BBatHOME.

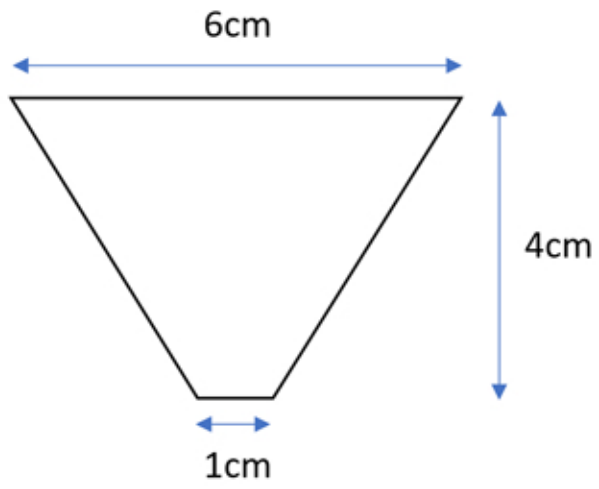
## WHAT YOU'LL NEED

- British Sign Language Finger Spelling Worksheet

## NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult and an adult should initiate any contact with the BB group and/or share on social media.

# 3D Holograms





# Sign Language

British Sign Language -  
Finger Spelling

