

Bringing the BB adventure to you ...



Weekly Activity Pack
13th to 19th April

#BBATHOME



Fitness Dice



Mystery Snapshots



Tin Can Lanterns



Jumanji: Talents



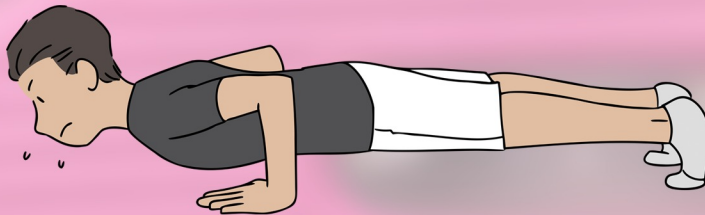
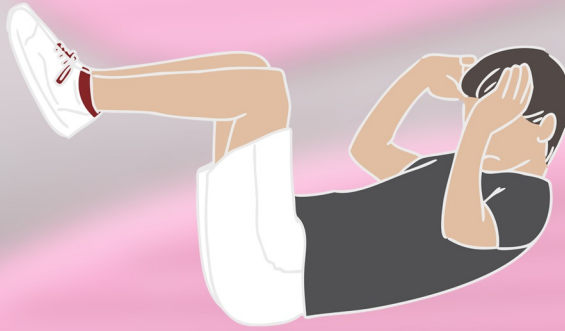
#ClapForTheNHS Video



Recovery Position



FITNESS DICE



GET ACTIVE



15 MINUTES



READY TO GO

▶▶ GETTING INTO THE ACTIVITY

Keep fit and active during your time at home with a fitness plan that changes at the roll of a dice.

Decide how long your workout is going to last. We suggest at least 10-15 minutes. Then decide what workouts you'll do for each number on the dice. Our suggestion is: **1 - Press ups, 2 - Planks, 3 - Star jumps, 4 - Wall sits, 5 - Squats, 6 - Crunches.**

You can make your own exercises up. You may also want to design it around your favourite sport such as football, rugby or boxing. You can find demonstrations of various exercises by searching YouTube for instructional videos.

Start the timer and roll the dice. The first roll tells you what action you need to do, the second roll tells you how long for / how many. E.g. 1 = 10 seconds or 10 sets, 2 = 20 seconds or 20 sets and so on. Once you've completed your exercise, roll the dice again to find out what you need to do next. Continue until your timer is complete. You could repeat this activity throughout the week.



WHAT YOU'LL NEED

- Dice



NOTES FOR PARENTS & CARERS

Record a video of the workout and share it with your BB group or post on social media using #BBatHOME. Be careful they do not overexert themselves. An adult should initiate any contact with the BB group and/or share on social media.

MYSTERY SNAPSHOTS



GET
ADVENTUROUS



45 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Make the most of your daily exercise by walking around your local area, taking obscure photos to quiz your family on.

Whilst on your daily walk take some photos of landmarks, buildings and objects that you find along the way. You'll want to take photos from strange angles or only parts of the building etc. You'll want to make the pictures hard to identify but of things your family should know what they are.

When you get home, show the pictures to a family member and see if they can work out what the building, landmarks and objects are. Who can get the most points?

You could share these with a grandparent or family member in isolation to help keep them occupied and let them know you are thinking of them.

Share your mystery snapshots with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Camera Phone



NOTES FOR PARENTS & CARERS

Please stick to Government rules on social distancing during the walk. Depending on the age of your child, the walk may need to be supervised. An adult should initiate any contact with the BB group and/or share on social media.

TIN CAN LANTERNS



GET CREATIVE



1 HOUR



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

Recycle a tin can and create a personalised lantern for your home.

- 1) Wash out a tin can, fill it with water and place it in a freezer. You'll need to leave this overnight to ensure a solid block of ice.
- 2) Think about a design you want for your can. You could print out an outline or draw your own. Logos, football badges and superhero symbols work well. Stick it to the can using sellotape.
- 3) Carefully, with a nail and hammer, tap small holes into the can. If you are using a template, then tap holes around the outline of the shape. The holes need to be close together but still leaving a small gap.
- 4) Once you are finished tapping holes into the can, run warm water into the can to melt the ice. Once empty you can place a candle inside the can, light it and see your lantern lit up.

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



WHAT YOU'LL NEED

- Tin Can
- Nail
- Hammer
- Water
- Sellotape
- Paper
- Candle



NOTES FOR PARENTS & CARERS

Please give necessary guidance and safety tips for working with a hammer and nail. Be careful of sharp edges around the can. An adult should initiate any contact with the BB group and/or share on social media.

