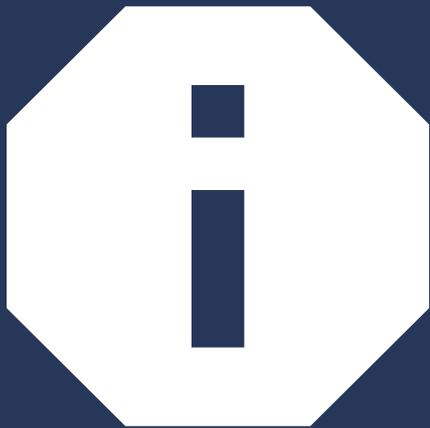


ANCHORS INFORMATION





THE ANCHORS PROGRAMME

Objective

Through our programme we want to provide children and young people with opportunities to develop skills, to be creative, to have adventures, to try new things, to get to know Jesus and to make a difference.

As a young person starts out on their BB adventure, we believe they are entitled

... to experience new challenges.

To develop and use existing skills, to learn new skills, to develop confidence, to have a sense of achievement and receive recognition.

... to be listened to and have a say.

To have their opinions listened to and acted upon wherever possible.

... to be respected and valued.

To be trusted and given responsibility, to be treated as you would like to be treated, to experience a safe environment, to be individually appreciated, to have the opportunity to be part of the wider community.

... to have fun.

To be able to come to BB because they enjoy it and want to.

... to have the opportunity to develop a personal Christian faith.

To be able to explore their own faith, at their own speed, in a way that is approachable and meets their individual needs.



ACTIVITY AREAS

The Anchors Programme has 6 Activity Areas and these same Activity Areas are also used in the Juniors Programme, providing consistency for children and young people as they move through the organisation, as well as making it easier for those leaders that volunteer in more than one age group.

The Activity Areas are:

- | | |
|-------------------|----------------------|
| ✓ Get Active | ✓ Get into the Bible |
| ✓ Get Adventurous | ✓ Get Involved |
| ✓ Get Creative | ✓ Get Learning |

Each Activity Area sets out clear aims and there are examples of which activities fit into each area. There are a number of Themes within each Activity Area to help identify specific types of activities, recognising the need to offer a balance of activities within any particular Activity Area. The Themes are only to assist with programme planning and are not linked to recognising achievement (awards).

See the table on that follows to see how the Activity Areas, Themes and Activities all fit together.

ACTIVITIES

An activity within the programme is anything which directly links to one of the 6 Activity Areas. Activities can be for any period of time; some may only be 10 minutes whilst other activities may last 40 minutes (generally a single activity should be a maximum of 60 minutes). All of the resources provided by the Brigade are there to provide leaders with support in planning their programme and are not a syllabus which has to be followed. Leaders are encouraged to source additional activities from other sources and link these back to Activity Areas within the programme.

THE ACTIVITY AREAS

The 'Activity Areas' are set out as follows;



