

junior

Bringing the BB adventure to you . . .



#BBATHOME

Weekly Activity Pack

11th to 17th May



Dribbling



Letter Hunt



Origami Chatterbox



**My Family's
10 Commandments**



Car Wash



Secret Code



DRIBBLING



GET ACTIVE



20 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

A skill all footballers need, whether they are a defender, midfielder or striker - is the ability to dribble. Practise your dribbling skills with the two activities below or by creating your own.

Weaving through obstacles: Footballers need to be able to weave through opposition players. Place some obstacles on the floor and then practise getting from one end of the garden to the other whilst dribbling the football and dodging the obstacles. How quickly can you weave through all the obstacles?

Speed Dribbling: You have the ball but you're going to need to dribble the football quickly, before you can shoot and before a defender catches up with you. How quickly can you dribble the ball across the garden? Set a timer and see if you can beat your own time.

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



WHAT YOU'LL NEED

- Football
- Obstacles



NOTES FOR PARENTS & CARERS

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

LETTER HUNT

J O S E P h

K A T i &



GET
ADVENTUROUS



1 HOUR



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Hunt around your neighbourhood for signs and notices to help create a collage of your name.

Head out on your daily walk with a camera or phone. Whilst you are out, your mission is to look out for signs, notices and shop & street signs. When you find one, see if it has a letter which is in your name. If it does, take a close-up photo of that letter and cross it off your list. Continue your walk, looking for more signs to photograph.

When you get home create a collage of the different letters to create your name. For example, if your name was Alfie then you might use the A from a street sign, the L from a shop sign, the F from a house name and so on. You could create your collage digitally or print out the photos and then create a collage on paper.

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



WHAT YOU'LL NEED

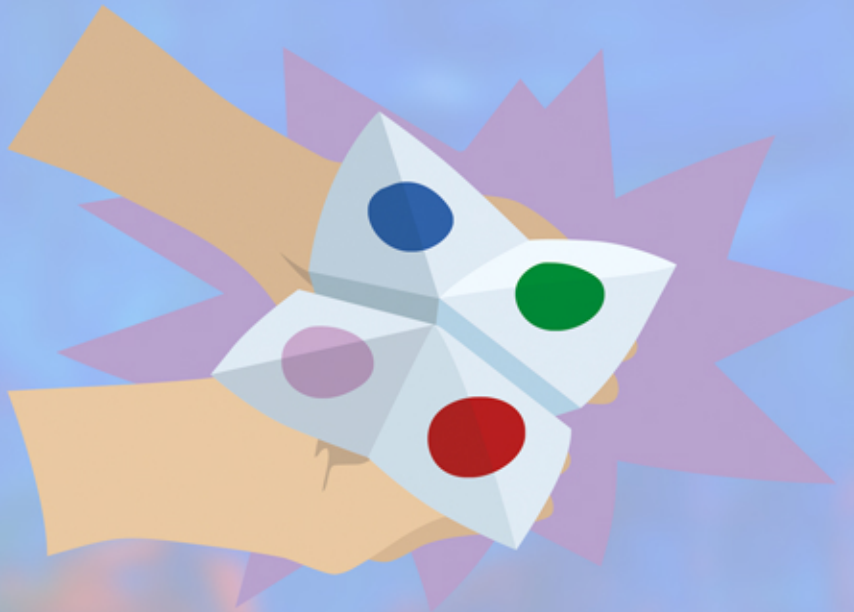
- Camera
- Phone / Computer



NOTES FOR PARENTS & CARERS

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

ORIGAMI CHATTERBOX



GET CREATIVE



30 MINUTES



PREPARATION NEEDED

▶▶ GETTING INTO THE ACTIVITY

Get to know your family even better by creating a chatterbox to help spark conversations and questions.

Print out the chatterbox template at the bottom of the pack. If you don't have a printer then you can create your own by starting with a square piece of paper. Follow the instructions on the template to fold your chatterbox correctly. Inside the chatterbox are some questions. There are also four blank boxes in the middle. Fill these in with your own questions.

Spend time going around your family with the chatterbox. First, they need to choose a colour. Spell out the colour and open / close the chatterbox with each letter. Then choose a number, opening and closing the chatterbox as you count. Finally choose a final number and ask the question underneath. What new things can you learn about your family?

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



WHAT YOU'LL NEED

- Chatterbox Template
- Pen
- Colouring Pens



NOTES FOR PARENTS & CARERS

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

MY FAMILY'S 10 COMMANDMENTS



GET INTO
THE BIBLE



20 MINUTES



READY
TO GO



GETTING INTO THE ACTIVITY

The 10 commandments were sent from God to help us live our lives. Learn about how they came about and then set your own 10 commandments for your family.

Watch 'God's Story: Ten Commandments and the Golden Calf' on YouTube (<https://youtu.be/aX28nAB4S7A>). This explains how Moses was given the 10 commandments. To read the commandments look in the Bible at Exodus 20.

These rules were given to us by God to show us how to treat each other, how to love God and how to be part of his team. Rules are important as they help to make our lives better and allow us to live in a world where we look after one another.

As a family create 10 commandments for you home, particularly for this period of lockdown when you are spending so much time together. Your 10 commandments might include, putting your toys away after playing, always saying please and thank you or saying one nice thing about each other every day.



WHAT YOU'LL NEED

- Pen & Paper
- YouTube



NOTES FOR PARENTS & CARERS

Take a photo of your 10 commandments and share it with your 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.

CAR WASH



GET INVOLVED



45 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Take on a big challenge by washing the family car, helping to put a smile on the face of your grown-up.

With the help of a grown-up, wash your family car. To do this you'll need to fill a bucket with warm water and some car cleaner. Ask your grown-up what to use, as they may have some special kit. Use a sponge to wash the car. Start with the top and work your way to the bottom of the car - as this is often the dirtiest part.

Once the car has been washed, you can now rinse off the soap suds with a hose or bucket of water. Finally use a dry cloth to help dry the car and ensure there are no streaky watermarks.

Can't wash a car? Find something else to clean, such as the windows or doors of the house.

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



WHAT YOU'LL NEED

- Bucket
- Car Cleaner
- Sponge
- Cloth
- Hot Water



NOTES FOR PARENTS & CARERS

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

SECRET CODE



GET LEARNING



45 MINUTES



PREPARATION
NEEDED

GETTING INTO THE ACTIVITY

Become a secret agent and design your own secret code to write messages for others to crack.

Secret codes are ways that spies can leave messages that only certain people can read. It's a great way of sending secret messages that contain sensitive information.

Design your own secret code by writing the letters A-Z on a piece of paper. Next to each letter draw a shape (square, triangle, circle etc) and colour it in. You can use the shape more than once, but it will need to be a different colour. You should have a unique symbol next to each letter. This is your secret code.

Now write a message using the code. Your message should look like a random collection of shapes. Give the message and the code sheet to a family member and see if they can work out your secret message.

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



WHAT YOU'LL NEED

- Paper & Pen
- Colouring Pens



NOTES FOR PARENTS & CARERS

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

Origami Chatterbox