JUMANJI: TALENTS



GET INTO
THE BIBLE



20 MINUTES



READY
TO GO

▶▶ GETTING INTO THE ACTIVITY

All of us have our own talents - things we are good at. God calls on us to use our talents for the good of others. Spend some time thinking about how you can do this.

Watch the film Jumanji (2017), which is currently available on Netflix if you have it. Or just watch the YouTube clip **Strengths and weaknesses scene - Jumanji: Welcome to the Jungle (2017)**.

Think about: Imagine if you could press a button on your body and your own strengths & weaknesses would show up, like in Jumanji. What would they say about you? How do the characters in Jumanji use their talents to help each other? What do we currently do with our strengths or 'talents' to benefit other people?

Read **1 Peter 4 v 10**. The Bible calls on us to use our God given talents to help and support others. Think about three ways you could use your talents this week to help others.



WHAT YOU'LL NEED

- YouTube
- Jumanji Film (2017)



NOTES FOR PARENTS & CARERS

Jumanji is rated 12. Please note there is an inappropriate word at 2:30, the clip can be stopped before this. An adult should initiate any contact with the BB group and/or share on social media.

#CLAPFORTHENHS VIDEO



GET INVOLVED



20 MINUTES



PREPARATION
NEEDED

▶▶ GETTING INTO THE ACTIVITY

Each week the nation pauses, standing on their doorsteps to applaud the NHS and other keyworkers for all they are doing. Create a video of your street's clap and send it to your local hospital.

You'll need to have a camera phone to record the video on. You'll also need to think about where is best to stand to get a good view of the people in your street and to hear them applaud. Make sure you are ready a few minutes before, so you don't miss the start.

Once you've filmed the #ClapForTheNHS, if you are able to, edit the video to make it look even better. You can now email it to your local hospital or message it to them via social media, so all the NHS workers can see how your street have been applauding their efforts – helping to give them a moral boost.

Share your video with your BB group or post on social media using #BBatHOME and #ClapForTheNHS.

☑☑ WHAT YOU'LL NEED

- Camera Phone
- Editing Software (optional)

! NOTES FOR PARENTS & CARERS

Please respect social distancing guidelines when filming the video. An adult should initiate any contact with the BB group and/or share on social media.

RECOVERY POSITION



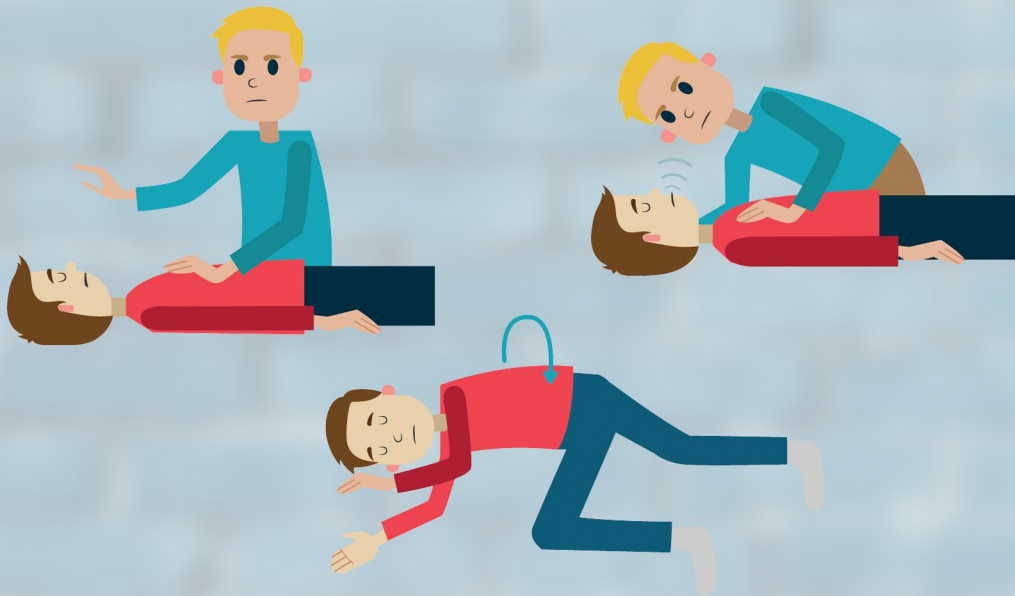
GET LEARNING



30 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Learning first aid skills is a great thing to do, as one day you might be able to use them to help somebody and even save a life.

To learn how to do the recovery position check out the YouTube video [The Recovery Position - First Aid Training by St John's Ambulance](#).

Take some time to learn the recovery position and try it out on a family member.

If you want to learn more first aid skills, then check out more of the videos by St John's Ambulance on YouTube.

Take a photo or video of you doing the recovery position and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- YouTube
- Family Member



NOTES FOR PARENTS & CARERS

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