	GET ACTIVE	GET INTO THE BIBLE	GET CREATIVE	GET LEARNING	GET ADVENTUROUS	GET INVOLVED
AIM	Activities which get children moving, through games and sports and activities that promote good physical, mental and emotional wellbeing.	Activities which enable children to explore and experience the Christian Faith and express beliefs and attitudes.	Activities which encourage children to express themselves through crafts and the arts.	Activities which encourage children to gain knowledge and develop skills and problem-solving abilities which support them to make good life choices.	Activities which challenge children to step out of their comfort zone or take them beyond the normal meeting place.	Activities which encourage children to get involved in social action, both locally and globally and prepare them to be active citizens.
THEMES	<ul style="list-style-type: none"> • Playing Games • Playing Sport • Keeping Fit • Working as a Team • Me & my Wellbeing 	<ul style="list-style-type: none"> • My Bible Adventure • Prayer • Celebrating • Developing my Faith • Understanding Christian Values 	<ul style="list-style-type: none"> • Singing, Acting and Dancing • Arty & Crafty • In the Kitchen • Playing & Making Music 	<ul style="list-style-type: none"> • Me and my World • STEM (Science, Tech, Engineering & Maths) • My Skills for Life • Understanding Culture & Tradition • Staying Safe • Problem Solving 	<ul style="list-style-type: none"> • My Survival Skills • Exploring the world around me • Adventure Activities • Visits & Trip 	<ul style="list-style-type: none"> • Protecting our World • Shaping our World • Helping Others
ACTIVITY EXAMPLES	<ul style="list-style-type: none"> • Playing Team Games • A Healthy Heart • Playing Dodgeball • Catching & Throwing Skills 	<ul style="list-style-type: none"> • Telling a Puppet • Bible Story • Sing a Christian Song • Write a Prayer • Creating a Harvest Collage 	<ul style="list-style-type: none"> • Junk Sculptures • Making Chocolate Nutella Brownies • Origami • Writing a song 	<ul style="list-style-type: none"> • Learn to Tie shoe laces • What to do in an emergency • Building a wooden Bird Box (DIY Skills) • Experimenting with Science 	<ul style="list-style-type: none"> • Scavenger Hunt • Search for the Stars • Geocaching • Shelter Building • Kayaking • Visiting a Farm 	<ul style="list-style-type: none"> • Raising money • Meet your local MP • Planting a tree • Fairtrade



DELIVERING RESOURCES

Resources to support leaders in delivering the Anchors programme are put directly into the hands of the Leader in Charge of the age group alongside the Gazette, 3 times a year. The resources will feature programme ideas and activities through a set of Activity Cards, Themed Programme Activity Cards and a Programme Planner for each term.

The terms are as follows:

Autumn = September through to end of December

Spring = January through to end April

Summer = May through to end August

All the resources will be available to download through the Activities searchable library on Online Brigade Manager (OBM) found within young people's sections under 'Programme'.

Programme ideas for every week of the year will be provided through the Programme Planner for each term and a number of activities from the planners will be fully resourced through the Activity Cards and Themed Programme Activity Cards.

ACTIVITY CARDS

Using the Activity Cards, a leader will be supported to deliver a dynamic and varied programme each year and avoid repetition. Each term a set of Activity Cards will provide leaders with 'ready-to-go' activities which means the card contains all the information a leader needs to organise the activity successfully. There will be one Activity Card for each of the 6 Activity Areas each term.

The bright and colourful cards each provide clear information for leaders to follow along with additional information to support the delivery of the activity. Below you will find more details about what you should expect to find on each Activity Card.

ACTIVITY CARD (FRONT)

The image shows the front of an activity card titled "SEARCH FOR THE STARS" under the "ANCHORS" brand. The card features a dark blue background with illustrations of planets (Jupiter, Saturn, and the Moon) and stars. A green sidebar on the right contains icons for "GET ADVENTUROUS", "30 MINUTES", and "PREPARATION NEEDED". At the bottom, there are two boxes: "AIM" and "WHAT YOU'LL NEED". The card is branded with "THE BOYS BRIGADE" logo at the bottom right.

Age Group → **ANCHORS**

Activity Title → **SEARCH FOR THE STARS**

Illustrations → To help bring the activity to life, sometimes this will be instructional

Aim and Introduction → **AIM**
To get the children outside exploring the world around them and looking up to the sky as they hunt for stars, planets, shooting stars and even the Man in the Moon.

