

junior

Bringing the BB adventure to you . . .



#BBATHOME

Weekly Activity Pack

18th to 24th May



Don't Drop a Thing!



Bug Hotel



Design a Rollercoaster



Looking After Others



Litter Pick



The World in My Kitchen



DON'T DROP A THING!



GET ACTIVE



15 MINUTES



READY TO GO

▶▶ GETTING INTO THE ACTIVITY

Put your problem solving, co-ordination and balancing skills to the test. How many items can you carry by the end of the game?

Firstly, collect lots of items from around the house. Things like cushions, books, toys, shoes, saucepans etc. Don't use anything breakable. You'll also need to set up a simple obstacle course.

Start the game by carrying one item through your obstacle course and back to the start. Then pick up a second item and carry both items through your course and back. Each time you get back to the start, pick up a new item. As you carry more items the game will start to get harder, as you'll need to find clever ways of carrying and balancing all the items without dropping them. You can use all parts of your body to carry and balance items. Keep playing the game until you drop something. Your score is how many items you were carrying when you dropped an item.

Ask a grown-up to take a photo or video of you playing 'Don't Drop a Thing!' and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

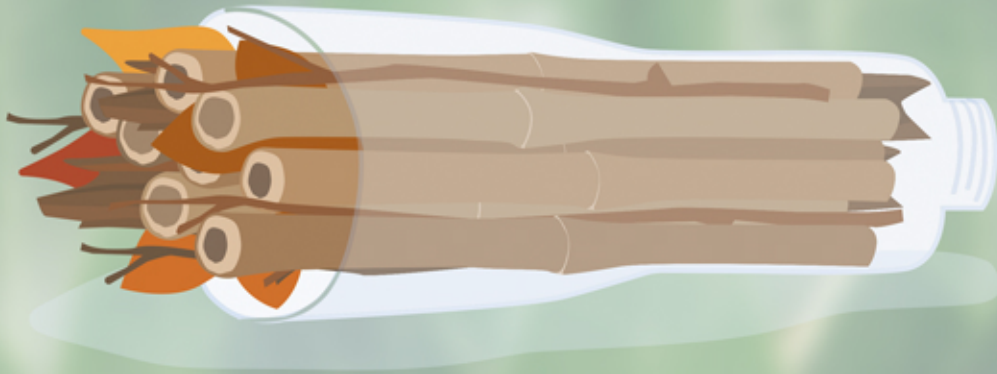
- Household Objects



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please make sure the space and items used are safe and appropriate. An adult should initiate any contact with the BB group and/or share on social media.

BUG HOTEL



GET
ADVENTUROUS



30 MINUTES



PREPARATION
NEEDED

GETTING INTO THE ACTIVITY

The space outside where you live will be home to hundreds of bugs and creepy crawlies. Create a bug hotel for them to live in and help you keep an eye on which bugs are visiting.

To create your hotel, you'll need to cut off the bottom end of a drinks bottle. A grown-up will need to do this. Fill the bottle with long twigs, sticks, bark, leaves etc. Try to get them to run the length of the bottle and so they don't come out the end. If you can, try to cram the bottle with enough sticks, twigs etc, that they all stay in place if you give the bottle a little shake.

Lay the hotel in your garden or by your front door. Over the coming days, keep checking to see if any bugs are living in your bug hotel and try to keep a record of the different bugs that you see.

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



WHAT YOU'LL NEED

- Drinks Bottle
- Scissors
- Twigs, leaves, bark etc
- Paper / Newspaper



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please wash your hands after making the bug hotel. An adult should initiate any contact with the BB group and/or share on social media.

DESIGN A ROLLERCOASTER



GET CREATIVE



30 MINUTES



IN THE CUPBOARD

GETTING INTO THE ACTIVITY

Theme parks may currently be closed, but that doesn't mean you can't enjoy the thrill of a rollercoaster. Design your ideal rollercoaster that you'd like to see in your favourite theme park.

Lego Rollercoaster: Use Lego to create your very own rollercoaster. How long can you make the track? Can you also design a car which people would ride in?

Recycling Rollercoaster: Use items such as toilet roll tubes, cardboard, bottles etc to make a rollercoaster. You could always paint or decorate the recycling materials to make it look even better.

Draw a Rollercoaster: Instead of making a rollercoaster, draw/design one on paper. Think about what it would look like, if it has a theme and what it might be called.

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



WHAT YOU'LL NEED

- Lego
- Pen & Paper
- Recycling Materials



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.

LOOKING AFTER OTHERS



▶▶ GETTING INTO THE ACTIVITY

Play 'Emotions Charades' - guessing all the different feelings and emotions. Then spend time thinking about how we all can look after the people around us.

To play 'Emotions Charades' write different emotions on pieces of paper. These might be happy, sad, grumpy, excited, crying, angry, confused etc. Write as many as you can and place each emotion in a bowl. With your family, take turns to pick an emotion out of the bowl and act it out. Who can guess the most correct?

In the Bible it says - "An anxious heart weighs a man down, but a kind word cheers him up." Proverbs 12 v25.

Here the Bible is telling us that we can help and support people with our words and our actions. Spend some time thinking about how we could support and help people when they are feeling different emotions. How could you help someone who was sad, lonely, angry etc? Finish with a prayer, praying for those people who might need cheering up.

WHAT YOU'LL NEED

- Pen & Paper

NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video with the 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.

LITTER PICK



GET INVOLVED



45 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Help care for your local area by collecting rubbish as part of a family walk.

Unfortunately, rubbish doesn't always make it into a bin and can end up littering our cities, towns and villages. This rubbish can end up hurting, and sadly sometimes killing, animals who eat it or get trapped in it.

On a family walk, try and pick up pieces of rubbish to help tidy your local area. Can you collect 10 pieces of rubbish, such as crisp packets, bottles and cans? Can you fill a whole bag of rubbish?

Safety: This activity must be supervised by a grown-up who will decide what rubbish can be picked up and what should be left for professionals. Please don't pick up glass or anything that looks dangerous. Please wear gloves and have hand sanitiser gel with you to use regularly.

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



WHAT YOU'LL NEED

- Gloves
- Hand Sanitiser Gel
- Carrier Bag



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. Please follow all safety advice on the card.

THE WORLD IN MY KITCHEN



GET LEARNING



30 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Did you know that the food we eat comes from all over the world? Take a look in your cupboard and see which countries you can find.

Without realising it, inside your food cupboards is food and drink that comes from all over the world. Use the world map worksheet at the bottom of this pack, or your own map, to record where all the food comes from.

To find out where your food comes from, take a look on the packaging. Lots of products will tell you where the food item was grown. Good products to look at include fruit and veg, pasta, tinned goods, meats etc. Once you find the country on the packaging, now try to find that country on your map. How many different countries can you record? What is the most surprising country you can find?

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

WHAT YOU'LL NEED

- Food Packaging
- World Map 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.

The World in My Kitchen

