

ANCHORS

Bringing the BB adventure to you ...

Weekly Activity Pack

1st to 7th June



#BBATHOME



Water Dunking



My Garden Birds



Playdough



Following God



Thank You Volunteers



Ramp It Up



IMPORTANT NOTICE FOR PARENTS/CARERS

Activity **MUST** be supervised by a parent/carer **AT ALL** times. A parent/carer **MUST** assess risk before allowing their child to participate. Parents/carers **MUST** be aware of and follow up-to-date Government rules and guidance on social distancing.

WATER DUNKING



GET ACTIVE



15 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

A fun game to play with your family, that may end up getting wet!

For this activity you will need a large bowl of water with 10 items inside that can float. This might be apples, rubber ducks, plastic bottles, toys etc. It is recommended to do this activity outside if you can. Make sure you have a towel to help dry yourself afterwards.

Ask a grown-up to time you. On go, start the timer and dunk your head into the water to try and pick up an item and remove it from the bowl. However, the only thing you can use to do this is your mouth - no hands! Alternatively, if prefer you could do it with your feet. Keep going, removing one item at a time until all 10 items have been removed. Stop the timer and take a note of your time.

Now challenge a family member to try and beat your time, by trying to get all 10 items in a quicker time.

Ask a parent/carer to share a picture with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Bowl of Water
- 10 items that float
- Towel
- Timer



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please only use objects that won't be damaged by water and are not a choking hazard. For best hygiene, change the water and clean the objects before a new person has a go.

MY GARDEN BIRDS



GET
ADVENTUROUS



30 MINUTES



PREPARATION
NEEDED



GETTING INTO THE ACTIVITY

Encourage birds to pay a visit to your garden and then keep a record of which birds have visited and try to identify them.

Encourage birds to visit your garden by putting out a shallow tray of water for them to take a bath in and a bird feeder or seeds for them to feed on. Now sit at a window and watch to see which birds will visit your home.

Spend some time watching and recording what you see. You could record how many birds visit in total, record them by their colour, if they ate food etc. Alternatively, you could use the below resources to help you to find out the names of the birds and even find out some facts about them!

Bird Identifier: Check it out at www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/

How many birds did you see? Download Survey Sheet at www.rspb.org.uk/globalassets/downloads/kids--schools/big-schools-birdwatch-downloads/survey-sheet-with-tens-frame.pdf



WHAT YOU'LL NEED

- Shallow Tray
- Water
- Bird Seed (Optional)
- Pen & Paper



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your birdwatch with your BB group or post on social media using #BBatHOME.

PLAYDOUGH



GET CREATIVE



30 MINUTES



PREPARATION
NEEDED

GETTING INTO THE ACTIVITY

Create some colourful playdough and then use your imagination to design and build your very own playdough creations.

- 1) Mix the flour and salt together. In a separate bowl mix the water, oil and a few drops of food colouring.
- 2) Pour the coloured water into the flour mix and bring together with a spoon.
- 3) Dust the work surface with flour and turn out the dough. Knead for a few minutes until smooth and pliable. If you want a stronger colour, add more food colouring to the dough and knead further.

Once the playdough is created, it is now ready to be used. Alternatively, you could make a new batch of playdough, this time with a different colour.

What creations can you make with your playdough? Will it be a monster, person, animal, castle or something else? Let your imagination run wild.

WHAT YOU'LL NEED

- 8 tbsp Plain Flour
- 1 tbsp Vegetable Oil
- 60ml Warm Water
- Food Colouring
- 2 tbsp Table Salt
- Bowl & Spoon

NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture of your playdough creation with your BB group or post on social media using #BBatHOME.

FOLLOWING GOD



GET INTO THE BIBLE



15 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

Christians are called to live their lives in a way that follows Jesus' example and reflects God's love for us. Practise being a 'follower' with a game of Simon says.

Inside the Bible there are lots of stories that show us how we should live our lives. How we should be kind to each other, love our neighbours and be 'good' people at all times. By following Jesus' example, we are pleasing God and also showing other people how to live their lives too.

Make your light shine, so that others will see the good that you do and will praise your Father in heaven - Matthew 5:16

Practise being a 'follower' of God by playing a game of 'Simon says' with your family. Take turns at being 'Simon' and giving the instructions. Who makes the best 'follower' in your house?

Just like in the game of Simon says, God likes it when we do what he says. God wants us to follow the examples shown in the Bible, show love for others and listen to what he says.



WHAT YOU'LL NEED

- No Equipment



NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Share a picture or video of your Simon says game with your BB group or post on social media using #BBatHOME.

ANCHORS



THANK YOU VOLUNTEERS

THANKYOU!



GET INVOLVED



20 MINUTES



IN THE CUPBOARD



GETTING INTO THE ACTIVITY

Millions of people across the UK give up their time for good causes, this includes your BB leaders. To mark 'Volunteers Week' (1st - 7th June), say a big thank you to your BB leaders for everything they do.

Our BB leaders are some of the best volunteers in the UK. They give up their time to provide children and young people with so many opportunities to learn, grow and discover. Let's say thank you to them.

Record a thank you video, design a thank you card, draw a thank you picture or write a thank you letter - do whatever you think is the best way of showing your BB leaders how much you appreciate them.

Once complete, send the thank you note to your BB group via email or social media using #BBatHOME #VolunteersWeek.



WHAT YOU'LL NEED

- Pen & Paper
- Craft Materials
- Colouring Pens
- Camera



NOTES FOR PARENTS & CARERS

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

RAMP IT UP



GET LEARNING



30 MINUTES



IN THE CUPBOARD



▶▶ GETTING INTO THE ACTIVITY

Create a ramp and experiment with different objects to see which travel the furthest and what you can do to make the objects go even further.

Create a ramp by leaning a long piece of wood or cardboard against a worktop. Find a mixture of household objects that can roll such as balls, toy cars, sock balls, bottles etc. One at a time hold the object at the top of the ramp and let go. How far does each item roll?

Now make some changes to your ramp. Can you make the items roll further by changing the tilt of the ramp or the material you use for the ramp? What happens if you cover the ramp in bubble wrap or carpet? Do heavier items travel further than light ones? What's the furthest distance you can make an item roll after being launched from your ramp?

Keep experimenting and see if you can design the perfect ramp.

✔✔ WHAT YOU'LL NEED

- Long Piece of Wood / Cardboard
- Household Objects

! NOTES FOR PARENTS & CARERS

All activity should be supervised by an adult. Please make sure the space and equipment used is appropriate. Share a picture or video of your ramp with your BB group or post on social media using #BBatHOME.