



## Virtual Sessions 1st to 7th June

Guidance & activity ideas for weekly Virtual Sessions

### #BBatHOME Activity Cards Week 11

Consider using one of the 'Virtual Session Ready' activities in your virtual sessions this week.



This week these activities include:

**Playdough (Anchors)** - Create the playdough as part of the session by talking through each step. Once created, give the group 5 minutes to make whatever they can. Ask each individual to explain what they have made and show it to the group.

**Following God (Anchors)** - Run the activity as per the card. Share some examples of how we can all follow God in our daily lives. Finish with a game of Simon says to help demonstrate what makes a good 'follower'.

**My Game, My Rules (Juniors)** - Adapt this activity to encourage Juniors to think of their own game to play during the virtual session. This may be by adapting a game they enjoy normally or coming up with a brand new game. Let them explain their games and then run them during the session or a future session.

**Protect the Egg (Juniors)** - Either encourage the group to protect their egg before hand or get them to have everything ready to do it as part of the session. Then allow some time for everyone to test their egg one at a time by holding up above their head and dropping to the floor. If the egg survives that, you could challenge them to drop it from a greater height (i.e. top of the stairs if possible, or ask a parent/carer to drop it from above their head). Whose egg will survive the longest and from the highest drop?

**Pizza Twists (Company, Seniors)** - Ask your young people to source the ingredients beforehand. On the virtual session a leader can go through the different stages as the young people carry out the instructions. Advice and encouragement can be given for those that need some extra help. Encourage the group to share photos of their finished pizza twist after it has been cooked.

**Blinded by Your Grace (Company, Seniors)** - Run the activity as per the card, playing the track as part of your session, encouraging the young people to think about the words in the song. Follow it up with a group discussion and bring the activity to a close in prayer.

## Additional Activity Ideas

Some additional ideas that work well as part of virtual sessions:

**Duck! (Anchors, Juniors)** - One person is nominated to be 'it'. At some point over the next 30 seconds they must drop to the floor so they are out of view from the camera. Once that person has dropped, everyone else must duck out of view too. The last person to duck out of view is given a penalty point. Continue the game with a new person nominated to be it. The child/children with the least penalty points at the end of the game is the winner.

**Reverse Charades (All)** - Similar to the game of charades, but in this version everyone acts out the clue for the person who is guessing. The person guessing should turn away from the screen and a word, phrase, film, person etc should be shown to the rest of the group. The guessing person can then face the screen again and watch as all others act out the word. Time the person guessing to see how long it takes them to guess it correctly. After everyone has been, the person or team with the shortest time is the winner.

**Famous Last Word (Company, Seniors)** - A fast-paced word recall game. Nominate two players to go head to head and set a topic (animals, countries, sports, Disney characters etc). The two players take it in turns to name an item from the topic. Set a timer for 45 seconds. The player who recalls the last word as the timer goes is the winner. Players cannot repeat a word, use a word that is off topic or have a gap of longer than 5 seconds. This game could be played in teams, with each team nominating their chosen player for each round.



## TOP TIP: Points Chart

**R**un a weekly points chart, and give out points during your session for winning games, completing activities outside of your virtual session, for being kind or anything that you think deserves recognition.

Make sure points are awarded fairly and keep an accurate record of the points which you could show at the start or end of each virtual session. This will help encourage members to participate in activities both during and outside of the virtual session. You could award prizes or a #BBatHOME Medal when individuals get so many points (i.e. 10 points = Bronze Medal, 25 Points = Silver Medal, etc).



## IMPORTANT REMINDER

Remind parents/carers that they need to supervise ALL activity and assess risk before allowing their child to participate in activities in the home as part of any virtual sessions.



## GUIDANCE & SUPPORT

Find guidance on how to plan and run virtual sessions with your children and young people at [www.boys-brigade.org.uk/virtualsessions/](http://www.boys-brigade.org.uk/virtualsessions/)

### Got ideas you could share?

Send them into us at [bbathome@boys-brigade.org.uk](mailto:bbathome@boys-brigade.org.uk)