

junior

Bringing the BB adventure to you . . .



#BBATHOME

Weekly Activity Pack 4th to 10th May



Fitness Walkway



Climb Big Ben



Bottle Rockets



God Loves Me



VE Day Party



VE Day: Air Raid Shelter



FITNESS WALKWAY



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Keeping fit whilst stuck at home can sometimes be a bit of a challenge. Create your own 'fitness walkway' around your home, meaning you can keep fit in a fun way!

A fitness walkway will take you through your house or garden, however along the way there will be challenges to complete. Set up the challenges using obstacles and pieces of paper with instructions.

Along your fitness walkway you might have a balance beam, hurdles to jump over, hopscotch, balance a book on your head, star jumps, press-ups and small challenges. Whatever activities you decide to place on your fitness walkway, they should get you active and moving. The more energy you burn the better!

Once you've designed and tested your fitness walkway, challenge other family members to give it a go. You could leave it in operation over the next few days and encourage everyone to get involved every time they pass through that part of the house.

Ask a grown-up to take a photo or video and share it.



WHAT YOU'LL NEED

- Paper
- Pen
- Obstacles



NOTES FOR PARENTS & CARERS

Please make sure the space and equipment used is safe and appropriate. An adult should initiate any contact with the BB group and/or share on social media.

CLIMB BIG BEN



GET
ADVENTUROUS



45 MINUTES



READY
TO GO



GETTING INTO THE ACTIVITY

Go on an adventure in your own home, by climbing one of the most famous landmarks in the UK - Big Ben

To climb Big Ben for real would involve you walking up 399 steps to get to the very top of the tower. Challenge yourself to climb the height of the tower. Using your stairs, climb to the top counting each step as you go. Come back down the stairs and then climb them again. Keep going until you've climbed 399 steps. But remember - coming down the stairs doesn't count!

Check out what you'd have seen at the top of the tower, by watching 'Big Ben: Behind the Clock Faces' and other videos about Big Ben on the UK Parliament's YouTube Channel.

Did You Know? Big Ben is actually the name of the bell. The tower is called 'Elizabeth Tower', after the Queen.

Once you reach the top of Big Ben, celebrate with a victory photo. Ask a grown-up to take a photo and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

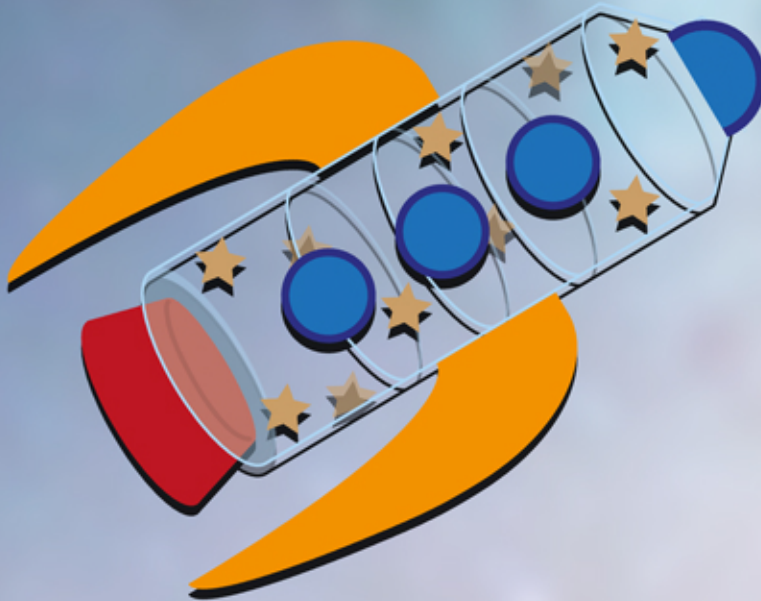
- Stairs
- YouTube



NOTES FOR PARENTS & CARERS

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

BOTTLE ROCKETS



GET CREATIVE



45 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

To infinity and beyond! Get creative and design and build a rocket using recycling materials.

Use a water bottle as the main body of the rocket. Using cardboard and other materials, add to the bottle to create a rocket. You may want to create a nose cone out of paper, fins from scraps of cardboard, engines from loo rolls and bottle tops as windows etc.

Once the rocket has been built, decorate it using colouring pens, paint, coloured paper and stickers. Be as creative as you can be.

Take it Further: Want to try and launch your rocket? If you have a cork and a pump, then you can try! Head to <http://www.bbc.co.uk/bang/handson/waterbottlerockets.shtml> to find out how.

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



WHAT YOU'LL NEED

- Plastic Bottle
- Cardboard / Paper
- Colouring Pens / Paint
- Glue / Tape
- Scissors



NOTES FOR PARENTS & CARERS

Please take care when using scissors. Make sure an adult supervises the launch and this is done in an appropriate location. Make sure you are aware of surroundings and any hazards. An adult should initiate any contact with the BB group and/or share on social media.

GOD LOVES ME



GET INTO THE BIBLE



20 MINUTES



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

It's easy to compare ourselves to other people. But God doesn't do that. He loves you for who you are and what makes you special. What makes you, you?

To start this activity, watch Adrian Ward's video on God's Love - <https://vimeo.com/413915107>

Adrian shares that God loves you for who you are - not based on how good you are at certain things. God doesn't compare us to other people and therefore we shouldn't do that either. We should be proud of who we are and know that God loves us exactly the same as everyone else.

