

junior

Bringing the BB adventure to you . . .



Weekly Activity Pack
13th to 19th April

#BBATHOME



Balloon Tennis



Picnic at Home



My Emoji #ThreeFor3



Thankful Jar



Notes of Kindness



Building Bridges



BALLOON TENNIS



GET ACTIVE



20 MINUTES



PREPARATION NEEDED

GETTING INTO THE ACTIVITY

Bring the game of tennis to your home with a simple but fun game of balloon tennis.

To set up your tennis court hang a blanket between two objects, such as chairs, for the net. Place markers (socks or tea towels) in the corners of your court so you roughly know the boundaries.

For a ball use an inflated balloon, however if you don't have a balloon then use a soft ball or even a pair of socks made into a ball. For rackets use household items such as books, magazines, frying pans etc, or you could just use the palm of your hands.

Now play tennis with a family member. Take turns to serve and see how long you can keep a rally going. Score points like in real tennis. You could even create a mini tournament if you have 3 or more family members in your home.

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



WHAT YOU'LL NEED

- Balloon
- Blanket



NOTES FOR PARENTS & CARERS

Please ensure the space and equipment used for this activity is safe and suitable. An adult should initiate any contact with the BB group and/or share on social media.

PICNIC AT HOME



GET ADVENTUROUS



1 HOUR



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

Help to create a great family memory by organising a picnic for your family in the garden or within the home.

Food & Drink: You'll need to prepare the food. Create sandwiches for your picnic, place some crisps in a bowl, plate up some sausage rolls etc. You may also want to prepare some drinks too.

Setting up the Picnic: Lay a blanket in the garden. If you have garden chairs, then you can use these too. If you don't have a garden or if the weather is bad, hold your picnic inside.

Invite your family members to the picnic and help to serve the food and make sure everyone is having a good time. You could also think of a game to play in the garden after you've finished the food.

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



WHAT YOU'LL NEED

- Blanket
- Picnic Food & Drink
- Plates
- Cups



NOTES FOR PARENTS & CARERS

Children will need to wash their hands before preparing the food. An adult should initiate any contact with the BB group and/or share on social media.

MY EMOJI #THREEFOR3

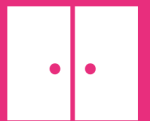
LINKED TO THE #THREEFOR3 CAMPAIGN IN PARTNERSHIP
WITH OTHER YOUTH ORGANISATIONS



GET CREATIVE



20 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

Design a 'Lockdown Emoji' and talk about three things you're doing to look after your wellbeing and keep a smile on your face.

Design a brand-new emoji, representing a feeling you have during this time of lockdown. You could do this with colouring pens, paint, tissue paper, playdough - anything you want!

Your lockdown emoji could be how you feel on a Thursday evening when you clap for key workers, how you feel when you're playing in the garden with your family, how you feel about the NHS.

After you've done this, have a think about three things you are doing, thinking or saying to look after your mental wellbeing and keep a smile on your face. If you are happy to, share them with your family members and encourage them to share three things they are doing.

Ask a grown-up to take a photo of your emoji and your #ThreeFor3 wellbeing actions and share it with your BB group or post on social media using #BBatHOME and #ThreeFor3.



WHAT YOU'LL NEED

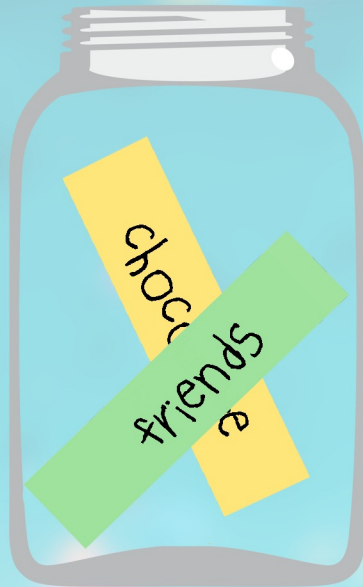
- Pen & Paper
- Craft Materials



NOTES FOR PARENTS & CARERS

Talking about feeling may be difficult or sensitive, please be ready to help and support. An adult should initiate any contact with the BB group and/or share on social media.

THANKFUL JAR



family

chocolate
friends

weather

garden

health



GET INTO
THE BIBLE



15 MINUTES



IN THE
CUPBOARD



GETTING INTO THE ACTIVITY

Take some time to think about things you are thankful for and thank God in prayer.

At the moment the world can seem a bit scary and sad. However, we also have a lot of things which make us smile and that we should be thankful for.

Set up a 'thankful jar' and every time you think of something which you are thankful for, write it down on a piece of paper and place it in the jar. This might include spending time with family, playing your favourite game or eating your favourite dinner. After a few days of placing notes in the jar, open it and say a prayer to God, thanking him for all the good things in our lives which he has given us.

You could get your family involved too, by encouraging them to also write thankful notes to place in the jar.

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



WHAT YOU'LL NEED

- Pen
- Paper
- Jar



NOTES FOR PARENTS & CARERS

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

NOTES OF KINDNESS



GET INVOLVED



20 MINUTES



PREPARATION NEEDED



GETTING INTO THE ACTIVITY

Putting smiles on people's faces is one of the best things you can do. Help put smiles on the faces of your family by leaving hidden notes around the house.

Write some notes on small pieces of paper or post-it notes. These might be positive messages, saying thank you for something, telling them you love them etc.

For example you might leave a note on your grown-up's pillow saying you love them, a note in your sibling's shoe saying they are a great brother/sister, a note in the fridge thanking a grown-up for feeding you or a note by the TV remote with a funny joke on.

Once you've created the notes, hide them around your house – but don't tell your family where they are. Let them find them randomly throughout the day as a nice surprise and enjoy seeing them smile.

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



WHAT YOU'LL NEED

- Paper
- Pens



NOTES FOR PARENTS & CARERS

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

BUILDING BRIDGES



GET LEARNING



30 MINUTES



READY TO GO

GETTING INTO THE ACTIVITY

Have you got the brain power to build a super strong bridge using items you can find around your home?

Create a bridge from everyday objects. You could use Lego, toys, recycling materials, spaghetti & marshmallows - whatever you can get your hands on.

Think about the design of your bridge. It needs to support weight and also look good. Check out some examples on Google for ideas before you start building.

Once you've created your bridge, test it with some weight. Find some items you can place on the bridge to see how much weight it can take before it collapses.

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



WHAT YOU'LL NEED

- Lego
- Cardboard
- Household Items



NOTES FOR PARENTS & CARERS

Please ensure the space and equipment used for this activity is safe and suitable. An adult should supervise the testing of the bridge. An adult should initiate any contact with the BB group and/or share on social media.