Activity Area → **GET ADVENTUROUS**

Activity Time → **30 MINUTES**
Estimated time to carryout this activity (not including preparation)

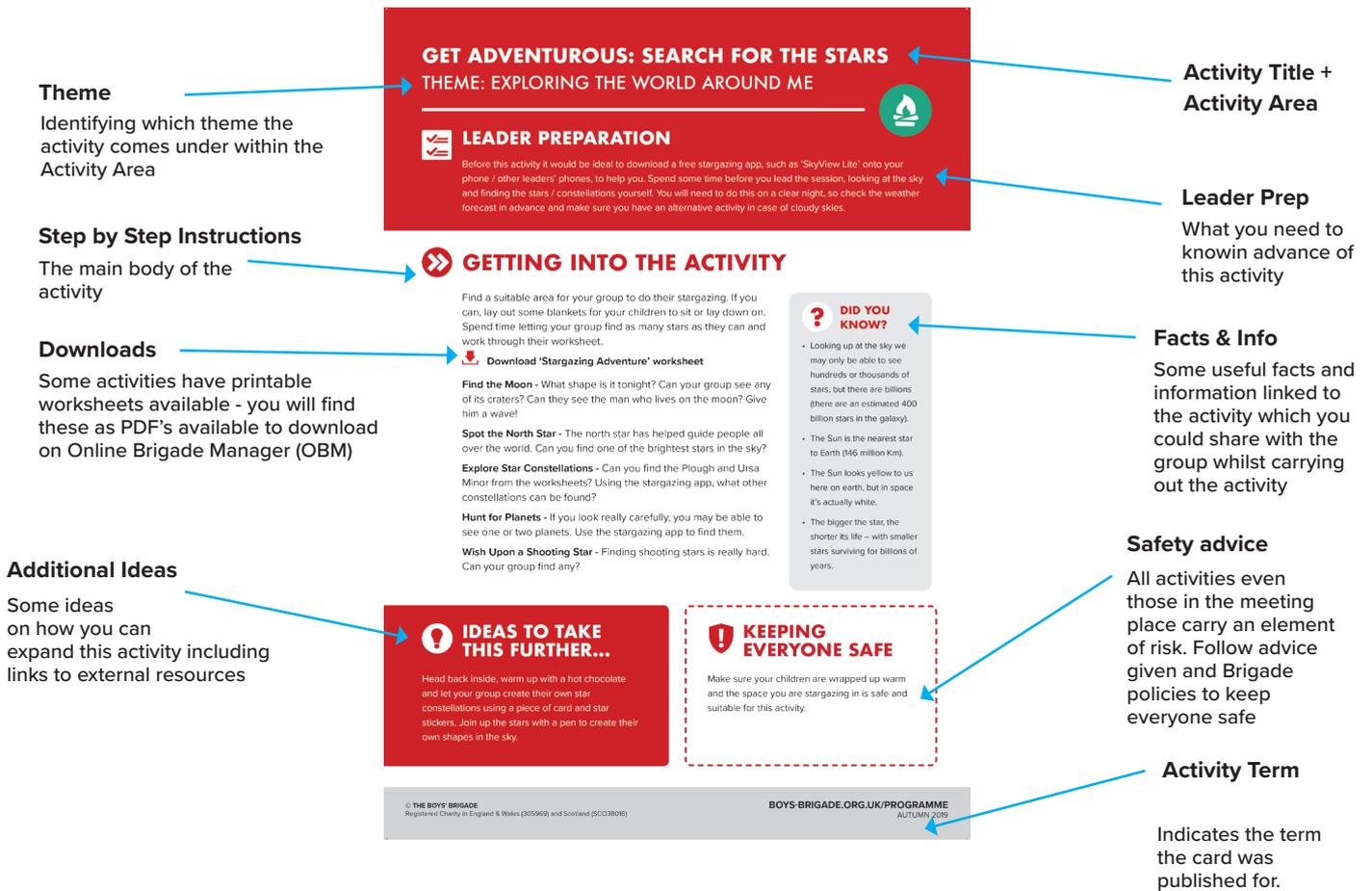
Leader Preparation → **PREPARATION NEEDED**
An indication of the equipment and resources required for this activity

Equipment Required → **WHAT YOU'LL NEED**
Making sure you have everything you need

- › 'My Stargazing Adventure' Worksheet
- › Access to a stargazing app on mobile/tablet device
- › An outdoor area
- › A clear night

THE BOYS BRIGADE
the adventure begins here

ACTIVITY CARD (BACK)



LEADER PREPARATION

The leader preparation symbol which can be found on the Activity Cards for each and every activity is there to help provide an indication to leaders on the equipment/resources and preparation time required for this activity.

