

junior

Bringing the BB adventure to you . . .



Weekly Activity Pack
20th to 26th April

#BBATHOME



Water Relay



Blindfolded Trail



My Kitchen Band



David and Goliath



Recycling Champion



Marble Run



WATER RELAY



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Set up and take on a water relay obstacle course, with the aim of transferring as much water as possible in two minutes.

Before the activity you'll need to place a bucket or bowl of water at one end of the course and an empty bucket or bowl at the other end. In the middle set up obstacles such as chairs to climb over, blankets to crawl under, stepping stones etc.

Set a timer for two minutes. In the two minutes, using a cup, you need to go back and forth through the course transferring water to the bucket at the end. Be careful not to spill any!

After two minutes, tip the water into a measuring jug and see how much you have transferred. Take on the course again and see if you can beat your score or challenge a family member to have a try.

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



WHAT YOU'LL NEED

- 2 x Bucket or Large Bowls
- Cups
- Water
- Obstacles
- Measuring Jug



NOTES FOR PARENTS & CARERS

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

BLINDFOLDED TRAIL



GET ADVENTUROUS



20 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Can you make your way through your home or garden, without the use of your eyesight? Take on a blindfolded trail and find out.

Ask a grown-up to set up a rope trail. They do this by laying string, rope or wool through the house or garden. The longer the trail the better. They can also set up obstacles along the way such as chairs to crawl under, books on the floor as stepping stones and obstacles to avoid.

Without seeing the course, place a blindfold on and then using the rope as a guide, work your way through the trail. You'll need to work your way through the obstacles as well as trying to work out what part of the house you are in and where you are going.

If you don't have a rope, then instead ask a family member to guide you through the course with verbal instructions.

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



WHAT YOU'LL NEED

- String / Wool
- Blindfold
- Obstacles



NOTES FOR PARENTS & CARERS

Please make sure the space and equipment used is safe. Adult supervision during this activity is essential. An adult should initiate any contact with the BB group and/or share on social media.

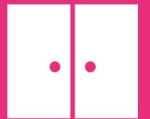
MY KITCHEN BAND



GET CREATIVE



30 MINUTES



IN THE CUPBOARD

GETTING INTO THE ACTIVITY

Make music from everyday items found in the kitchen. Encourage the whole family to get involved and you can start a family band.

Items you find in the kitchen can make lots of different sounds. Look through the cupboards and see what you can find. For example, you can hit pots and pans with cutlery, run a spoon down a cheese grater, shake a tub of pasta, hit plastic tubs and bowls with a wooden spoon and so on.

Create your own tune: Either on your own or as a family, create your own tune with all the sounds you can make from your kitchen band. Check out videos of 'Stomp Kitchen' on YouTube for some ideas.

Play along to a song: Play your favourite song on speakers and as a family band play along to the song, imagining you are the drummer or one of the musicians.

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



WHAT YOU'LL NEED

- Pots and Pans
- Kitchen Utensils
- Music



NOTES FOR PARENTS & CARERS

Please help choose safe and practical items from the kitchen which your child can use. An adult should initiate any contact with the BB group and/or share on social media.

DAVID AND GOLIATH



GET INTO
THE BIBLE



20 MINUTES



IN THE
CUPBOARD

GETTING INTO THE ACTIVITY

David and Goliath is a Bible story all about faith, courage and overcoming what seems impossible. Learn a little about the story and then create your own slingshot - just like David's.

To begin with, watch the YouTube video **God's Story: David and Goliath (Full Version)** by Crossroads Kids' Club. After watching re-tell the story to a family member. How much can you remember?

Now create a slingshot, just like David's. Use the tutorial video called 'How to Make a Simple Strong Paper Slingshot - Paper Ninja Weapons' by PPO on YouTube. Once you've made the slingshot, set up some targets and see if you can hit them.

Keep your slingshot safe. Any time you are feeling scared or feel like something is impossible, you'll be able to look at your slingshot and remember that with God on your side, anything is possible.

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



WHAT YOU'LL NEED

- Paper
- Elastic Band
- Scissors
- YouTube



NOTES FOR PARENTS & CARERS

Please supervise your child when they are using the slingshot. An adult should initiate any contact with the BB group and/or share on social media.

RECYCLING CHAMPION



GET INVOLVED



20 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

One of the biggest issues facing our world is climate change and saving our planet. One way we can all play our part is by recycling. Become your family's recycling champion and help sort the rubbish from the recycling.

Spend the week checking what is being thrown out at home and if it can be recycled. Ask your family to leave items which might be able to be recycled on the side. You will then be able to go through the pile each day and sort the recycling. Different items can be recycled in different parts of the UK. Ask a grown-up to help you find out what can be recycled in your area by checking on your council's website.

Many items need to be washed before they can be recycled, so don't forget to do that. When it's bin day, help a grown-up to put the recycling by the road ready for collection.

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



WHAT YOU'LL NEED

- Recycling Bin



NOTES FOR PARENTS & CARERS

Some help and guidance on what can or can't be recycled may be needed. An adult should initiate any contact with the BB group and/or share on social media.

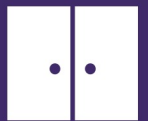
MARBLE RUN



GET LEARNING



45 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

Marble runs are all about being creative and finding clever ways of getting a marble to travel to the ground. What ways can you think of?

Marble runs can be created almost anywhere. On walls, from tables, inside large cardboard boxes or wherever else you can think of.

You'll need to gather suitable resources from around the house. Things like cardboard, cereal boxes & toilet roll tubes are perfect.

Marble runs should be creative and imaginative - so try to think of clever ways to make your marble travel. They should also take the marble on a journey - so try and make sure it takes as long as possible for the marble to travel to the floor.

Head to YouTube and search for 'Marble Runs' for some inspiration.

Take a video of your marble run and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Marble (or small ball)
- Cardboard, toilet roll tubes etc.



NOTES FOR PARENTS & CARERS

Some guidance on what space and equipment to use to build the marble run may be needed.

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