Think about what makes you, you. On the worksheet draw on the person a picture that represents you. Around the figure draw and write things which are personal to you. It might be your family, your favourite sport, your hobbies, your school, your favourite foods and so on. These are all the things that make up 'you' and what makes you special in God's eyes.



WHAT YOU'LL NEED

- 'God Loves Me' Worksheet
- Colouring Pens
- Boys' Brigade Devotional Video



NOTES FOR PARENTS & CARERS

Take a photo of your 'God Loves Me' sheet and share it with you 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.

VE DAY PARTY



GET INVOLVED



1 HOUR



PREPARATION
NEEDED

GETTING INTO THE ACTIVITY

Celebrate the 75th anniversary of VE Day (8th May) by holding a party with your family.

VE Day this year marks 75 years since the end of World War II. In 1945, VE Day was a big celebration with the whole country happy that the fighting was over. There were street parties across Britain.

If we weren't in lockdown, then street parties and other celebrations would have been taking place this year to celebrate 75 years. Hold your own celebration at home with a mini 'street party' just for your family. You could decorate the house with homemade bunting, wear red, white & blue, prepare food for a tea party, play some family games together, learn a wartime song or give three cheers for all the soldiers who fought in World War II.

Why not hold the party in your front garden or driveway if you have one, and encourage your neighbours (you could put a note through their door) to do the same to help create a street celebration, suitable for these social distancing times?



WHAT YOU'LL NEED

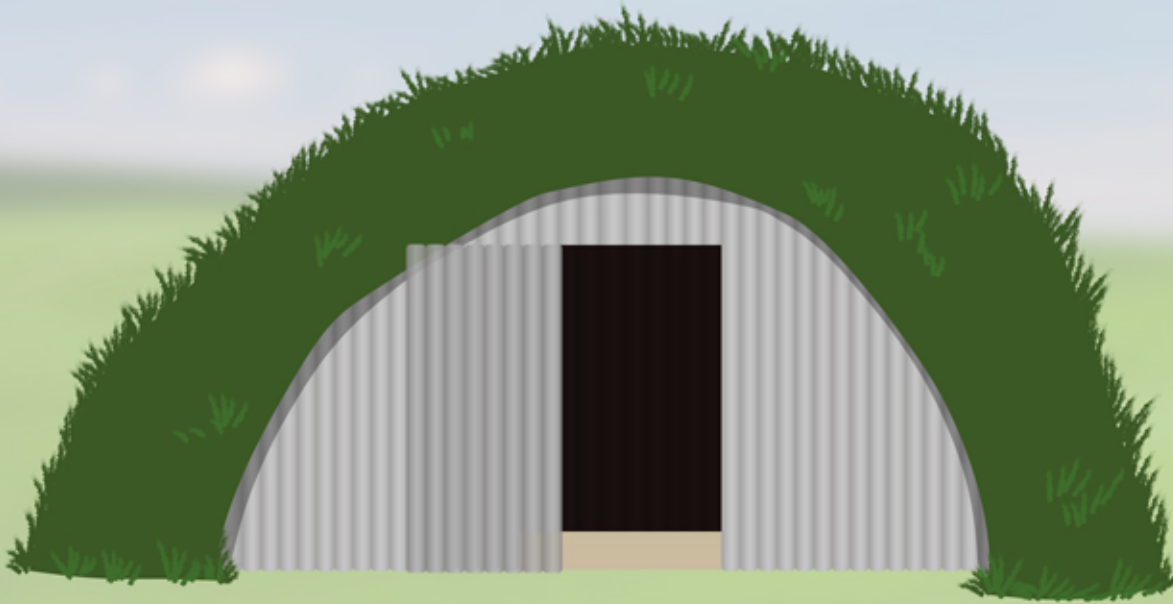
- Food & Drink
- Games
- Bunting
- Music



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share pictures of your VE day party with your BB group or post on social media using #BBatHOME and #VEDay75.

VE DAY: AIR RAID SHELTER



GET LEARNING



30 MINUTES



IN THE CUPBOARD

GETTING INTO THE ACTIVITY

To celebrate VE Day, learn about what life was like during WW2 and how people had to take shelter in homemade air raid shelters in their gardens.

This year marks 75 years since VE Day, when World War II ended in Europe. During the war, life was very different to normal, therefore when the war ended there was huge celebrations. One way that life was different during World War II was that some families built air raid shelters to protect themselves from bombs.

Watch 'Your Anderson Shelter This Winter (1940)' by 'British Pathé' on YouTube. It's a video from 1940 which shows what an air raid shelter looked like and how families tried to make them more comfortable - <https://youtu.be/rHyxP3epU-w>

Now build your own air raid shelter. You won't have metal sheets, so you'll need to use your imagination. Use blankets / bed sheets to help create the shape of your shelter. Then think about what other things you could add, such as beds and seating, to make it more comfortable.



WHAT YOU'LL NEED

- YouTube
- Blankets / Bed Sheets



NOTES FOR PARENTS & CARERS

Take a photo of your air raid shelter and share it with your BB group or post on social media using #BBatHOME and #VEDay75. An adult should initiate any contact with the BB group and/or share on social media.

God loves me for who I am

