



## Virtual Sessions 11th May - 17th May

Guidance & activity ideas for weekly Virtual Sessions

### #BBatHOME Activity Cards Week 8

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



This week these activities include:

**Guess the Sound (Anchors)** - Use the activity as written with a leader playing the video (containing the sounds) by sharing their screen.

**Origami Chatterbox (Juniors)** - Either ask the young people to create their chatterbox in advance following instructions on the card or you could try making it as part of your meeting with a leader giving instructions. Then use the chatterbox to go around the group and find out a little bit more about everybody.

**Secret Code (Juniors)** - If a leader designs a secret code by matching up the letters A-Z with a coloured shape and shares this in advance of the meeting, as part of the meeting the group can be given different messages to decode to see who can do it in the fastest time. Then encourage the group after the meeting to create their own code and secret message and challenge family members to decode.

**Minute to Win It (Company/Seniors)** - Host your own Minute to Win It competition as part of your meeting. You will need to send out advance notice of items required, so that everyone has everything ready to go before the meeting starts. Add to the atmosphere by using a video or audio clip in the background, just search 'Minute to Win It Timer' on YouTube. There are 100's more Minute to Win It games online which you could try out in the coming weeks too!

**Card Tricks (Company/Seniors)** - Either show the YouTube video by sharing your screen or in advance a leader should learn a trick and be confident in sharing it with the group. See how they get and encourage them to try the trick out with family members.

## Additional Activity Ideas

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

**Fitness Session (ALL)** - Lead a fitness session for the group to do at home as part of your virtual session, similar to daily 'Joe Wicks' workouts. Linked to this you could use the Fitness Dice activity from Company/Seniors Activity Pack Week 4 which will keep everyone guessing as to what comes next and add to the excitement!

**Find me Game (ALL)** - A leader calls out an item, first 3 people back get 3,2,1 points. (E.g. Find me a.. spoon, lego brick, toilet roll, hat, BB badge etc).

**Emoji Quiz (Juniors/Company/Seniors)** - You could use the Emoji Quiz from the Company/Seniors Activity Pack Week 5 or search online for appropriate Emoji Quiz questions. Share them on your screen and see who can guess what it is, you may want to have a clue ready for each answer (i.e. it's a film or a song).

**Spot the Difference (ALL)** - Arrange for all the leaders joining the meeting to think about a couple of things they could change in their appearance or in the background. One at a time they should 'Stop Video' for a few seconds, make the change and then 'Start Video' again. The group should then try and spot the difference. This will work well across all age groups by varying the difficulty.

## Recognising Achievement

Don't forget to consider how you recognise participation and achievement. There are a number of ways you can do this including certificates and medals which are available.

Find out more at [www.boys-brigade.org.uk/recognising-achievement/](http://www.boys-brigade.org.uk/recognising-achievement/)



## GUIDANCE & SUPPORT

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

Support is also available from BBHQ and Regional Staff team who can be contacted on **01442 231 681** or at [bbathome@boys-brigade.org.uk](mailto:bbathome@boys-brigade.org.uk)



## VIRTUAL SESSIONS SPOTLIGHT

**“We’ve been running weekly Zoom sessions for our boys in all sections since the beginning of April. We thought it was a worthwhile investment to pay for a monthly subscription, which allows a little more control over hosting the meetings and removes the time/numbers limit. Meetings are shorter than our normal in-person gatherings but the time is so valuable. We’ve had a lot of positive feedback from parents with e-mails/texts saying how important they can tell it is for their son to ‘see’ his friends and share some of the banter back and forth that they so miss.”**

**Fraser Boyd, 25th Stirling (Dunblane)**

### Got ideas you could share?

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