The leader preparation symbols are as follows:



Ready to Go – this means that the activity requires no equipment and leaders should be able to run this activity with no preparation in advance of the meeting required.



In the Cupboard – this means that the equipment required should be in your cupboard (see list of equipment it is useful to have in your cupboard on page 9) and that the leader does not need to do any preparation in advance of the meeting.



Preparation Required – this means that the equipment required may need to be purchased or collected and/or that the leader may need to do some preparation in advance of the meeting night.

THEMED PROGRAMME ACTIVITY CARDS

These will bring together activities from several of the Activity Areas based on a theme. Usually these cards will feature at least 5 activities from at least 4 different Activity Areas.

These Themed Programme Activity Cards will help leaders to identify how themes can be helpful in providing variety and balance in the delivery of the programme. It might not be the case that you could run all the activities on one meeting night and there is no expectation that you should, again these are 'Pick and mix' activities from which you can choose those that will work best with your children. Themed Programmes could be split and run across more than one meeting.

Each of the Themed Programme Activity Cards includes:

- **Index** – a list of activities within the themed programme.
- **Illustrations** - to help bring the activity to life, sometimes this will be instructional.
- **Aim** – focused on what you are seeking to achieve through the activities.
- **Introduction** – containing background information for leaders.
- **Did you know?** - Some useful facts and information linked to the activity which leaders can share with the group whilst carrying out the activity.

Each activity within the themed programme also includes:

- **Activity Area** – identifying which Activity Area the activity is linked to.
- **Time** - estimated time to carry out this activity (not including preparation).
- **Leader Preparation** - an indication of the equipment and resources required for this activity (Ready to Go, In the Cupboard or Preparation Required).
- **What you'll need** - making sure you have everything you need.
- **Getting into the Activity** – the main body of the activity with step by step instructions.

PROGRAMME PLANNER

The Programme Planner is provided termly for each age group and covers every week within that term – providing ideas, highlighting national festivals and awareness days, signposting resources and identifying which activities will be fully resourced as part of the next set of Activity Cards and Themed Programme Activity Cards.

The programme planner is there to support leaders in programme planning and is not designed to be a syllabus which has to be followed.

WORKSHEETS

Some activities within the programme have worksheets which have been designed to be used as part of the activity. The worksheets are available to download from Online Brigade Manager (OBM) as PDF files (which you can open in Adobe Acrobat Reader or other compatible software) to print off locally. You will see a download symbol  wherever there is a worksheet available.

STORING THE ACTIVITY CARDS

A branded plastic carry case is available enabling all the Activity Cards, Themed Programme Activity Cards and Programme Planners to be kept in one place. 'This will keep everything' and continue on with easily accessible so leaders can come back to them again and again, although the Brigade will continue to provide new activities in order to ensure the programme does not become stale or repetitive. The box file contains a set of dividers to help you organise the Activity Cards and other resources (i.e. by Activity Area).

PLANNING AHEAD

One of the most important things is planning ahead. Putting time into planning your programme will bring with it so many rewards. Allow time to plan with your whole team, bringing everyone together will help you shape the programme and ensure everyone is fully involved. Don't forget to ask for the views of the children. Part of this involves spending time reviewing what you have done previously and learning from what went well and what didn't. Ideally, you should be planning at least a term in advance, and also consider putting together an initial rough outline for the session, so everyone is aware of key dates and you can ensure the programme works around these.



Download Annual Programme Planner Template at:
leaders.boys-brigade.org.uk/programme

INVOLVING YOUNG PEOPLE

Getting feedback and ideas from your young people is key to delivering a successful programme. Consider how you could create opportunities to do this, this could be built into your programme each term, so that you can then plan more effectively for the next term. The best way to engage the children and young people will differ by age group, but don't just think it is just the older members that will have ideas on what they want to do and views on what they've already done – include all age groups.

