

Bringing the BB adventure to you ...



## Weekly Activity Pack

30th March to 5th April

## #BBATHOME



### Kick Ups



### Garden Golf



### Read All About It



### A Week of Prayer



### Cook a Meal



### Chain Reaction Machine



# KICK UPS



GET ACTIVE



10 MINUTES



READY  
TO GO

## ▶▶ GETTING INTO THE ACTIVITY

How many kick ups can you do?

Use a football to try to do as many kick ups as possible without the ball touching the ground.

Keep trying to improve your kick ups and see what the highest score is you can get.

**Need some inspiration?** Check out professional football freestyler and 3 x Guinness World Record holder, Ben Nuttall's video challenge for this activity on social media or go to [vimeo.com/channels/bbathome/](https://vimeo.com/channels/bbathome/)

You can also find tutorial videos & tricks on Ben's YouTube channel.

Who can score the highest number of kick ups? Record a video of the best attempt and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

- Football



## NOTES FOR PARENTS & CARERS

Ensure that the area being used for this activity is free of any obstacles and there is no risk of damage/breakages. An adult should initiate any contact with the BB group and/or share on social media.

# GARDEN GOLF



GET  
ADVENTUROUS



45 MINUTES



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

Create a mini golf course in your garden and then challenge your family to a game.

**Setting up a Course:** Ideally this activity should be done in the garden, but could be done indoors too. Create 2 or 3 holes, with different obstacles or challenges to complete. For example, you could use stones as obstacles, cardboard as ramps, drainpipes as tunnels and flower pots as holes.

**Creating a Golf Club:** You can use anything as a golf club - be imaginative! Our suggestion is to strongly tape an empty drinks bottle to the bottom of a broom handle.

**Create a Competition:** Now the course is complete, challenge family members to take on the golf course. Keep a track of the scores and see who the winner is.

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



## WHAT YOU'LL NEED

- Household Items
- Small Ball
- Broom Handle
- Plastic Bottle



## NOTES FOR PARENTS & CARERS

Some guidance on what space and equipment is suitable to be used may be needed. An adult should initiate any contact with the BB group and/or share on social media.

# READ ALL ABOUT IT



GET CREATIVE



45 MINUTES



PREPARATION NEEDED



## GETTING INTO THE ACTIVITY

Spend some time looking at the day's news and creating a news collage using positive stories only.

When opening a newspaper or a news website, there can be lots of negative news stories or bad news about the world. We want you to focus on finding the positive news stories of the day and creating a collage of the headlines, pictures and stories.

**Physical Collage:** Look through a newspaper and cut out any positive headlines and pictures. Stick these onto a large piece of paper.

**Digital Collage:** Look through news websites to find the positive news stories. Take screenshots of headlines and pictures you want to use and then create a digital collage or even a video and share it on social media.

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



## WHAT YOU'LL NEED

- Today's Newspaper
- Scissors & Glue
- Paper
- Online News & Computer



## NOTES FOR PARENTS & CARERS

Please don't make a special journey just to get a newspaper - this should only happen as part of an essentials shop. An adult should initiate any contact with the BB group and/or share on social media.

# A WEEK OF PRAYER



GET INTO THE BIBLE



1 HOUR



READY TO GO



## GETTING INTO THE ACTIVITY

Spend a week recording your prayers - encouraging you to pray every day.

Prayer is an important part of Christian life. It gives us a chance to talk to God and helps us to build a relationship with him.

You could record your prayers on paper or on notes in your phone. One way you could do this is by splitting your prayer across the 7 days:

Monday > My world

Tuesday > My country

Wednesday > My community

Thursday > My friends and family

Friday > Myself

Saturday > What I'm thankful for

Sunday > A big prayer, bringing all of the above together



## WHAT YOU'LL NEED

- Pen
- Paper



## NOTES FOR PARENTS & CARERS

Prayer is personal and a time of quiet. Give your child space to do this but be conscious that they may wish to talk to you about things afterwards. Be open to this and ready to talk.

# COOK A MEAL



GET INVOLVED



1 HOUR



PREPARATION  
NEEDED



## GETTING INTO THE ACTIVITY

Help out at home and assist in cooking a meal for your family.

