

junior

Bringing the BB adventure to you . . .

Weekly Activity Pack

8th to 14th June



#BBATHOME



Colander Catch



Caving



Edible Starfish



I'm Not Afraid



Kindness Rocks



Read My Lips



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.

COLANDER CATCH



GET ACTIVE



15 MINUTES



IN THE CUPBOARD

GETTING INTO THE ACTIVITY

A silly version of catch, which will put your co-ordination skills to the test.

You'll need a colander or bowl and a soft ball (or sock balls). The aim is to catch the ball in the colander - however you must hold the colander on your head at all times. This means you won't see the ball as it lands, so you'll need to use your prediction skills to work out where is best to stand to catch the ball.

Ask a family member to throw the ball really high into the air. Work out where the ball will land and move to be underneath it. How many can you catch in 10 goes? Make the game trickier by adding obstacles to dodge or multiple balls in one go. Make it into a water game, by using water bombs instead of balls!

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

WHAT YOU'LL NEED

- Colander or Bowl
- Soft Ball or Sock Ball

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.

CAVING



GET
ADVENTUROUS



45 MINUTES



PREPARATION
NEEDED

GETTING INTO THE ACTIVITY

Use items from around your house and your imagination to bring the adventure of caving to your home.

You'll need an area with a bit of space, a garden would be ideal. Use furniture and boxes to create tunnels for your cave. The bigger the cave, the better! All good caves have tight gaps to squeeze through and tricky sections to manoeuvre - so make sure you build these into your tunnels. You'll also need an entrance and an exit. Once you are happy, cover everything with duvets and blankets to make the cave as dark as possible.

Ask a family member to secretly hide a small toy somewhere inside the cave. Your job is to crawl through the cave's tunnels to find the toy, retrieve it and get out. Time yourself and see how quickly you can do it.

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



WHAT YOU'LL NEED

- Blankets
- Duvets
- Boxes
- Blindfold
- Furniture



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please ensure the space and equipment used is appropriate. An adult should initiate any contact with the BB group and/or share on social media.

EDIBLE STARFISH



GET CREATIVE



30 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Celebrate World Oceans Day (8th June 2020) by creating some edible starfish out of Rice Krispies.

A grown-up will need to help with this activity:

- 1) In a large saucepan melt the butter with the golden syrup and sugar over a low heat.
- 2) Take off the heat and add in the vanilla extract followed by the Rice Krispies. Stir the mixture until well mixed.
- 3) Line a baking tin with greaseproof paper and pour the mixture into it. Push down with a spatula to ensure it is all compact.
- 4) Allow to cool for 10 minutes and then use biscuit cutters or a knife to cut into star shapes.
- 5) Decorate the starfish with icing, adding eyes, mouth and coloured tips.

You don't have to make starfish, you could cut them into the shapes of any sea creature to celebrate world oceans day - how about seahorses, turtles or sharks?

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



WHAT YOU'LL NEED

- 140g Golden Syrup
- 15g Butter
- 1 tbsp Brown Sugar
- ½ tsp Vanilla Extract
- 90g Rice Krispies
- Bowl & Spoon
- Icing
- Biscuit Cutter / Knife



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please wash your hands and ensure good food hygiene. An adult should use the knife and cooker. An adult should initiate any contact with the BB group and/or share on social media.

I'M NOT AFRAID



GET INTO THE BIBLE



15 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

A practical activity looking at how we can give our fears to God to help us to not be afraid.

On a piece of paper write everything you are scared of. This might be darkness, spiders, storms etc. Fold the piece of paper into a fan.

Light the candle. The flame represents you. What happens when you wave your fears near the candle? The fears on your fan are making the flame all wobbly and shaky. Fear can make us feel shaky and worried in real life too.

We can reduce fear by sharing it with God in prayer. On your sandwich bag write 'prayer' with the permanent marker. Hold the prayer bag between the candle and your fear fan. Wave the fan again. What happens now? Your prayer bag is absorbing the fears, meaning our flame (you) remains strong and courageous. **Philippians 4 v 6** "Do not worry about anything, pray about everything."

Pray to God and share your fears with him and thank him for being there to share your fears with.



WHAT YOU'LL NEED

- Paper
- Pen
- Candle
- Lighter / Match
- Sandwich Bag
- Permanent Marker



NOTES FOR PARENTS & CARERS

Share a picture of the activity with your BB group or post on social media using #BBatHOME. Please take care with the candle. 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.

KINDNESS ROCKS



GET INVOLVED



30 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Help show someone else a bit of kindness by decorating a rock and leaving a kind message on it to help bring a smile.

You'll need a smooth rock to paint / draw on. You'll be able to find this in your garden, on a walk or at the garden centre. Wash off any dirt and then decorate the rock with permanent markers or paint. Make sure your image is bright and colourful. Allow the rock to dry and then finish it by writing a kind message on the bottom of the rock.

Now you can give your rock to someone else. Leave it on the doorstep of a friend or family member or you could leave it in a public place for a stranger to find. If you leave it outside, then your rock will need coating in PVA glue or a sealant to make sure the paint / pen doesn't run in the rain.

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



WHAT YOU'LL NEED

- Smooth Rock
- Paint / Paint Brush
- Permanent Marker



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. An adult should initiate contact with the BB group on social media.

READ MY LIPS



GET LEARNING



15 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

Test your communication skills and your ability to lip read. Can you work out what someone is saying when all you can hear is loud music?

You'll need a family member for this game. One of you should wear some headphones and play loud music so you can't hear the other person talking. The other person's job is to try and say words or phrases for the other person to guess. The only way they will be able to do this is by reading lips, so you'll need to say the words slowly and emphasize the lip movement.

It is best to write down the words beforehand. You could use items you find in the supermarket, famous people, film titles etc. How many words can you get correct in 60 seconds? Swap over with your family member and see if they can beat your score.

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

WHAT YOU'LL NEED

- Pen
- Paper
- Headphone & Music

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.