With the Anchors age group involving the children can be as simple as asking them to choose one or two games to play. Once the children and young people have shared their thoughts and opinions with you, ensure you put their ideas forward and incorporate these into your next programme planning meeting. It's important once you've done this, that you make sure that your young people are aware of how and where their ideas have been included. This will boost their confidence and make them feel included and listened to, and that their voice matters.



Check out a video we have produced on participation on our Vimeo Channel at
vimeo.com/theboysbrigade/participation

PLANNING TERMLY

WEEK	THEME / ACTIVITY	DESCRIPTION	LOCATION	ACTIVITY AREAS / AWARDS
02/09/2019	HEADS, SHOULDERS, KNEES & CONES Activity	A fun way to start back, with an active game testing reaction speeds. Spend some time asking the children what they got up to over the summer, have map/globe to hand and see if you can locate some of the places they visited.	Indoors	Get Active
09/09/2019	Roald Dahl Day	Celebrate Roald Dahl's Birthday (13 th Sept), by theming the night around his creations. For resource ideas, head to www.roaddahl.com	Indoors	Get Creative, Get Active, Get Learning
16/09/2019	PIRATES Themed Programme	AARGH! It's international 'Talk Like a Pirate' Day on September 19 th , so why not get your group talking & acting like pirates with a themed evening. You could even dress up!	Indoors	Get Learning, Get Active, Get Creative, Get into the Bible
23/09/2019	National Cupcake Week	It's 'National Cupcake' week, so grab the mixing bowls, wooden spoons and baking trays and get baking some tasty treats!	Indoors	Get Creative
30/09/2019	HARVEST Themed Programme	Celebrate Harvest Festival with harvest themed activities such as making scarecrow biscuits, going on a food hunt and collecting for a foodbank.	Indoors	Get Involved, Get Active, Get Creative, Get into the Bible

Planning a term at a time in detail will mean that preparations can be made in good time. For each Company a term may be something slightly different, for some it could be the periods between starting the session and Christmas (Autumn/Winter), Christmas and Easter (Spring) and then Easter until the end of the session (Summer) – for others something different, but for all of us it is a 'defined period of time', and one that we can use to make planning more manageable.

You can refer to the Termly Programme Planners sent out by the Brigade to the Leader in Charge of the Section and also available at boys-brigade.org.uk/programme which will help support you in planning your programme.

It will be handy to have a list of your meeting dates for the term you are planning, so you can start putting things against these as you go along. It might work well at the start of this process to consider what key dates are coming up within the term including school holidays, Christian festivals, national days, awareness days, Church and Battalion events. Awareness days or weeks can provide a great basis around which to plan your programme. Check out awarenessdays.com which contains a list of most of the National and International awareness days, weeks, months and events.



DELIVERING A QUALITY PROGRAMME

There's no one way to plan or run a successful high-quality programme, but there are some universal things to consider which will help you to ensure that you're offering the very best experience to the children and young people you engage with each week.

DELIVERING ON OUR VISION

The starting point, before you set out on planning your programme is to consider what your vision is, what you are setting out to achieve. It's important to think about what you want to achieve during the next year (or session) and set some targets. A purpose-built resource for doing this is the Company Development Scheme, which you can download from the Leaders' website at leaders.boys-brigade.org.uk/pdfs/companydevelopmentscheme.pdf. Some additional questions that might help you create this vision could be, what you want the young people in your Company to be saying about their BB experience and how you would like your leadership team to feel?

You could now move on to generating ideas, based on the key dates you have identified and other ideas that could be added in. At this point you are seeking out a key theme or activity each date you plan to meet within the term, some ideas based on this and identify links to awards.

Having worked together creatively to plan the next term, encourage members of the team to take a couple of the meeting night ideas away and plan these in more detail.