Talk to your parent/carer and between you work out what parts of the meal you can prepare and cook. Think about what skills you might need (chopping, boiling, frying etc). Make sure you know how to do each step and ask for help where needed.

**Feeling extra helpful?** Help to prepare and cook meals for your family on a regular basis. You could even help to plan the meals for the week.

Take a photo of the meal you have cooked and share it with your BB group or post on social media using #BBatHOME.



## WHAT YOU'LL NEED

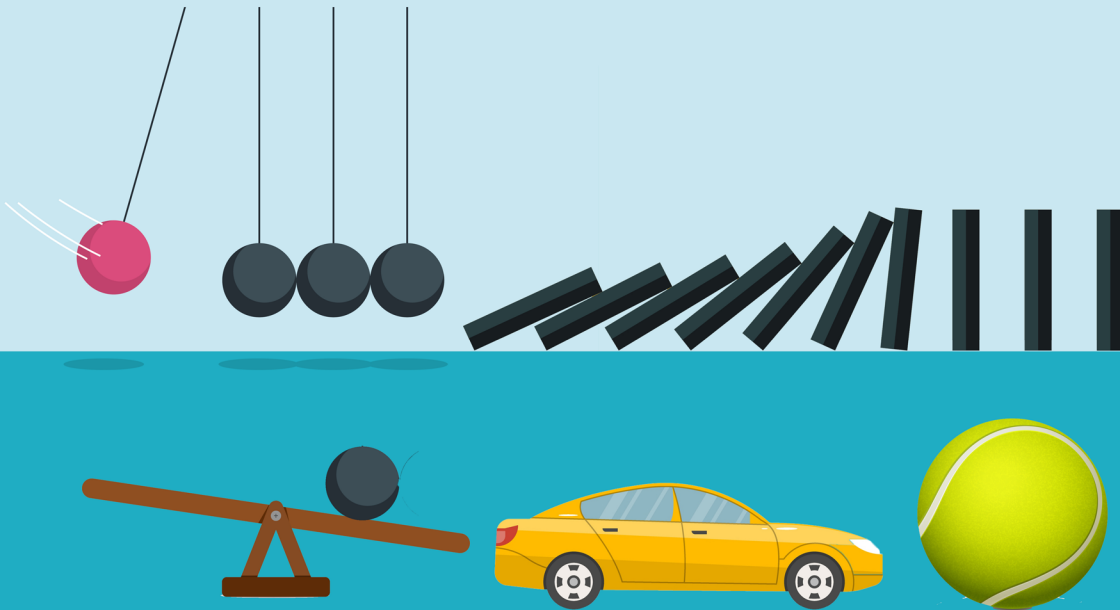
- Ingredients
- Cooking Utensils
- Cooking Equipment



## NOTES FOR PARENTS & CARERS

Talk about how they can help you and be clear on each step. Point out any hazards and give advice on how to handle knives, hot water and cleanliness. An adult should initiate any contact with the BB group and/or share on social media.

# CHAIN REACTION MACHINE



GET LEARNING



45 MINUTES



PREPARATION  
NEEDED

## GETTING INTO THE ACTIVITY

Design a chain reaction machine using things you find around the house.

Chain reaction machines use lots of household items to perform a simple task in a very complicated way. Set one up in your house using what you can find. Could you create a machine that rings a bell, pops a balloon, opens a door or puts out a candle?

Here some ideas of items you could use . . .

Things that Move: Marbles, Balls, Toy Cars, Skateboard, Dominoes

Ramps: Toy Train Tracks, Marble Runs, Books, Trays, Pipe

Household Items: Lolly Sticks, Ruler, String, Tape, Pins, Water

For some help and inspiration head to YouTube and search for **Joseph's Machines**. Your machine doesn't need to be as complicated but should include at least 5 different reactions.

Take a video of your chain reaction machine and share it with your BB group or post on social media using #BBatHOME.

## WHAT YOU'LL NEED

- Household objects such as cardboard tubes, boxes, ramps, cups, toys, balls, cars, dominoes, balloons, string, DVDs, kitchen utensils, marbles, stationery etc.

## NOTES FOR PARENTS & CARERS

Some guidance on what space and equipment to use to build the chain reaction machine may be needed. An adult should initiate any contact with the BB group and/or share on social media.