Download Termly Programme Planner Template at:
leaders.boys-brigade.org.uk/programme

MAKING USE OF THEMES

Themes can be really helpful in planning your programme, with themes being linked to a key date you have identified (i.e. Fairtrade Week or Shrove Tuesday) or just something you look to use to build up a balanced programme.

If you take a theme and start to expand it, based on running an evening for Anchors you could look to include as many Activity Areas from the Anchors Programme as you can (Get Active, Get Adventurous, Get Creative, Get Involved, Get into the Bible and Get Learning). This helps avoid your programme going in one direction and being too 'Get Active' focussed (physical, games, etc). Perhaps you want to set yourselves a target to cover at least 3 Activity Areas each time you meet.

Check out the Themed Programme cards sent out termly which include at least 5 activities with activities from at least 4 of the Programme Activity Areas.

BUILDING RELATIONSHIPS

We can sometimes get wrapped up in the programme and not make enough time to spend quality time speaking with and getting to know the children. Making time in your programme, to chat with the children, both individually and as part of a group to find out what they are doing at school or at home is really important. Consider how you could incorporate the right opportunities into your programme.

Remember! Your programme is what brings children and young people to BB, relationships are what keeps them there. Remember **PARK** - Programmes Attract, Relationships Keep

DELEGATING

Don't try and do everything yourself. Get all your team involved and make it clear what everyone's responsibilities are, so everyone has a clear role. Delegate out responsibilities based on the skills, knowledge and experience of the team. This will ensure that those leading activities have time to breathe and are not running from one activity to the next. If you don't have the right skills or knowledge within your team then you should look outside the team to find somebody suitable to come in and support you in leading a specific activity, whatever this may be. Remember that in bringing somebody in who is not a registered BB leader that they should be supervised at all times.

IN ADVANCE OF YOUR NEXT MEETING

Having completed your termly planning and added more detail it is important that all staff members are aware of the plan. Ideally a week before or just after your previous meeting you should share the programme plan for the next week, identifying who is going to be responsible for what on the night and what, if anything, needs to be prepared in advance.

 **Download Weekly Programme Planner Template at:**
leaders.boys-brigade.org.uk/programme

PROGRESSION

When planning the programme for a particular age group make sure it is helpful to have awareness of what is going on across the other sections in your Company. Progression is all too often overlooked, but is extremely important when we consider how we retain children and young people through the Company.

Progression is about ensuring that we are able to build on the opportunities, experiences and skills a child has throughout their time in the BB. To do this we need to make sure that there are always things to look forward to, things that are not offered in other sections, or things that build on what has already been achieved in younger age groups.

It's about making sure the programme is not repetitive and that a child is always developing and growing. Consider how you could work more effectively in your Company to do this, for example with certain activities you might agree that these are only offered at certain points or at a certain age. With something like residentials you could look at progression from Anchors going on a day trip to camp, Juniors having the opportunity to go on a weekend away, Company Section a week's camp in the summer and Seniors an international trip. This same concept needs to follow through with everything we do in our programmes.

EQUIPMENT

To be able to run a high-quality programme you will need some equipment. Below is a list of items it would be useful to have in the cupboard at your meeting space.

Sports/Games:

- Team Bibs
- Large Hoops
- Bean Bags
- Tennis Balls
- Soft Touch Bat
- Play Parachute 3m
- Lightweight Plastic Footballs
- Large Foam Balls
- Marker Cones
- Whistle
- Skipping Ropes
- Hand Pump
- Stopwatch
- Buckets/Containers

Other:

- Cash box
- First Aid Kit
- Bible

Craft:

- Scissors (inc left-handed)
- Colouring Pens
- Colouring Pencils
- Glue Sticks
- Ball Pens
- Pencils
- Clipboard
- Pencil Sharpener
- Eraser
- Masking Tape
- Sellotape
- Paper/Card (assorted)
- Paint (assorted colours)
- Paintbrushes
- Chalk

Please note this is not an exhaustive list and we would encourage you to look to expand the range of equipment you have available depending on storage and financial constraints

